

Syllabus

MA Psychology

General Psychology

I) What is Psychology?

1. Definition, and goals, 2. Types of Psychological Professionals (psychiatrist, psychoanalyst, psychiatric social worker and psychologist), 3. Historical Perspectives in Psychology a. Structuralism b. Functionalism c. Gestalt d. Psychoanalysis e. Origin of Indian Psychology, 4. Modern Perspectives in Psychology a. Behavioral b. Humanistic c. Biopsychosocial d. Cognitive, 5 Scientific Methods a. Steps in scientific methods b. Descriptive methods: Naturalistic, observation, case studies, surveys, correlations c. Experimental method: Laboratory experiment and field experiment.

II) Biological Foundation of Behaviour

1. Neuron: Structure and function, synapse, neurotransmitters, 2. Central Nervous System (A) The Brain a. Structure and function of the brain b. Cerebral hemispheres (B) The Spinal Cord: Structure and function, 3. Peripheral Nervous System: Structure and function a. Autonomous Nervous System b. Somatic Nervous System, 4. Glandular System : Pituitary, Thyroid, Parathyroid, Adrenal, Pancreas, Gonads.

III) Sensation and Perception

1. Sensation: Definition, sensory receptors, sensory threshold, subliminal perception, habituation & sensory adaption, 2. Definition of perception and perceptual constancies (size, shape and brightness), 3 Gestalt principles of perception, 4 Perceptual illusions: Geometrical, movement.

VI) Motivation and Emotion

1. Definition of Motivation, concept of homeostasis, Maslow's hierarchy of needs, 2 Types of Motives a. Physiological - hunger, thirst, sleep and sex b. Social – Achievement, affiliation, power and aggression & hostility, 3 Frustration and conflict, 4. Emotion- Definition 2 Elements of emotion a. Physiology of emotion b. Behavioral expression of emotion c. Subjective experience.

V) Learning

1. Learning: Definition 2. Classical conditioning – Pavlov's experiment, generalization, discrimination, extinction, spontaneous recovery, higher-order conditioning 3 Operant conditioning - Thorndike's Laws of learning, Skinner's experiment, positive reinforce, negative reinforce, shaping, and schedules of reinforcement 4 Cognitive learning theories (Tolman, Kohler) ; Observational learning theory (Bandura).

VI) Memory

1. Memory : Definition and process, 2 Types of memory a. sensory memory b. short term memory c. long term memory, 3 Types of long term memory-procedural, declarative (episodic, semantic), explicit and implicit, 4 forgetting: course of forgetting (Ebbinghaus' forgetting curve), and causes of forgetting (encoding failure, decay of memory traces, interference, motivated forgetting).

PG Diploma in Psychological Counseling

What Do We Mean by Abnormal Behavior?

Dilemmas of Definition, The DSM-IV Definition of Mental Disorder,

Cultural influences in Abnormality, Mental Disorder as Maladaptive Behavior

Disorders of Childhood and Adolescence

Maladaptive Behavior in Different Life Periods Varying Clinical Pictures

Special Vulnerabilities of Young Children

The Classification of Childhood and Adolescent Disorders The Categorical Strategy

The Dimensional Strategy Contrasting Categorical and Dimensional

Disorders of Childhood

- A) Disorders of Childhood, Attention-Deficit Hyperactivity Disorder , Conduct Disorder and Oppositional Defiant Disorder, Anxiety Disorders of Childhood and Adolescence Childhood Depression Symptom Disorders: Enuresis, Encopresis, Sleepwalking and Tics
- B) Pervasive Developmental Disorder: Autism The Clinical Picture in Autism Disorder Causal Factors in Autism Treatments and Outcomes
- C) Planning Better Programs to Help Children and Adolescents Special Factors Associated With Treatment for Children and Adolescents Child Abuse Child Advocacy Programs

Panic, Anxiety, and Their Disorders

- A) **The Fear and Anxiety Response Patterns Overview of the**
Anxiety Disorders Phobic Disorders, Specific Phobias, Social Phobia
- B) **Panic Disorder with and without Agoraphobia**
Distinguishing Features between Panic and Anxiety, Agoraphobia, Prevalence and Age of onset of Onset of Panic, Disorder with and without Agoraphobia, Comorbidity with Other Disorders
The Timing of a First Panic Attack, Biological Causal Factors, Cognitive and Behavioral Causal Factors, Treating Panic Disorder and Agoraphobia
- C) **Generalized Anxiety Disorder**
General Characteristics, Prevalence and Age of Onset, Comorbidity With Other Disorders Psychosocial Causal Factors, Biological Causal Factors, Treating Generalized Anxiety Disorder
- D) **Obsessive-Compulsive Disorder**
Prevalence and Age of Onset, Characteristic of OCD, Psychosocial Causal Factors, Biological Causal Factors, Treating Obsessive-Compulsive Behavior
- E) **General Socio cultural Causal Factors for All Anxiety Disorders**
Cultural Differences in Sources of Worry Taijin Kyofusho

Somatoform and Dissociative Disorders

Somatoform Disorders, Somatization Disorder , Hypochondriasis, Pain Disorder
Conversion Disorder, Distinguishing Conversion form, Malingering/Factitious Disorder
Precipitating Circumstances, Causal Factors in Somatoform Disorders
Treatment and outcome in somatoform disorders

Dissociative Disorders

Dissociative Amnesia and fugue, Dissociative Identity Disorder , Depersonalization Disorder ,
Causal factors in Dissociative Disorders, Treatment and outcome in Dissociative disorders

Personality Disorders

A) Clinical Features of Personality Disorders

DSM-IV's Five Criteria, Difficulties in Diagnosing Personality Disorders

B) Categories of personality Disorders

Paranoid Personality Disorder, Schizoid Personality Disorder, Schizotypal Personality
Disorder, Histrionic Personality Disorder, Narcissistic Personality Disorder, Antisocial
Personality Disorder, Borderline Personality Disorder, Avoidant Personality Disorder,
Dependent Personality Disorder, Obsessive-Compulsive Personality Disorder
Provisional Categories of Personality Disorder, In DSM-IV, Overview of Personality
Disorders

C) Causal Factors in Personality Disorders

Biological Causal Factors, Psychological Causal Factors , Socio cultural Causal Factors

D) Treatments and Outcomes

Adapting Therapeutic Techniques, To Specific Personality Disorders, Treating Borderline
Personality Disorder, Treating other Personality Disorder, Antisocial Personality and
Psychopathy, Psychopathy and ASPD, The Clinical Picture in Antisocial, Personality and
Psychopathy, Causal Factors in Psychopathy, And Antisocial Personality, Treatments and
outcomes in psychopathic and antisocial personality