



Integral University, Lucknow

Effective from Session: 2023-2024							
Course Code	CP 508	Title of the Course	Psychotherapeutic Techniques	L	T	P	C
Year	II	Semester	IV	4	0	0	4
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	The student will understand the meaning and procedure of psychotherapy and the basic ingredients of psychotherapy.						

Course Outcomes	
CO1	The student will understand the Scope, Types and Principles of Psychotherapy
CO2	The student will be able to understand the meaning and procedure of psychotherapy and the basic ingredients of psychotherapy.
CO3	The student will be able to Describe the psychotherapeutic process, Re-educative therapy
CO4	The student will be able to understand Re-constructive therapy and different therapeutic approaches
CO5	The student will be able to understand how to use psychotherapeutic formulations using different therapeutic approaches practices specific to particular mental health conditions.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Introduction	Meaning and definition of psychotherapy - Limitations of medical model – Psychotherapy vs. Psychoanalysis -Types of psychotherapy.	8	CO1
2	Introduction to Psychotherapy	Psychotherapeutic relationships - Effectiveness of psychotherapy. Therapeutic improvement in relation to goals, treatment phases and therapists personality - The measurement of therapeutic progress supportive therapy. Creative arts therapies - Reassurance - Presurge suggestion - Pressure and coercion - Persuasion -Confession and ventilation - Somatic therapies - Psychoactive drugs - Electro narcosis and electro sleep - Psycho surgery - Inspirational group therapy.	12	CO2
3	Re-educative therapy	Behavior therapy - Cognitive behavior therapy -Behavioral medicine – Behavioral prostheses - Practice of behavior therapy - Behavior therapy Vs. Psychoanalysis criticisms. Cognitive learning - Therapeutic counseling -Directive approaches relationship therapy and attitude therapy – Re educative group therapy - Philosophical and religious approaches.	10	CO3
4	Re-constructive therapy	Freudian psychoanalysis - Klenian psychoanalysis -Ego analysis - Neo and non-Freudian psychoanalysis -Individual psychology - Analytical psychology Therapeutic modification of Sandor Ferenczi - Will therapy -Active psychoanalysis of Wilhelm Stekel – Dynamic cultural school of psychoanalysis - Existential analysis - Object relations approaches - TA models of psychotherapy Analytic group therapy.	9	CO4
5	Other therapies	Emotive release (Body therapies) - Guided imagery -Eriksonian psychotherapy – Life spring - Trans normal approaches - Other electric methods. Indian Therapies: Yoga, Meditation, Positive Behavior Therapy.	6	CO5

Reference Books:

1. Wolberg, L.R. The Techniques of Psychotherapy (4th Edn). New York : G&S Harcourt Brace Jorandorich Publishers, 1988.
2. Master, J.C. Burish, J.G. Hollen, S.D. & Rimm. D.C. Behavior Therapy Techniques and Empirical Finding Sandieys : (3rd Edn), 1987.
3. Bhatia, M.S. Essentials of Psychiatry-Clinical Sciences. New Delhi: CBS Publishers and Distributors, 1992.
4. Lazarus, A.D. The Practice of Multi Model Therapy. New York : McGraw Hill Book Co.,1975

e-Learning Source:

<https://www.psychologytoday.com/us/blog/convergence-and-integration-in-psychotherapy/202101/8-universal-principles-psychotherapy>
<https://psycnet.apa.org/doiLanding?doi=10.1037%2Fh0035619>

Course Articulation Matrix: (Mapping of COs with POs and PSOs)												
PO-PSO CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	2	3	3	3	2	1	2	2	1	3	2	1
CO2	3	2	1	2	2	2	3	3	2	2	3	2
CO3	2	3	2	3	1	3	2	1	1	1	2	3
CO4	1	2	1	3	2	3	1	2	3	2	3	2
CO5	2	2	1	2	3	2	3	1	3	2	3	2

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

Name & Sign of Program Coordinator	Sign & Seal of HoD
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Integral University, Lucknow

Effective from Session: 2023-2024							
Course Code	CP 509	Title of the Course	Rehabilitation Psychology	L	T	P	C
Year	II	Semester	IV	4	0	0	4
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	The students will get to know the meaning, definition and methods of rehabilitation psychology and also about the various models of rehabilitation and the government schemes and policies.						

