

Foundations of Counselling Psychology Syllabus

Prerequisite: Introductory Psychology course

Rationale: This course provides the fundamental knowledge and theoretical frameworks necessary for understanding counselling psychology. Students will gain a critical perspective on historical and contemporary approaches to counselling, develop an understanding of human development and mental health, and explore the ethics and professional practice of counselling.

- **Unit 1: Introduction to Counselling Psychology:**
 - Define counselling psychology
 - Historical development
 - Difference between Guidance, counselling and psychotherapy
 - Scope of counselling psychology
- **Unit 2: Theoretical Foundations of Counselling:**
 - Major theoretical perspectives in counselling
 - Psychodynamic (Freud and Neo-freudian)
 - Behavioural
 - Cognitive
 - Humanistic
- **Unit 3: Counselling skills:**
 - Active Listening skills
 - Probing
 - Empathy
 - Unconditional positive regard
 - Communication skills
 - Paraphrasing
 - Reflection and Mirroring
 - Transference and counter-transference
- **Unit 4: Counselling Process:**
 - Intake
 - Rapport building
 - Types of initial interview
 - Factors affecting counselling process
 - Termination
- **Unit 5: Counselling in Multicultural society and Diverse population:**
 - Defining culture and multicultural counselling

- Difficulties and issues in multicultural counselling
- Gender based counselling
- Counselling and sexual orientation
- **Unit 6: Ethical and Professional Issues in Counselling:**
 - Professional codes of ethics and standards
 - Ethics in specific counselling situations
 - Legal aspects in counselling relationship
 - Client rights and records
 - Counsellor in the court

Essential Reading:

- Corey, G. (2023). Counseling and Psychotherapy Theories and Practice (9th Ed.). Belmont, CA: Wadsworth Cengage Learning.
- Gladding S. T (2009). Counseling: A comprehensive profession (6th Ed.) Pearsons

Reference Books:

- American Psychological Association. (2017). Ethical principles of psychologists and code of conduct. <https://www.apa.org/ethics/code>
- Sue, D. W., & Sue, D. W. (2020). Culturally Competent Counseling: The Multicultural and Social Justice Helping Relationship (3rd Ed.). Hoboken, NJ: Wiley.
- Kazdin, A. E. (2017). Psychotherapy research design and methods (2nd Ed.). New York: Guilford Publications.

PARUL UNIVERSITY - FACULTY OF ARTS
Department of Psychology
Syllabus for 1st SEM MA-Counseling Psychology
Psychological Disorders

Type of Course:

- MA (Counselling Psychology)

Prerequisite:

- Knowledge of English Language studied till Graduation
- Completed Bachelor's with Psychology.
- Basic General Knowledge.

Rationale:

- Course provides diagnostic criteria of various disorders of psychology.
- Course equips students with basic therapeutic measures of disorders.

Unit	Topic	Weightage	Teaching Hrs.
1	Anxiety disorders • Separation anxiety Disorder • Selective mutism • Specific Phobia • Social Anxiety	20%	10
2	Anxiety disorders • Panic Disorder • Agoraphobia • Generalized anxiety disorders	20%	10
3	Obsessive-compulsive and related disorders • Obsessive compulsive Disorder • Body Dysmorphic Disorder • Hoarding Disorder • Trichotillomania • Excoriation Disorder • Other Specified, Unspecified Disorders	15%	10
4	Depressive and Bipolar Disorders • Major Depressive Disorder • Persistent Depressive Disorder • Bipolar I and II disorder	15%	10
5	Somatic Symptom and related disorders • Illness Anxiety disorder • Somatic symptom disorder • Conversion disorder	15%	10
6	Common personality disorders • Borderline personality disorder • Anti-social personality disorder • Narcissistic personality disorder	15%	10

Evaluation Method:

- It consists of Assignments/Seminars/Presentations/Quizzes/Surprise Tests (Summative/MCQ) etc.

Essential Reading:

- American Psychiatric Association. (2013) Diagnostic and Statistical manual of mental disorders (5th edition text revised)
- Gurman. A & Stanley.M (1995). Essential Psychotherapies. Guilford Press

Reference Books:

- Butcher, Hooley & Mineka (2010). Abnormal Psychology 16th Edition. Pearson Publishers
- Hecker & Thrope (2010) Introduction to Clinical Psychology: Science, Practice and Ethics. Pearson publication

PARUL UNIVERSITY - FACULTY OF ARTS
Department of Psychology
Syllabus for 1st SEM MA-Counselling Psychology
School and Workplace Counselling

Type of Course:

- MA (Counselling Psychology)

Prerequisite:

- Knowledge of English Language studied till Graduation
- Completed Bachelor's with Psychology.
- Basic General Knowledge.

