University of Patanjali

Uttarakhand, Haridwar

Department of Psychology

M.A Psychology with specialization in Clinical Psychology
(w. e. f. Academic Session: 2020-2021)

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<u>**UNIVERSITY OF PATANJALI, UTTRAKHAND, HARIDWAR**</u>
NAME OF PROGRAM: M.A. PSYCHOLOGY WITH SPECIALIZATION IN CLINICAL PSYCHOLOGY
The minimum duration of the programme will be two years (4 semesters).
(Academic Session: 2020-2021)

1. Program Educational Objectives (PEOs):

PEO1	**Promotion of holistic health with the knowledge of Clinical Psychology.**
PEO2	Application of scientific knowledge to understand and interpret psychological phenomena.
PEO3	Engagement in innovative and integrative thinking of psychotherapies.
PEO4	Apply psychological concepts and skills to career goals.
PEO5	Apply ethical standards to conduct and evaluate psychological science and practice.

2. Program Outcomes (POs):

PO1	Use scientific Knowledge to understand and interpret psychological phenomena.
PO2	Applications of Rational thinking approach in the solution of problems.
PO3	To promote the ability to work with *Manoyoga* (passion).
PO4	Use psychological principles to understand local, regional, national and international issues.
PO5	Apply psychological principles and theories to serve and improve one's community.

3. Program Specific Outcomes (PSOs):

PSO1	Students will be able to create Yogic-Psychological environment in different areas of life.
PSO2	Students of Psychology will be able to have unconditional positive regard and empathy towards others.
PSO3	Students will learn to work in a team and develop leadership qualities.
PSO4	Students will be able to conduct short empirical researches so that they develop an understanding about application of statistics and research methodologies.
PSO5	Students will be able to apply psychological principles and theories to serve and improve one's community.

COURSE DETAILS

Course Code	Title of the Course	Course Objectives	Course Outcomes (COs)
MAP-101	Yoga Psychology	• To initiate the understanding of psychological knowledge within yoga and meditation linking with the idea of mental health and well-being. • To deepen the practice of yoga and meditation systems and linking to applications in various contexts.	After completion of the course students will be able: **CO1**- To achieve spiritual and mental wellbeing. **CO2**- To promote ancient Indian Knowledge. **CO3** -To understand human behaviour as per Yogic Perspectives.
MAP-102	Statistical Techniques and Experimental Designs	• To develop an understanding of various statistical techniques in terms of their Applications. • To create understanding about different types of Design employed in Psychological Research.	After completion of the course, students will be able: **CO1**- To collect, organize, interpret and analyze of psychological data in various fields of life. **CO2**- To obtain scientific results by using different statistical methods. **CO3**- To utilize statistical knowledge in various field of science and arts.
MAP-103	Social Psychology	• To understand the use of social psychological perspectives to explore human experiences and behaviour within social situations or socio-historical context. • To develop insight about the basic assumptions and scope of social psychological	After completion of the course, students will be able to: **CO1**- Describe a broad social perspective towards social issues. **CO2**- Present scientific solutions of social problems. **CO3**-Explain intergroup

		perspectives. • To explore the use of social psychological perspectives in addressing the issues and problems of the real world.	relationship.
MAP-104	Biological Foundations of Behaviour	• To learn about biological foundations of behavior. • To understand about physiology and importance of brain functions.	After completion of the course, students will be able to: **CO1**- Describe causes of human behaviour as per biological perspectives. **CO2**- Control and manage the physiological changes of one's own body. **CO3-** Explain neurological understanding about human behaviour.
MAP-105	Psychology Practicum	• The course aims to deliver practical and in-depth experience in accordance to the principles learnt in the theory courses covering the areas of verbal learning, memory, forgetting etc. • To provide the students with the practical knowledge of conducting various experiments and Psychological Tests.	After completion of the course, students will be able to: **CO1**-Describe the basic concepts of psychological testing. **CO2**- Measure various psychological characteristics. **CO3**- Compare individual differences.
MAP-201	Research Methods	• To inform students about the basics of scientific research in applied psychology. • To make them learn the statistical rigors in designing research and processing data.	After completion of the course, students will be able: **CO1**- To conduct short empirical research. **CO2**- To prepare and present scientific research report in various fields of life.

