**BA APPLIED PSYCHOLOGY**

**2019-20 Academic Year**

**Core Course Title: Understanding and Dealing with Psychological Disorders**

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| **Course Category: PS213 Schedule of Offering: 3rd Semester**  **Course Credit Structure: 4 Credits**   * **Lecture: 4 Hours per week**   **Contact Hours per week: 4 Hours**  **Course Instructor: Sreevalsa Kumar, PhD, Associate Professor** |

1. **Introduction**

To introduce theetiological 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.

1. **Course Objectives**

* To introduce the biological viewpoint and biological causal factors of abnormal behaviour
* To introduce psychological viewpoint and psychological causal factors of abnormal behaviour
* To introduce sociocultural viewpoint and sociocultural causal factors of abnormal behaviour
* To introduce various psychological interventions for different mental disorders
* To introduce the etiology, and treatment of mood disorders, schizophrenias, conversion disorder, obsessive compulsive disorder, dissociative disorder, phobias, and panic disorders

1. **Pre-requisites**

Registration as student in BA Applied Psychology program.

1. **Readings & Reference**

Beck, J. S. (2011). Cognitive behavior therapy: basic and beyond. New York: The Guilford Press.

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* (17th Ed.). Noida: Pearson.

Hecker, J. E. & Thorpe, G. L. (2005). Introduction to clinical psychology: science, practice and ethics. New York: Routledge.

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

Ray, W. (2015). Abnormal psychology: neuroscience perspectives on human behavior and experience. Noida: Sage.

1. **Module-wise topics**

**Module 1: Introduction to Etiology of Disorders and Interventions (20 hrs.)**

Topics:

* Biological causes of Disorders
* Psychological Interventions

**References**

Beck, J. S. (2011). Cognitive behavior therapy: basic and beyond. New York: The Guilford Press.

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* (17th Ed.). Noida: Pearson.

Hecker, J. E. & Thorpe, G. L. (2005). Introduction to clinical psychology: science, practice and ethics. New York: Routledge.

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

**Module 2: Etiology-explanations and interventions for Mood disorders and Schizophrenia (10 hrs.)**

Topics:

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

**References**

Beck, J. S. (2011). Cognitive behavior therapy: basic and beyond. New York: The Guilford Press.

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* (17th Ed.). Noida: Pearson.

Hecker, J. E. & Thorpe, G. L. (2005). Introduction to clinical psychology: science, practice and ethics. New York: Routledge.

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

**Module 3: Insight oriented explanations and interventions (10 hrs.)**

Topics:

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

**References**

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* (17th Ed.). Noida: Pearson.

Hecker, J. E. & Thorpe, G. L. (2005). Introduction to clinical psychology: science, practice and ethics. New York: Routledge.

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

**Module 4: Behavioral and Cognitive explanations and interventions (10 hrs.)**

Topics:

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

References

Beck, J. S. (2011). Cognitive behavior therapy: basic and beyond. New York: The Guilford Press.

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* (17th Ed.). Noida: Pearson.

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

**Module 5: Family and Group Interventions (10 hrs.)**

Topics:

* Family therapy
* Group therapies
* Integration of approaches

**References**

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* (17th Ed.). Noida: Pearson.

Ray, W. (2015). Abnormal psychology: neuroscience perspectives on human behavior and experience. Noida: Sage.

1. **Evaluation**

* End Semester Examination: 40%
* Mid Semester Examination: 30%
* Group/Individual Presentation: 15 %
* Practicum: 15 %

Note: **If you have any special need(s) or condition which can influence the learning and teaching process, the instructor would be happy to have a word with you in person with total confidentiality.**

**WISH YOU ALL A WONDERFUL LEARNING EXPERIENCE!**