RATIONALE:

- To course seeks to provide opportunities for future counsellors to develop leadership skills and contribute to the overall improvement of the educational system.
- To equip the students with the necessary expertise to identify, assess, and support students' mental health and well-being.
- To develop foundational counselling skills and techniques applicable to the workplace setting.

COURSE OUTCOMES:

- Students will demonstrate an understanding of the meaning, concept, scope, and historical perspective of school counselling within the educational context.
- Students will be able to articulate the diverse roles and functions of a school counsellor, including but not limited to academic support, personal/social development, and career guidance.
- Students will develop and enhance essential counselling skills.
- Students will learn to assess and address a range of academic, social-emotional, and behavioural issues commonly encountered in school settings,
- Students will explore key theories of human development, learning, and counselling
- Students will demonstrate a comprehensive understanding of the concept, scope, and significance of workplace counselling within organizational contexts.

- Students will acquire skills in identifying and assessing common psychological issues in the workplace, such as stress, conflict, and burnout, and develop strategies for effective diagnosis and intervention.
- Students will understand the importance of promoting employee well-being in the workplace and develop strategies for fostering a positive work environment through counselling and advocacy efforts.

Course Content		W - Weightage (%) , T - Teaching hours	
Sr.	Topics	W	T
1	Unit 1 Introduction to school counselling • Meaning and concept • Scope and objectives • Historical perspective • Principles and factors influencing school counselling • Role and functions of school counsellor • School consultation (teachers, administrator and parents)	15	8
2	Unit 2 Theoretical Foundations and approaches • Piaget's theory of cognitive development • Erickson's Psycho social theory • Behaviour therapy • Rational emotive therapy • Cognitive therapy	20	12
3	Unit 3 Issues faced by Students: • Common problems of school children (elementary, middle	15	10

	school and high school) • Issues related to academic performance • Counselling of abused children • Counselling of children from broken families • Career counselling • Counselling of children with high-risk behaviours		
4	Unit 4 Counselling at workplace • Definition, concept and historical perspective • Nature and culture of organizations • Benefits of workplace counselling • Setting up of workplace counselling • Importance of employee well-being	15	8
5	Unit 5 Approaches to workplace counselling • Cognitive restructuring and problem-solving strategies in workplace counseling • Organizational systems theory • Family and organizational dynamics in workplace counseling • Conflict resolution and mediation skills	20	12
6.	Unit 6 Assessment in workplace • Identifying psychological issues in the workplace • Conducting needs assessments and risk assessments • Understanding workplace stressors and their impact on mental health • Introduction to screening tools and assessment instruments.	15	10

References:

1. "Introduction to School Counselling: A Comprehensive Overview and Guide to the Profession" by Robert Urofsky and Paul C. McCabe. Publisher: Pearson; 3rd edition (February 15, 2013)
2. "Counselling Children and Adolescents in Schools: Practice and Application Guide" by Robyn S. Hess and Sandy Magnuson. Publisher: Routledge; 1st edition (August 29, 2018).
3. "Developmental Counselling and Therapy: Promoting Wellness over the Lifespan" by Allen E. Ivey and Mary Bradford Ivey. Publisher: Brooks Cole; 1st edition (March 3, 2010).
4. "Counselling and Psychotherapy Theories in Context and Practice: Skills, Strategies, and Techniques" by John Sommers-Flanagan and Rita Sommers-Flanagan. Publisher: Wiley; 2nd edition (April 12, 2017).
5. "Workplace Counselling: A Practical Guide for the HR Professional" by Johnny Tucker
6. "Workplace Counselling: A Comprehensive Overview and Guide to the Profession" by Robert Urofsky and Paul C. McCabe. Publisher: Pearson; 3rd edition (February 15, 2013).
7. "Organizational Psychology: A Scientist-Practitioner Approach" by Steve M. Jex and Thomas W. Britt. Publisher: Wiley; 3rd edition (August 12, 2014).

Parul University

Faculty of Liberal Arts, Parul Institute of Liberal Arts

Department of Psychology

Syllabus for 1st Semester

MA – Counseling Psychology

Name of Subject: - Systems and Theories

1. Prerequisite:

1. Knowledge of English Language studied till Graduation
2. Completed Bachelor's with Psychology.
3. Basic General Knowledge.