Course Outcomes	
CO1	Students will understand the concept of rehabilitation, its principles and functions
CO2	Students will learn the meaning of disability, difficulty of disabled person in making their identity
CO3	Students will learn the process of rehabilitation
CO4	Students will learn different training program for rehabilitation psychologists
CO5	Students will learn different types of psychological tests and their use in assessment of disabled person.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Introduction Rehabilitation Psychology	Definition, historical perspective, scope and methods- Goals and Purpose, Principles and Functions of Rehabilitation. Process of rehabilitation	8	CO1
2	Understanding Disability	Nature and needs of persons with disabilities. Lifespan development of person with disabilities – Personality traits and coping styles. Identity of disabled person in personal and professional zone.	9	CO2
3	Models of Rehabilitation	Rehabilitation, Reconstruction and Recovery, Community based rehabilitation, Institution based rehabilitation	9	CO3
4	Work Settings of Rehabilitation Psychology	Designing training programme for rehabilitation psychologists – Training needs analysis, implementation of training programme. Government schemes and policies -Legislations: Mental Health Act – PD Act – RCI Act – National Trust Act.	10	CO4
5	Psychological Assessment in Rehabilitation	Screening, diagnosis and assessment of persons with disabilities –Ethical issues in psychological Assessment. Research problems in disability rehabilitation – Research design – Recent trends in research in rehabilitation psychology.	9	CO5

Reference Books:

Gokhale, S.D. (1984). Rehabilitation programmes and policies. Somaiya publication Pvt. Ltd.

Narasimhan, M.C. and Mukerjee, A.K. (1976). Disability: A Continuing challenges Wiley Easter Ltd.

Brown, R. and Hughson, A. (1994). Behavioural and Social Rehabilitation and Training, Madras. Chapman and Hall.

Gardner, W.I. (1985). Behaviour modification in mental retardation, London University Press Ltd.

e-Learning Source:

Egyankosh

Course Articulation Matrix: (Mapping of COs with POs and PSOs)												
PO-PSO CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	2	1	2	1	2	2	2	2	2	2	2	2
CO2	2	2	2	3	2	2	2	2	3	1	2	2
CO3	1	2	1	2	3	2	3	1	2	2	2	1
CO4	2	2	1	2	2	1	2	2	2	2	1	1
CO5	2	1	2	1	3	3	2	2	1	3	3	3

2- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

Name & Sign of Program Coordinator	Sign & Seal of HoD
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Integral University, Lucknow

Effective from Session: 2023-2024							
Course Code	CP510	Title of the Course	Forensic Psychology	L	T	P	C
Year	II	Semester	IV	4	0	0	4
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	To introduce the students with knowledge and techniques of forensic psychology and further providing training in identification of criminals and forensic verification by using psychological methods.						

Course Outcomes	
CO1	Students will understand the field of forensic psychology, which involves the application of psychological principles and knowledge within the legal and criminal justice systems.
CO2	Students will explore different developmental theories that explain the origins and progression of criminal behavior.
CO3	Students will Understand the importance of eyewitness testimony and expert testimony in criminal investigations.
CO4	Students will be able to Understand and explain the concept of violence and sexual offences,
CO5	students will be able to demonstrate a comprehensive understanding of the legal rights of inmates, including their rights to treatment.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Introduction to Forensic Psychology	Definition and concept of Forensic Psychology; Historical overview, Functions of Forensic Psychologists, Legal and ethical issues in forensic Psychology, Applications of Forensic Psychology- Personality Profiling, Risk Assessment & Violence Prediction.	10	CO1
2	Psychology of Crime	Definition and concept of Crime and Criminal Behavior, Developmental Theories and Psychobiological bases of crime, Understanding the criminal personality-antisocial personality, psychopath & sociopath.	9	CO2
3	Psychological Investigation of Crime	Interrogation Vs Interview, Interviewing Children, Women and older persons; Scientific Lie Detection: Polygraph, Verbal & Non-Verbal Cues, Hypnosis and Narcoanalysis; Eyewitness Testimony and Expert Testimony.	10	CO3
4	Violence and sexual offences	Psychological impacts of violence and sexual offences, Rape Trauma Syndrome, Post-traumatic stress disorder, Family violence and victimization, Psychology of the bystanders 1, Child Abuse.	8	CO4
5	Correctional Psychology	Legal rights of inmates: Rights to treatment, Right to refuse treatment, Coping with criminal victimization, rehabilitation of victim and offender.	8	CO5

Reference Books:

- Bartol, C. R., & Bartol, A. M. (2019). Introduction to Forensic Psychology: Research and Application (5th ed.). Sage Publications.
- Harari, L. (1981) Forensic psychology. London: Batsford Academic.
- Blackburn, R., (1993) The psychology of criminal conduct: Theory research and practice. Chichester: Wiley & Sons
- Costanzo, M. & Krauss, D. (2010). Legal and forensic psychology. New York: Worth Publishers.
- Greene, E., & Heilbrun, K. (Eds.). (2017). The Principles of Forensic Mental Health Assessment. Oxford University Press.
- Joanna R. Adler, Jacqueline M Gray (Eds) (2010) Forensic psychology, N.Y.: William Publishing,

e-Learning Source:

