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UNIVERSITY OF MYSORE



Estd. 1916

No.AC.2(S)/401/13-14

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Dated: 24-05-2014

NOTIFICATION

Sub: Modification in the L T P pattern of M.Sc Psychology.

- Ref:** 1. Proceedings of Faculty of Science & Technology Meeting held on 14-02-2014.
2. Proceedings of the Meeting of Academic Council held on 29-03-2014.

The Board of Studies in **Psychology (PG)** at its meeting held on 23-11-2013 has resolved to recommend to offer two additional soft core papers in the III Semester ; and changes in the IV semester OPEN ELECTIVE soft core papers offered in the IVth semesters for 2013-14 batch; as follows.

Soft Core Papers deleted & Change of LTP pattern for HARD CORE PAPER

Credit Pattern

	L	T	P
1. Psychology in Indian-Traditions (IV sem) (Open Elective)	3	1	0 4
2. Advanced Research Methodology (II sem)(Hard Core)	3	1	0 4

Soft Core Papers- Newly Introduced

1. Global HRM (III sem)	2	1	0 3
2.			
3. Positive Psychology (III sem)	2	1	0 3
4. Foundations of Counseling (IV sem) (Open Elective)	3	1	0 4

The Faculty of Science and Technology and the Academic Council at their meetings held on 14-02-2014 and 29-03-2014 respectively approved the above proposals and the same is hereby notified.

The copy of the Modify in the L T P pattern of M.Sc Psychology is annexed herewith.

J. S. Sampath
REGISTRAR.
University of Mysore
MYSORE.
24/5/2014

To

1. The Registrar (Evaluation), University of Mysore, Mysore.
2. The Chairperson, BOS/DOS in Psychology, MGM
3. The Dean, Faculty of Science & Technology, DOS in Zoology, MGM.
4. The Principals of the Affiliated Science Colleges.
5. The Deputy/Assistant Registrar (Evaluation), University of Mysore, Mysore.
6. Sri Narasimha Murthy, Statistician, E.B. UOM, Mysore.
7. The Subdt AC.1 & AC.2 A.B. Academic Section / PMER UOM Mysore



UNIVERSITY OF MYSORE, MYSORE, DEPARTMENT OF STUDIES IN PSYCHOLOGY

Syllabus for M.Sc. III Semester – 2013
GROUP AND FAMILY THERAPY
(Soft Core, 2L-1T-0P=03 Credits)

Unit – I : INTRODUCTION

Types of Groups; Difference between Individual and Group therapy; Current Status of Group Therapy; Benefits and Limitations; Issues -- Legal, Ethical and Professional; Group Therapist – Role, Responsibilities and Qualities

Unit – II : APPROACHES

Behavioristic; Psychoanalytic; Cognitive Behavior Therapy (CBT); Rational Emotive Behavior Therapy (REBT)

Unit – III : GROUP PROCESSES

Stages of Group Therapy – Exploratory, Transition, Working and Termination; Therapeutic Processes involved in Group Therapy; Skills required for handling Group Therapy; Handling the different Groups

Unit – IV : FAMILY THERAPY

Meaning, Current Status and Need for Family Therapy; Approaches – Structural, Strategic Family Therapy and Family Systems Therapy

Books for Reference

1. Group Counseling (2008), Gerald Corey, New Delhi: Cengage Learning India Pvt. Ltd.
2. Counseling and Psychotherapy (2009), Gerald Corey, New Delhi: Cengage Learning India Pvt. Ltd.
3. Counseling: A Comprehensive Profession (2011, 6th Edn.), Samuel T. Gladding, New Delhi: Dorling Kindersley India Pvt. Ltd.
4. Counseling: Theories and Practices (2008), Jeffrey A. Kottler and David S. Shepard, New Delhi: Cengage Learning India Pvt. Ltd.

Positive Psychology (Soft Core)

LTP- 2+1+1=4 Credits

Unit I: INTRODUCTION

- a) Meaning, need and relationship with other branches of Psychology
- b) Happiness and well-being ; Two traditions -Hedonia and Endaimonia, and Assessment.

Unit II: HAPPINESS ACROSS LIFE DOMAINS AND CULTURE

- a) Domains of life; Life space, Gender, Marriage, Other
- b) Money and Culture ; Across nations, Relationship between Marriage and Happiness, Relationship between Culture and Well-being.

Unit III: POSITIVE EMOTIONS AND TRAITS

- a) Meaning of Positive Emotions, relation to health , relation to well-being, cultivating positive emotions
- b) Meaning of Traits, Personality, Emotions and Biology, Positive Beliefs.

Unit IV: SELF DEVELOPMENT

- a) Self-regulation and self-control; Meaning, Theory, Planning, Goals, and Failure of Self-control.
- b) Virtue and Character-strength; Meaning and Measurement, Wisdom, Spirituality and Transcendence, Religion and Virtue.

Reference Books:

1. Positive Psychology (Indian Edition, 2009) by Steve R. Baumgardner and Marie K. Crothers, Published by Pearson Education.
2. Positive Psychology (Sage South Asia Edition, 2007) by C. R. Snyder and Shane J. Lopez, Published by Sage Publications India Pvt. Ltd., New Delhi.

GLOBAL HUMAN RESOURCE MANAGEMENT

Objectives

The objective of this course is to develop a diagnostic and conceptual understanding of the cultural and related behavioural variables in the management of global organisations.

Course Contents

Unit-I

Human and Cultural Variables in Global Organisations ☐ Cross-cultural differences and managerial implications -- Cross cultural Research Methodologies and Hofstede Hermes Study.

Unit- II

Structural Evolution of Global Organisations -- Cross cultural leadership and decision making☐
Cross-cultural communication and negotiation.

Unit -III

Human Resource Management in Global Organisations: Recruitment and Selection.

Unit- IV

Compensation and Appraisal in Global Perspective.

Suggested Readings:

1. Adler N.J. International Dimensions of Organisational Behaviour
2. Barlett and Goshal. Transnational Management: Text. Cases and Readings in Cross Border Management
3. Hofstede G. Cultures Consequence: International differences in work related values
4. Dowling P. International dimensions of HRM.

Paper : **FOUNDATIONS OF COUNSELING (Open Elective)**
LTP = 3 + 1 + 0 = 4 Credits

Unit: 1. Basic principles of counseling and psychotherapy: Need for Counseling and Psychotherapy in the Indian context; Goals of Counseling.

Unit: 2. Role of counselor; Counselor and counselee characteristics facilitating counseling; Expectations from counselor; External conditions influencing counseling.

Unit: 3. Development of counseling skills: The process of helping, listening, reflecting, summarizing, confronting, interpreting, and informing.

Unit: 4. Special areas of counseling: Emotionally disturbed children; Learning disability; Drug addiction, Counseling women and the aged.

Books recommended:

Bor, R. & Watts, M. (2006). *The trainee Handbook: A guide for counseling & Psychotherapy Trainees*. New Delhi, Sage Publications.

Clough, P. Pardeck, J.T. & Yuen, F. (Eds., 2005). *Handbook of emotional and behavioural Difficulties*.

Corey, G (2001). *Theory and practice of counseling and psychotherapy*. California: Brooks & Cole publishing (6th Ed.).

Feltham, C, & Horton, I. (Eds. 2006). *The Sage Handbook of counseling and Psychotherapy*. New Delhi: Sage Publications.

Leary, C.J. (1999) *Counseling couples and families*. New Delhi: Sage Publications.

Nelson-Jones. R. (2005) *Practical counseling and helping skills* (5th Ed.) New Delhi: Sage Publications.