Scheme of Studies

POST MAGISTRAL DIPLOMA IN CLINICAL PSYCHOLOGY

2 Semesters / 01 year Diploma Program for the year 2015 and onward

Department of Applied Psychology
POST MAGISTRAL DIPLOMA IN Clinical Psychology

OUTLINE OF CORE COURSES FOR PMD IN
CLINICAL PSYCHOLOGY

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<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credit Hours</th>
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<td></td>
<td><strong>Semester – I</strong></td>
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<tr>
<td>C. Psy-801</td>
<td>Research Methodology and Statistics in Clinical Psychology-I</td>
<td>04(3-1)</td>
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<tr>
<td>C. Psy-802</td>
<td>Psychodiagnosis and Assessment-I</td>
<td>03</td>
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<tr>
<td>C. Psy-803</td>
<td>Psychotherapy –I</td>
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<tr>
<td>C. Psy-804</td>
<td>Psychophysiology &amp; Psychopharmacology-I</td>
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<tr>
<td>C. Psy-805</td>
<td>Internship</td>
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<td><strong>Semester – II</strong></td>
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<tr>
<td>C. Psy-811</td>
<td>Research Methodology and Statistics in Clinical Psychology-II</td>
<td>04(3-1)</td>
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<td>C. Psy-812</td>
<td>Psychodiagnosis and Assessment-II</td>
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<tr>
<td>C. Psy-813</td>
<td>Psychotherapy –II</td>
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<tr>
<td>C. Psy-814</td>
<td>Psychophysiology &amp; Psychopharmacology-II</td>
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<td><strong>Summer Semester</strong></td>
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<td>C. Psy-810</td>
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<tr>
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<td><strong>G. Total</strong></td>
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Eligibility Criteria for Post Magistral Diploma Leading in Clinical Psychology

Duration: One year

Post Magistral Diploma (PMD), consisting of two Semesters and one Summer Semester of 8 weeks (only for Internship).

Eligibility for Admission in PMD. M.A / M.Sc/ BS Hons (4 years) (minimum second class) in Psychology and its allied fields/equivalent, from a Recognized University. Candidates will have to go through the Academic and personality assessment and interview.

Eligibility for Award of Post Magistral Diploma (Duration 1 year)
Successful completion of a total of 38 Credit Hours [(26 Credit Hours of course work and 12 Credit Hours of Internship (minimum of 100 Psychotherapy sessions/hours (recorded) and 10 Psychodiagnostic Reports)].

SEMESTER 1st

Name of Course RESEARCH METHODOLOGY AND STATISTICS IN CLINICAL PSYCHOLOGY-I

Clinical. Psy. 801
Credit Hours 04(3-1)

Objectives
- The course designed to familiarize the students with all aspects of research processes from generation of research idea to data collection, analysis, and interpretation of findings.
- The course also aims to develop scientific reasoning and understating of link between theory and empirical investigation

CONTENTS
• Introduction
  o Definition and importance of research
  o Scientific and Ethical Foundations of Research
  o Scientific and non-scientific methods
• Types of research
  o Quantitative and Qualitative Research
  o Basic and applied research
  o phenomenological
• Research Designs and types of Research Design
  o Experimental Research Design
  o Corelational Research Design
  o Longitudinal and cross sectional Research Design
  o Case study methods
• Theory and Hypotheses Evaluation in Research
• Subject Selection and Sampling
  o Probability and non probability sampling
  o Advantages and disadvantages of each type
• Methods of data collection
  o The Interview,
  o Questionnaires
  o Observation
  o Content Analysis,
• Test/Questionnaire Construction
• Measurement,
  o Types of measurement
  o Reliability and validity
  o Measurement scales
  o Scaling Methods
    ▪ Dichotomous scales
    ▪ Guttman scale
    ▪ Likert scale
    ▪ Thuston scale
• Research in Psychotherapy
• Ethical Issues in Research,
  o APA codes of ethics
  o APA report writing

Practical
  o Students will write a Research Report.

BOOKS RECOMMENDED

Name of Course  PSYCHODIAGNOSIS AND ASSESSMENT-I

Clinical. Psy.  802
Credit Hours    03

Objectives

- To introduce the students to the basic theoretical psychometric concepts and use of psychological tests.
- Main course objectives include understanding of the basic principles of psychological measurement and the techniques of test construction, administration, and validation. Test rationale, construction, characteristics and the use of evaluation are emphasized.
- To understand assessment and evaluation of individuals, groups, and specific populations.