Course Articulation Matrix: (Mapping of COs with POs and PSOs)												
PO- PSO CO	PO1	PO2	PO3	PO4	PO5	PO6	P07	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	1	2	2	1	2	2	3	2	3	2	2	2
CO2	2	1	1	2	2	2	3	1	1	3	1	2
CO3	2	2	1	1	2	2	1	2	2	3	2	3
CO4	2	2	2	2	2	2	3	1	2	2	2	2
CO5	1	1	2	2	1	2	2	3	2	2	2	2

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

Name & Sign of Program Coordinator	Sign & Seal of HoD
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Integral University, Lucknow

Effective from Session: 2023-2024							
Course Code	CP511	Title of the Course	Applied Positive Psychology	L	T	P	C
Year	I	Semester	IV	4	0	0	4
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	To acquaint students with the basic concepts of cognitive psychology. To develop an understanding of attention, perception, memory and imagery.						
Course Outcomes							
CO1	Students will be able to Recognize, understand the Basic Concepts Various Perspectives,						
CO2	Students will be able to understand and Analyze Understanding basic principles and terminologies in positive psychology.						
CO3	To understand the Assessment of positive emotions, character strengths, and Reliability and Validity						
CO4	Students will be able to understand the various approaches of Positive Psychology						
CO5	Students will be able to understand the theoretical, empirical, and experiential nature of positive interventions.						

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Introduction	Historical back ground, Various Perspectives, Basic Concepts	10	CO1
2	Psychological Testing in Positive Psychology	Importance of assessment in positive psychology Ethical Issues Areas of Assessment (Optimism, Life Satisfaction, Gratitude, Happiness, Strength, Motivation, Close relationships, Attachment	8	CO2
3	Research Methods and Evaluation	Descriptors/Topics Assessment of positive emotions, character strengths, and meaning in life. Reliability and Validity	10	CO3
4	Approaches in Individual and Positive Psychology	Emotion-Focused Approaches Self- Based/Narrative Approaches Behavioural Approaches Cognitive Approaches Interpersonal Approach	8	CO4
5	Positive Interventions	Theoretical, empirical, and experiential nature of positive interventions.	8	CO5

Reference Books:

Goleman & Daniel, Emotional Intelligence

C. R. Snyder, Shane J. Lopez, The Handbook of Positive Psychology

C. R. Snyder, Shane J. Lopez, Positive Psychology: The Scientific and Practical Explorations of Human Strengths

Rich Gilman, Michael Furlong, E. Scott Huebner, A Handbook of Positive Psychology in Schools

Ilona Boniwell, Positive Psychology in a Nutshell

Seligman Martin: Authentic Happiness

Frankl, Victor: Man's search for meaning

e-Learning Source:

<https://positivepsychology.com/positive-psychology-an-introduction-summary/>

<https://www.studysmarter.us/explanations/psychology/issues-and-debates-in-psychology/positive-psychology/>

Course Articulation Matrix: (Mapping of COs with POs and PSOs)

PO-PSO CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	1	2	2	1	2	3	1	2	3	2	2	2
CO2	2	1	1	2	2	1	2	2	3	3	1	2
CO3	2	2	1	1	2	2	2	2	1	3	2	2
CO4	2	2	2	2	2	2	3	2	3	2	2	2
CO5	1	1	2	2	1		1	2	2	2	2	2

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

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Integral University, Lucknow

Effective from Session: 2023-2024							
Course Code	CP512	Title of the Course	Health Psychology	L	T	P	C
Year	II	Semester	IV	4	0	0	4
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	The students will understand the meaning, background and foundation of health psychology.						