2. Rationale:

1. The course seeks to equip students with the knowledge of history of psychology and various schools of psychology
2. Course gives the basic understanding of different systems and their role in current field of psychology

3. Course Objectives:

1. This course will impart the knowledge of different approaches used in psychology.
2. It will make students understand basic fundamentals of associationism and functionalism.
3. It will help in gaining knowledge of cognitive psychology approach and apply its theories in practice.
4. It will teach the fundamentals of Gestalt and psychoanalysis approaches and their theories.
5. It will help students gain the fundamental knowledge of humanistic and existential approach in psychology.

4. Course Outcome:

After the completion of the course, the students will be able to

1. **Understand** fundamentals of associationism and functionalism.
2. **Discuss** fundamentals of behaviorism and structuralism
3. **Recognize** the emergence of cognitive psychology.
4. **Analyze** the principles of Gestalt psychology and psychoanalysis.
5. **Describe and compare** humanistic and existential psychology.

Unit	Topic	Weightage	Teaching Hrs.
1	• Systems and Theories • Systems in Psychology • Theories and Hypothesis • Functions of Psychological Systems and Theories • Evaluating Systems of Psychology • Some Basics Issues in Psychology • An Overview of Psychology in India • Psychology in India during Ancient Times • Psychology in Modern Times	20%	10
2	Associationism and Functionalism • Historical antecedents • Chief contributors • System • Criticism • Current status	20%	10
3	Behaviorism and Structuralism • Historical antecedents • Chief contributors • System • Criticism • Current status	20%	10
4	Beginning of Experimental Psychology and Cognitive Psychology • Emergence Psychophysics • The Development of Neurophysiology • The Theory of Evolution • Chief contributors • System • Criticism • Current status	15%	10

5	Gestalt Psychology and Psychoanalysis • Historical antecedents • Chief contributors • System • Criticism • Current status	15%	10
6	Humanistic and Existential Psychology: • Historical antecedents • Chief contributors • System • Criticism • Current status	15%	10

Evaluation Method:

- It consists of Assignments/Seminars/Presentations/Quizzes/Surprise Tests (Summative/MCQ) etc.

Essential reading:

- A.K.Singh,(2010) Comprehensive history of psychology, PHI learning privet ltd.
- Herrenstein R. J. & Boring E. G. (1965): A Source In the History of Psychology. Harvard, University

Reference Books:

- Boring E. G. (1950): A History of Experimental Psychology. Appleton Century croft
- Koch. S. (Ed.): Psychology: A Study of Science. McGraw Hill Book Co., Vol. – 3
- Marx M. & Hillix W. (1987): Systems An Theories in Psychology. McGraw-Hill, Inc.
- Marx M. (Ed.) (1963): Theories in Contemporary Psychology. Macmillon
- Schultz D. A. (1981): History of Modern Psychology. Academic Press
- Wann T. A. (1964): Behaviourism and Phenomenology Contrasting Bases for Modern Psychology. The University of Chicago Press

PARUL UNIVERSITY - FACULTY OF ARTS

Department of Psychology

Syllabus for 2nd SEM MA Counselling Psychology

Applied Developmental Psychology

Type of Course:

- M.Arts

Prerequisite:

- Completed graduation with Psychology

Rationale:

- This course is design to equip students with the knowledge of Developmental Psychology.
- This course imparts knowledge and skills required for Developmental psychology
- This course aims to equip students with the basic understanding of infant, childhood and adolescent's social and developmental changes.

Unit	Topic	Weightage	Teaching Hrs.
1	Introduction to Life-Span Development: • Concept and characteristics • Nature vs. Nurture • Physical development at different stages ○ Pre-natal ○ Infancy ○ Childhood ○ Adolescence ○ Adulthood ○ Old age	12.5%	10
2	Cognitive Development • Infancy and childhood: Piaget, Vygotsky • Adolescence: Piaget, Elkind • Adulthood: Postformal development • Aging and cognitive skill • Successful aging	12.5%	10
3	Socio-Emotional Development- I • Theories: Erikson, Levinson, Bronfenbrenner, Fowler • Attachment theories: Erikson, Bolwby, Ainsworth • Attachment in adolescence • Love: Sternberg's theory • Dating and romantic relationships: Intimacy relationships and handling breakups • Parenting: Roles, fathers as caregivers, parenting styles and discipling, parent-adolescent relationship	12.5%	10

4	Socio-Emotional Development- II • Emotion: Meaning of Emotion • Experience and Expression of emotion • Regulation of emotion • Development of Identity: Marcia's theory	12.5%	10
5	Moral Development • Piaget • Kohlberg • Gilligan	12.5%	10
6	Culture and human development • Conceptions of culture • Cultural aspects of growth and development: child rearing practices, ethno-theories of parenting. • Development in Indian context-<i>Samaskaras</i>- Indian milestones of development, the rites and rituals in Ayurvedic paediatrics	12.5%	10

Evaluation Method:

- It consists of Assignments/Seminars/Presentations/Quizzes/Surprise Tests (Summative/MCQ) etc.