CONTENTS

- Introduction
  - What is Psychodiagnosis
  - Importance of Psychodiagnosis & Assessment
Definition, nature, uses and limitations of Assessment
Importance of Assessment
Modes of Assessment

- Diagnosis and Use of DSM IV TR
  - Multi-Axial System
  - Substances-related disorders
  - Disorders usually first diagnosed in Infancy, Childhood and Adolescence
  - Schizophrenia & other Psychotic disorders
  - Mood Disorders
  - Somatoform Disorders
  - Factitious Disorders
  - Anxiety Disorders
  - Dissociative Disorders
  - Sexual and Gender Identity Disorders
  - Eating Disorders
  - Impulse-Control Disorders
  - Sleep Disorders
  - Adjustment Disorders
  - Delirium, Dementia, Amnesia and other Cognitive Disorders
  - Personality Disorders

- Clinical Interviewing
  - Types of Interview
  - Psychometric Aspects of Interview
  - Cultural Aspects of the interview
  - Case History Data

- Administration, Scoring, Interpretation of Psychological Tests
  - Neuropsychological Tests.
  - Intelligence Tests
  - Personality Tests
Achievement & Vocational Tests
Ability & Aptitude Tests

BOOKS RECOMMENDED

Name of Course PSYCHOTHERAPY -I

Clinical. Psy. 803
Credit Hours 03

Objectives
- To understand and change the abnormal behavior, cognition, and emotions through the application of psycho-therapeutic principles and techniques
- To equip the students with a strong knowledge, skill and acumen in the detection, evaluation and diagnosis of various psychological conditions

CONTENTS
- Introduction to Psychotherapy
  - Definition, scope and aims of psychotherapy
Goals and limitations of psychotherapy

- Types and classification of psychotherapy (supportive, re-educative & reconstructive psychotherapy)
- Variables affecting the process of psychotherapy
- Do’s and Don’ts of psychotherapy

- Personality and Psychotherapy
  - Gender and Psychotherapy
  - Qualities of a good psychotherapist

- Patient and Psychotherapist needs and expectations

- Ethical issues in psychotherapy

- Psychopathology
  - Multi-axial diagnostic system according to DSM-IV-TR
  - Diagnostic criteria of all mental disorders according to DSM-IV-TR

- Phases of psychotherapy
  - Early phase
    - Intake interview
    - Establishing Rapport
    - History –taking and identifying problems
    - Use of assessment and assessment techniques
  - Middle phase
  - Late phase
  - Termination

- Management in psychotherapy
  - Management of special problems
  - Management of borderline and adolescents
Name of Course PSYCHOPHYSIOLOGY & PSYCHOPHARMACOLOGY - I

Clinical. Psy. 804
Credit Hours 03

Objectives

- To understand the present methodologies and concepts of psychopharmacology / neuroscience.
- To equip students with knowledge of physiological bases behavior and its relation to pharmacology.

CONTENTS

- Introduction and Role of psychophysiology & psychopharmacology
  - Definition of Psychophysiology & Psychopharmacology
  - A brief introduction & role in the society
A brief discussion on the various psychological terms

- **History of Psychopharmacology**
  - Historical introduction in various phases
  - Role of various scientists

- **Detailed Structure of Nervous system and Neuron**
  - Neuron and all the other supporting cells of CNS
  - Brief anatomical physiology of all parts of fore brain, mid brain & hind brain.

- **Functions and localization of nerves system and brain**
  - Functions of various important brain structure i.e., cerebral cortex, various nuclei, limbic system, Reticular formation, CSF, Thalamus, hypothalamus, Amygdala, medulla, cerebellum and various lobes.

- **Neurology and Psychology**

- **Drug Action in the Nervous System**
  - Classification and role of neurotransmitters which have potential in pathophysiology of psychological illness.
  - Mechanism of various drug actions with relevance to psychological abnormalities.