Course Outcomes	
CO1	Students will be able to Understand health psychology and arrive at the introduction to the role of psychology in health.
CO2	Students will Understand the nature of stress and coping
CO3	Understand various factors related to health and diseases.
CO4	Students will Understand quality of life and promoting the good health.
CO5	Students will be able to Able to understand the cause and effects of substance abuse and its Prevention strategies.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Introduction of health and Psychology	Meaning of health, illness, disease – Three domain of health – Health and ancient views – Early culture-ancient Greek and Rome – The middle age. Trend that shaped health psychology – perspectives in health psychology – Methods in health psychology.	8	CO1
2	Stress and Coping	Stress Definitions, Nature & Types 2- Sources of Stress - (Sources within the Person, Sources in the Family & Sources in the Community and Society) Symptoms; Factors affecting Stress, Responding to Stress (Physiological, Emotional & Behavioral Response) ,Coping strategies & management & Emotion Focused Coping (Using systematic problem solving, using time more effectively & improving self-control	10	CO2
3	Chronic Health Problems and Management	Chronic Health Disorders - The Physical Self, Achieving Self, Social Self & Private Self 2- Emotional Responses to Chronic Health Disorders – Denial, Anxiety & Depression, Major Chronic Health Problems- Heart Disease, Hypertension, Stroke, Cancer, Type II Diabetes & AIDS. Psychological Interventions for Chronic Health Disorders	09	CO3
4	Major Prevention & Upgrading Health	Quality of life and Health Behavior - Changing Health Habits & Health Beliefs (Attitude change & Placebo Effect).Health Compromising Behaviors (Characteristics) - Obesity, Smoking & Drinking. 3- Developmental, Gender, and Socio-cultural Factors in Health. Health Promoting Behaviors - Diet, Exercise, Sleep, Rest, -Vaccination and Screening, Accident prevention	10	CO4
5	Impact of substance use and abuse and Preventions	Etiology of habits; mechanism of drug action – Psycho active drugs – Model of addiction - effects of alcohol use and abuse; Risk factors related health. Preventions strategies	8	CO5

Reference Books:	
Ogden, J. (2017). Health psychology: A textbook (4th ed.).McGraw Hill Education. Sarafino, Edward P and Smith, Timothy	
W (2012). Health Psychology - Bio psychosocial Interaction (7th ed). Wiley India Edition. Taylor, Shelley E. (2018).	
Health Psychology (10th ed). McGraw Hill Higher Education. Indian Edition Weiten, W. and Lloyd, M. (2007).	
Psychology applied to modern life: Adjustment in the 21st century, Indian Edition 8th. Thomson	
Health psychology by Richard o. Straub 2001 1st Edition – Work publication, New York.	
Health psychology by Philips Rice 1998 – Brooke / Cole publishing co-New york.	
Health Psychology by Edward P. Sarafina 2nd Edn – Thonculey & Son 1994.	
Briffiths, D. (1981) Psychology and Medicine. The MacMillam Press Ltd. London.	

e-Learning Source:	
WHO EMRO Health promotion and disease prevention through population-based interventions, including action to address social determinants and health inequity Public health functions About WHO	
Prevention Guidelines (unodc.org)	
Stress and Coping – Introduction to Psychology – 1st Canadian Edition (opentextbc.ca)	

Course Articulation Matrix: (Mapping of COs with POs and PSOs)												
PO-PSO CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	2	3	2	3	2	1	3	2	2	3	2	1
CO2	2	3	3	2	2	3	2	3	2	3	3	2
CO3	3	2	2	1	1	3	2	2	3	2	2	3
CO4	2	1	2	2	2	3	1	2	2	1	2	3
CO5	3	3	1	3	1	2	2	3	3	2	3	2

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

Name & Sign of Program Coordinator	Sign & Seal of HoD
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Course Outcomes	
CO1	To enable postgraduate students with guidance and support to conduct independent research and produce a dissertation on a chosen topic within their field of study.
CO2	Students will develop their research skills, critical thinking abilities, and scholarly writing proficiency.
CO3	The course will cover the various stages of the research process, from topic selection and proposal writing to data collection, analysis, and the final write-up of the dissertation.

Reference Books:
Based on the topic of dissertation
e-Learning Source:
Egyankosh

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Integral University, Lucknow

Effective from Session: 2023-2024							
Course Code	CP514	Title of the Course	Field Practice	L	T	P	C
Year	II	Semester	IV	0	0	2	2
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	It will help the learner to critically reflect on, review the scientific basis for, and integrate what you have learned and accomplished as a psychology student and will prepare to explore the cultural, social, and ethical impact of psychological application on community and daily life.						

Course Outcomes	
CO1	Provide students with opportunities to apply the concepts learnt in the class-room to real-life situations.
CO2	Enable students to understand Research and its importance in experiential learning through Case study.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
		- Visit to an organization, community etc. to get an understanding of the same and do data collection either through questionnaire, or interview or with the help of audio-visual medium based on the identified research problems/issues. - Student will present their findings in the form of paper for seminar discussions.		CO1 CO2

e-Learning Source:
http://155.0.32.9:8080/jspui/bitstream/123456789/1123/1/Practicum%20and%20Internship%20Textbook%20and%20Resource%20Guide%20for%20Counseling%20and%20Psychotherapy%20%28%20PDFDrive%20%29.pdf

PO- PSO CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	1	1	2	3	2	3	3	1	2	2	2	2
CO2	2	3	3	2	2	2	2	2	2	1	3	2

2- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

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