

## Ph.D. Course Work Syllabus

### Paper-II Psychology

#### Paper Code-(Ph.D.-102)

Contact Hours: 4 Hrs/ week

Continuous Assessment: 40 Marks

Credit: 4

End Term Exam: 60 Marks

#### Unit I:

##### Theoretical Foundations: -

Learning, biological and cognitive foundations; Behavioural assessment, analysis and formulations (for Neuroses, Psychoses and other conditions, including physical disorders).

#### Unit II:

##### Therapeutic Procedures I: -

Relaxation procedures - Jacobson's Progressive Muscular Relaxation, Autogenic training, Shavasana, Meditation and other forms of eastern methods of Relaxation. Desensitization and Extinction Procedures – Imaginal and in vivo, graded exposure, enriched desensitization, assisted desensitization, Flooding and Implosion, Response prevention, Emotive imagery and other forms of desensitization. Social Skills Training - Assertiveness training, Modelling, Behavioural Rehearsal, Communication skills training.

#### Unit III:

##### Therapeutic Procedures II: -

Operant Procedures: Application of Reinforcement Principles, Token economy, Contingency Management. Aversive Conditioning Therapies - Faradic aversion therapy, Chemical aversion therapy, covert sensitization, Aversion relief procedure, Anxiety relief procedure and avoidance conditioning therapy. Biofeedback Procedures - EMG, GSR, EEG, Thermal, EKG. Self-Control Procedures - Thought stop, Paradoxical intention, Stimulus satiation.

#### Unit IV:

##### Cognitive Behaviour Therapies: -

Rational Emotive Behaviour therapy, Cognitive therapy, Cognitive Behaviour therapy, Stress Inoculation Training and other methods. Other Approaches - Behavioural Counselling, Clinical Hypnotherapy, Group behavioural approaches, Behavioural family/marital therapies.

## **Unit V:**

### **Clinical Applications: -**

Clinical applications of behavioural techniques in the management of anxiety disorders, speech and psychomotor disorders, substance use, Sexual dysfunction and deviant behaviours, personality disorders, Management of Childhood disorders, Psychotic disorders, stress and pain conditions, chronic mental illness.

### **Text Books: -**

1. Cognitive Psychology: Applying the science of mind 2nd Edition- Bridget Robinson-Riegler & Greg L. Robinson-Riegler. Pearson Education, New Delhi, 2008
2. Cognitive Psychology: A Student's Handbook, 6th Edition - Michael W. Eysenck, and Mark T. Keane. Taylor and Francis Inc., New York, 2005.
3. Cognitive Psychology: Connecting mind, research, and everyday experience (2nd edition). - Goldstein, E. B. Thomson/Wadsworth., 2008.
4. Research design and methods – A process approach. 5th Edition. Kenneth S. Bordes & Bruce - New York: Tata-McGraw Hill, 2002.
5. Rethinking methods in Psychology. Jonathan A. Smith, Rom Harré & Luk Van Langenhove. New Delhi: Sage Publications, 1995.
6. Statistics for Psychology – Arthur Aron, Elaine Aron, Elliot J. Coups. 4th Edition – New Delhi: Pearson Education, 2007
7. Psychological Testing – Anne Anastasi and Susana Urbana, New Delhi: Pearson Education. 7th edition,
8. Psychological Testing- Principles, Applications and Issues – Robert M. Kaplan & Dennis P. Saccuzzo. New Delhi: Cengage Learning India Pvt. Ltd. 2009. 6th Edition. 3
9. Introduction To Theories Of Learning. Hergenhahn - New Delhi: Pearson Education 2008

### **Reference Books: -**

1. Basmajian J.V. (1979). Biofeedback – Principles and practice for clinicians, Williams & Wilkins Company: Baltimore.
2. Bellack, A.S., Hersen, M. & Kazdin, A.E. (1985). International handbook of behavior modification and therapy, Plenum Press: NY.
3. Dimatteo, M. R. & Martin, L.R. (2002). Health Psychology, Pearson, New Delhi.
4. Lambert, M.J. (2004). Handbook of Psychotherapy and behaviour change, 5th ed., John Wiley and Sons: USA.
5. Rimm D.C. & Masters J.C. (1979). Behavior therapy: Techniques and empirical findings, Academic Press: NY.
6. Sweet, J.J., Rozensky, R.H. & Tavian, S.M. (1991), Handbook of clinical psychology in medical settings, Plenum Press: NY.
7. Tunks, E. & Bellismo, A. (1991). Behavioral Medicine: Concepts & Procedures, Pergamon Press: USA.
8. Turner, S.M., Calhoun, K.S. & Adams, H.E. (1992). Handbook of Clinical Behavior Therapy, Wiley Interscience: NY.
9. Weinman, J., Johnston, M. & Molloy, G. (2006). Health Psychology, Vol 1 to Vol 4, Sage publications: Great Britain.