Essential Reading:

1. Papalia, D. E. (1998). Human Development. 7th Edition. Tata McGraw Hill Publishing
2. Shaffer, D. R. & Kipp, K. (2007). Developmental Psychology – Childhood and Adolescence. 7th Edition, Thomson Wadsworth.

Reference Books:

1. Kail, R.V & Cavanaugh, J. C. (2000). Human Development : A Lifespan View. Second Edition
2. Schell, R. E. & Hall, E. (1979). Developmental psychology Today. Random House Inc.
3. Shaffer, D. R. & Kipp, K. (2007). Developmental Psychology – Childhood and Adolescence. 7th Edition, Thomson Wadsworth.
4. Saraswathi, T. S. (Ed.). (2003). *Cross-cultural perspectives in human development: Theory, research and applications*. Sage.
5. Saraswathi, T. S., & Ganapathy, H. (2002). Indian parents' ethnotheories as reflections of the Hindu scheme of child and human development. *Between culture and biology: Perspectives on ontogenetic development*.

PARUL UNIVERSITY - FACULTY OF ARTS
Department of Psychology
Syllabus for 2nd SEM MA-Clinical Psychology
Cognitive Psychology

Type of Course:

- MA (Clinical Psychology)

Prerequisite:

- Knowledge of English Language studied till Graduation
- Completed Bachelor's with Psychology.
- Basic General Knowledge.

Rationale:

- The course seeks to equip students with the knowledge of Basic cognitive processes and their functions.
- Course enables the student to conduct experiments related to the cognitive process to practically apply them in life.
- This course equips students with the basic thresholds of the sensory processes of human beings.

Unit	Topic	Weightage	Teaching Hrs.
1	Attention • Nature and its concepts • Theories of attention; divided attention, selective attention, sustained attention • Characteristics of attention • Characteristics, criteria & functions of systems • Span of attention experiment	20%	10
2	Basics of Perception, Audition • Perception ○ Definition, characteristics, problems of perception; Approaches to study of perception ○ Theories of perception • Audition ○ Neural basis, auditory, perception, Music Perception, Speech Perception	20%	10
3	Vision & Other Senses • Vision ○ Neural basis, color, Depth, Motion, Object Recognition and Perceptual Organization, Spatial Cognition • Other senses ○ Taste, olfaction, Touch and Haptic Perception, Pain, Temperature	15%	10
4	Thinking and problem solving • Concepts and categorization • Problem solving: types, understanding the problem and strategies of problem solving • Factors that influence problem solving	15%	10

5	Reasoning and Decision Making - Reasoning; types of reasoning, - Approaches to the study reasoning; - Models of decision-making - Types of decision-making - Cognitive illusion and Decision-making - Emotions and Decision-making	15%	10
6	Psychophysics - Information processing, introduction to psychophysics - Weber's law - Fechner's law - Psychophysical methods - Contemporary psychophysics; Steven's power law, signal detection theory	15%	10

Evaluation Method:

- It consists of Assignments/Seminars/Presentations/Quizzes/Surprise Tests (Summative/MCQ) etc.

Essential reading:

- Cognitive Psychology, Robert Sternberg, 6th Edition, Wadsworth cengage
- D'Amato M.R(1979). Experimental Psychology. 3rd edition. Tata McGraw Hill Publishing Co. Ltd. New Delhi

Reference Books:

- Steven;s Handbook pf Experimental psychology,; volume 1 perception and Motivation, 3rd edition, Wiley & sons, New York
- Steven;s Handbook pf Experimental psychology,; volume 2 Learning and Cognition, 3rd edition, Wiley & sons, New York
- Steven;s Handbook pf Experimental psychology,; volume 3, Learning, Motivation, and Emotion, 3rd edition, Wiley & sons, New York

PARUL UNIVERSITY - FACULTY OF ARTS
Department of Psychology
Syllabus for 2nd SEM MA-Counselling Psychology
Rehabilitation Psychology

Type of Course:

- MA (Counselling Psychology)

Prerequisite:

- Knowledge of English Language studied till Graduation
- Completed Bachelor's with Psychology.
- Basic General Knowledge.

