

6th SEMESTER
DISCIPLINE SPECIFIC ELECTIVE (DSE-IA)

OPTION - I

PSY620DA: PSYCHOLOGY: COUNSELING PSYCHOLOGY

CREDITS THEORY = 4; PRACTICUM = 2

Objectives: To develop an understanding of basic concepts, processes, techniques of Counselling.

THEORY: 4 CREDITS

Unit 1. Introduction: Meaning and goals; Counseling process. Core Skills of a Counselor, Ethical Issues in Counseling.

Unit 2. Approaches: Overview of approaches to counseling: Psychodynamic, Behavioral, Person-centered and Cognitive-behavioral

Unit 3. Techniques: Play, art, drama, music, Yoga and meditation

Unit 4. Applications: Family Counseling; Marital Counseling and Career Counseling.

PRACTICUM: 2 CREDITS (Any two from below 4 practicals)

1. Symatic Desensitization
2. JPMRT-Jacobson's Progressive Muscular Relaxation Technique
3. Breathing Exercise
4. Case History

READINGS:

1. Gladding, S. T. (2012) Counseling: A Comprehensive Profession. (7th ed). Pearson
2. Rao, S.N. & Sahajpal, P. (2013) Counselling and Guidance. New Delhi: Tata McGraw Hill.
3. Seligman, L. & Reichenberg, L.W. (2010). Theories of Counseling and Psychotherapy: Systems, Strategies, and Skills. 3rd Ed. Indian reprint: Pearson.
4. Capuzzi, D. and Gross, D. R (2016). Counseling and Psychotherapy. Pearson Prentice Hall India.

6th SEMESTER
DISCIPLINE SPECIFIC ELECTIVE (DSE-IB)

OPTION - II

PSY620DB: PSYCHOLOGY: HEALTH AND WELL-BEING

CREDITS THEORY = 4; PRACTICUM = 2

Objectives: To develop an understanding of health and how to maintain health and wellbeing.

THEORY: 4 CREDITS

UNIT 1: Introduction to Health Psychology: Scope and trends: Models of Health Psychology (Biomedical and Biopsychosocial).

UNIT 2: Stress and pain: causes, consequences and coping with stress, Pain Management (Acupuncture, Distraction and Guided Imagery).

UNIT 3: Well-Being: Components of well-being; life satisfaction; affect.

UNIT 4: Health enhancing behaviors: Implications for well-being: psychological factors: resilience, hope, optimism; exercise, safety, nutrition.

PRACTICUM: 2 CREDITS (Any two from below 4 practicals)

1. Stress Test
2. General Wellbeing Test
3. Life Satisfaction Test
4. Resilience Test

READING LIST:

1. DiMatteo, M.R. and Martin, L.R. (2002). Health psychology. New Delhi: Pearson.
2. Sarafino, E.P. (2002). Health psychology: Bio psychosocial interactions (4th Ed.).NY: Wiley.
3. Snyder, C.R., & Lopez,S.J.(2007).Positive psychology :The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.
4. Taylor, S.E. (2006). Health Psychology (6th Ed.). New York: Tata McGraw Hill.