			CO3- To prepare research reports.
MAP-202	Positive Psychology	• To recognize what contributes/does not contribute to happiness. • To understand the right kind of vocation relationship and values in life that enhances one's well-being • To recognize the role of positive emotions and traits in enhancing happiness.	After completion of the course, students will be able: CO1- To know and apply the true meaning of life. CO2- To create happy and healthy ambiance. CO3- Explain the importance of holistic wellbeing
MAP-203	Cognitive Psychology	• To learn about basic psychological processes through scientific experiments. • To understand various mental processes: Attention and consciousness, Memory processes, Reasoning and decision making.	After completion of the course, students will be able to: CO1-Provide an in-depth understanding of some of the cognitive processes in terms of current theories, models and applications. CO2-Help learners understand the importance of these cognitive processes in everyday life. CO3-Become creative and decision oriented.
MAP-204	Theories of Personality	• To develop an understanding of the concept of individual difference. • To develop an appreciation of the biological and social impact on personality.	After completion of the course, students will be able to: CO1- Achieve and maintain dignity of human behaviour. CO2- Built organized personality. CO3- Explain importance of

			Indian virtues.
MAP-205	Practicum	• To provide a understanding of psychological tests having applications in clinical practice. • Exposure to the general concepts of psychology through experimentation and testing.	After completion of the course, students will be able to: **CO1-** Detect various mental diseases through psychological tests. **CO2-**Provide scientific report of psychological qualities. **CO3-**Compare individual differences.
MAP-301	Health Psychology	• To familiarize with the concept of health psychology to live healthy life. • To orient the students about management of stress.	After completion of the course, students will be able to: **CO1-** Maintain a holistic approach of health. **CO2-** Promote Indian psycho-yogic views of health in the society. **CO3-** Describe conceptual knowledge of behavioural health.
MAP-302	Psychopathology	• To develop understanding of the various manifestations of psychopathology. • To familiarize with DSM IV and ICD II to classificatory systems in the context of diagnosis of various psychiatric/psychological disorders.	After completion of the course, students will be able: **CO1-**To understands nature, aetiology and prevention of mental health issues. **CO2-**To develops skills for diagnosis and classification of mental disorders. **CO3-**To prepare mental status examination.
MAP-303	Clinical Psychology	• To familiarize with the history and development	After completion of the course,

		of clinical psychology as a field in India and its evolving professional identity. • To orient students to major theoretical models which guide clinical psychological practice and research • To orient about clinical assessment process and its application in various domains.	students will be able: **CO1-**To describe the basic concepts of clinical psychology. **CO2-**To assist clinical psychologists and psychiatrists **CO3-**To assess and prepare a treatment plan under clinical setting.
MAP-304	Psychometry	• To gain familiarity with Psychometry and psychological measurement. • Criteria of psychological test and the steps used in test construction.	After completion of the course, students will be able: **CO1-**To create critical understanding of measurement issues and techniques in psychological inquiry. **CO2-**To develop skills and competencies in test construction and standardization. **CO3-**To learn the application and contextual interpretation of data from psychological measurement.
MAP-305	Practicum	• To provide an understanding of psychological tests having applications in clinical practice. • Exposure to the general concepts of psychology through experimentation and testing.	After completion of the course, students will be able to: **CO1-** Demonstrate working knowledge of report writing and providing psychological consultancy in various setting. **CO2-** Developing an appreciation of how psychological tests can be applied to real life settings. **CO3-** Compare individual

			differences.
MAP-401	Guidance and Counselling Psychology	• To gain the knowledge about guidance and counselling • Importance of counselling in real life.	After completion of the course, students will be able: **CO1-** To understands bio-psycho-social issues of human life as per psychological perspectives. **CO2-** To assists clients under the supervision of clinical psychologists in various areas of life. **CO3-** To provides counselling in school, college and university levels.
MAP-402	Psychological Testing	• To gain familiarity with psychological testing and its nature and functions • To create understanding about different types of testing.	After completion of the course, students will be able: **CO1-** To administers psychological testing in various settings like school, hospitals and NGO. **CO2-** To provide help in the assessment of mentally retarded and physically handicapped persons **CO3-** To explain about various types of psychological testing.
MAP-403	Therapeutic techniques	• To gain knowledge about different therapies • To create understanding and awareness about the use of therapies in professional life.	After the completion of this course students will be able: **CO1-** To apply psycho - therapeutic knowledge in practical life. **CO2-** To assist psychotherapist

			and clinical psychologist. **CO3-** To explain the basic utility of psychotherapies.
MAP-404	Dissertation/Project work	• Assess the student's mastery of the factual information, the theoretical concepts, and the methodological approaches in his/her field.	After completion of the course, students will be able to: **CO1-** Conduct original research including: Literature review and generation of hypothesis **CO2**- Explain and apply an appropriate technique of research methodology and Statistical analysis of data. **CO3**- Produce final dissertation outcomes of a high professional standard.
MAP-405	Tour Report	• Deepen Social and practical knowledge. • Develop critical thinking. • Enhances perspectives	After completion of the course, students will be able to: **CO1-** Collaborate with teachers, and integrate new perspectives with informal environments to enhance learning initiatives. **CO2-** Apply skills, values and general knowledge in new settings. **CO3-** Explore practical utility of the clinical tour.