

BA APPLIED PSYCHOLOGY

Core course Title : Understanding and Dealing with Psychological Disorders

Course category : PS213

Schedule of Offering : 4th Semester

Course Credit Structure : 4 Credits

- **Lecture : 4 Hours per week**

Contact Hours per week : 4 Hours per week

Course Instructor : Mr. Sarin Dominic

1. Introduction

To introduce the etiological understanding and therapeutic interventions for the various psychological disorders. This core course will provide an understanding of psychological disorders and various interventions. The aim of the course is to help students to learn understand psychological disorders and therapeutic interventions and prepare students to take up advanced courses in applied psychology.

2. Course Objectives

- To help students learn and understand psychological disorders
- To learn the basic concepts and theories of psychotherapy and understand the important skills required for practice
- To gain an understanding in using various psychotherapeutic techniques and acquaint with the challenges of practice
- To gain understanding on doing psychotherapy in the Indian context

3. Pre-requisites

Registration as a student in B. A Applied Psychology program

4. Readings & Reference

Capuzzi, D., & Gross, D. R. (2007). *Counseling and Psychotherapy: Theories and Interventions* (4th Ed.). Pearson: Delhi..

Corey, G. (2013). *Counselling and psychotherapy: theory & practice*. Singapore: Cengage Learning Asia Pte Ltd.

Galdding, S. T. (2009). *Counseling : A comprehensive Profession*. Pearson: Delhi

Bennett, P. (2017). *Abnormal and clinical psychology: an introductory textbook*. New Delhi: McGraw Hill.

Butcher, J.N., Hooley, J.M., & Mineka, S. (2019). *Abnormal psychology* (16th Ed.). Noida: Pearson.

Kring, A.M., Johnson, S.L., Davison, G.C. & Neale, J.M. (2010) *Abnormal psychology* (11th Ed.). New Delhi: Wiley.

5. Module-wise topics

Module 1: Introduction to Etiology of Disorders and Interventions

Topics:

- Biological causes of Disorders
- Psychological Interventions

Module 2: Etiology-explanations and interventions for Mood disorders and Schizophrenia

Topics:

- Biological etiology-explanations for Mood disorders and Schizophrenia
- Interventions for mood disorders and schizophrenia

Module 3: Insight oriented explanations and interventions

Topics:

- Psychoanalytic perspective – Conversion disorder, OCD, Dissociative disorder
- Humanistic and Existential perspective
- Application in case of crises intervention

Module 4: Behavioural and Cognitive explanations and interventions

Topics:

- Application in case of any two from phobias
- Panic disorder
- Depression

Module 5: Family and Group Interventions

Topics:

- Family therapy
- Group therapies
- Integration of approaches

6. Pedagogy

The teaching learning of the course will be organized through lectures, practical sessions and presentations. Students will be encouraged to develop an understanding of real life issues and participate in the course and practices in the social context. Practicum is incorporated as an important component in most of the course. ICT and mass media and web based resources (like documentaries, videos, films etc.) will be used to make teaching learning process, interactive, interesting and fruitful.

7. Evaluation Pattern

The mode of evaluation will be through a combination of examination (Mid and End Semester Exam) 70 marks and internal assessment 30 marks. The internal assessment includes individual and group presentations and practicum submissions as a part of overall assessment of the students.

- End Semester Examination: 40%
- Mid Semester Examination: 30%
- Group/Individual Assignments: 30 %