RATIONALE:

- The course seeks to provide students with advanced knowledge and skills in the field of rehabilitation psychology.
- To recognizing and understand the unique challenges faced by individuals with physical, sensory, developmental, and other disabilities.

Course Content		W - Weightage (%) , T - Teaching hours	
Sr.	Topics	W	T
1	Unit 1 Introduction to Rehabilitation Psychology • Definition and overview of the profession • Historical perspective • Areas of specialization • Rehabilitation ethics, policies and Acts.	10	6
2	Unit 2 Psychological Approach to Rehabilitation • Assessment, diagnosis, treatment and certification • Understanding psychological needs of caregivers • Working with families of persons with disabilities • Societal attitudes towards disabilities • Vocational issues.	20	12

3	Unit 3 Impairment, disability and handicap: • Difference between impairment, disability and handicap • Types and causes of impairments • Personality development of persons with disabilities • Lifespan development of persons with disabilities • Stress and coping style.	20	10
4	Unit 4 Training of rehabilitation psychologists: • Designing & implementation of training programmes for rehabilitation psychologists • Role & functions of rehabilitation psychologist • Goals of rehabilitation counselling, techniques and professional challenges.	20	10
5	Unit 5 Community based rehabilitation • key principles and social counseling • Training in mobility and daily living skills • Community awareness raising: facilitating access to loans, information for local self-help groups, continued supervision of home programs • Community initiatives to remove barriers that affect exclusion and advocacy	15	10
6.	Unit 6 Current Trends: • Research problems in disability rehabilitation research designs • recent trends in research in rehabilitation psychology	15	12

References:

1. "Introduction to Rehabilitation Psychology" by Dennis R. Maki and Kimberly S. Hutchinson. Publisher: American Psychological Association; 2nd edition (February 15, 2017).

2. "Handbook of Rehabilitation Psychology" edited by Robert G. Frank and Kurt T. Laidlaw. Publisher: American Psychological Association; 1st edition (November 1, 2010).
3. "Certification Study Guide for Rehabilitation Psychology" by Michael J. Millington and Ivan R. Molton. Publisher: American Board of Rehabilitation Psychology (ABRP); 1st edition (February 22, 2017).
4. "The Caregiver's Path to Compassionate Decision Making: Making Choices for Those Who Can't" by Viki Kind. Publisher: American Bar Association; 1st edition (July 7, 2010).
5. "The Stigma of Disease and Disability: Understanding Causes and Overcoming Injustices" by Patrick W. Corrigan and Nicole A. Corrigan. Publisher: American Psychological Association; 1st edition (November 15, 2014).
6. "Rehabilitation Counseling Basics and Beyond" by Marquette University Rehabilitation Counseling Program. Publisher: CreateSpace Independent Publishing Platform; 1st edition (April 11, 2014).
7. "Ethics in Rehabilitation: A Clinical Perspective" by Kenneth A. Ottenbacher and Mary Vining Radomski. Publisher: F. A. Davis Company; 2nd edition (December 3, 2007).
8. "Community-Based Rehabilitation: The CBR Guidelines in Action" by World Health Organization. Publisher: World Health Organization; 1st edition (June 30, 2012).
9. "Social Work Practice in Community-Based Health Care" by Marcia Egan. Publisher: Routledge; 1st edition (December 4, 2019).

PARUL UNIVERSITY - FACULTY OF ARTS
Department of Psychology
Syllabus for 2nd SEM MA Counselling Psychology
Research Methodology

Type of Course:

- M.Arts

Prerequisite:

- Completed graduation with Psychology

Unit 1 Introduction

- Definition
- Types of research- Qualitative & Quantitative
- Ethical considerations in research

Unit 2 Review of Literature

- Purpose of the review
- Sources of the review
- Types of literature
- How to search literature

Unit 3 Problem, Variables and Hypothesis

- Defining and formulating the research problem.
- Type of problems
- Sources of stating a research problem
- Variables – definition and types.
- Hypotheses – definition, types and construction

Unit 4 Research Design

- Definition need for research design
- Between group design

- Within group design
- Quasi experimental design
- Ex post facto Design

Unit 5 Sampling

- Meaning of sampling
- Probability Sampling
- Non-Probability Sampling
- Factors affecting sampling
- Sampling error

Unit 6 Scientific Writing

- Purpose of Writing a research report
- Format of APA and MLA
- Plagiarism