- **Classification of Drugs.**

**BOOKS RECOMMENDED**

Name of Course: INTERNSHIP  
Clinical. Psy. 805  
Credit Hours: 04

**Objectives**
- To understand and change the abnormal behavior, cognition, and emotions through the application of psycho-therapeutic principles and techniques
- To equip the students with a strong knowledge, skill and acumen in the detection, evaluation and diagnosis of various psychological conditions

Internship will include the following requirements: -

- Psychodiagnostic sessions with patients.
- Supervision of the Psychodiagnostic sessions (recordings).
- Psychotherapeutic sessions with patients.
- Supervision of the psychotherapeutic sessions.
- Report Writing.
- Participation in case conference.

**Semester 2nd**

Name of Course: RESEARCH METHODOLOGY AND STATISTICS IN CLINICAL PSYCHOLOGY-II  
Clinical. Psy. 811  
Credit Hours: 04(3-1)

**Objectives**
- The course designed to familiarize the students with all aspects of research processes from generation of research idea to data collection, analysis, and interpretation of findings.
- The course also aims to develop scientific reasoning and understating of link between theory and empirical investigation

**CONTENTS**

- Introduction
  - Definition & Importance of Statistics in Psychology
  - Types of statistics
  - Limitations of Statistics (Uses and abuses of statistics)
Selection of different Statistical techniques as per requirement of data types
Importance and use of SPSS and other techniques of data analysis

- **Data**
  - Types and Interpretation

- **A review of descriptive statistical methods**
  - Graphic representation,
  - Frequency tables,
  - Measure of central tendency,
  - Measures of dispersion,
  - Measures of Position
  - Measures for two nominal & ordinal variables (discrete data)
  - Measures of two ratio & interval variables (continuous data)

- **Probability Theory and Techniques of Hypotheses Testing**
  - Probability sample space
  - Probability theory, properties of probabilities
  - Probability distribution of discrete variables
  - Binomial Probability distribution
  - Probability distribution of continuous random variable
  - Normal Probability distribution and standard z-score

- **Inferential statistics**
  - Hypothesis and types of hypothesis
  - Hypotheses testing
  - Steps in hypotheses testing
  - Error of measurement, alpha level/confidence interval

- **Parametric statistics (t-test and z-test, Analysis of Variance)**
- **Non-Parametric Statistics. (chi-square test)**

**BOOKS RECOMMENDED**

Name of Course

PSYCHODIAGNOSIS & ASSESSMENT -II

Clinical. Psy. 812
Credit Hour 03

Objectives

- To introduce the students to the basic theoretical psychometric concepts and use of psychological tests.
- Main course objectives include understanding of the basic principles of psychological measurement and the techniques of test construction, administration, and validation. Test rationale, construction, characteristics and the use of evaluation are emphasized.
- To understand assessment and evaluation of individuals, groups, and specific populations.

CONTENTS

- Test Selection
  - Who are the Parties?
  - In what types of settings are assessments conducted and why?
  - Where to go for authoritative information: reference sources
  - Uses and varieties of Psychological Tests
  - Why control the use of Psychological Tests
  - Examiner and Situational Variables
  - Source of Information About Tests
- Administration & Scoring of Different Tests
Scheme of Studies PMDCP

➢ Administration
  o Conditions of Testing
  o Control of the Group
  o Directions to the Subject
  o Judgments left to the examiner
  o Guessing
    ▪ Scoring
      o Interpretation of the Raw Scores
      o Criterion Reference
      o Percentile Scores
      o Standard Scores
      o The Normal Distributions

• Interpreting and Reporting of Projective Tests and Batteries
  o Inkblot Techniques
  o Pictorial Techniques
  o Verbal Techniques
  o Autobiographical Memories

• Test Construction
  o Item Selection
  o Scale Construction
  o Standardization
  o Norming the Psychological Tests
  o Test Publication and Revision

• Ethical Issues in Psycho diagnosis
  o Users’ Qualification and Professional Competence
  o Responsibilities of the Test Publishers
  o Protection of Privacy
  o Confidentiality
  o Communicating the Test Results
  o Testing Diverse Populations
BOOKS RECOMMENDED


Name of Course PSYCHOTHERAPY -II

Clinical. Psy. 813
Credit Hours 03

Objectives
- To understand and change the abnormal behavior, cognition, and emotions through the application of psycho-therapeutic principles and techniques
- To equip the students with a strong knowledge, skill and acumen in the detection, evaluation and diagnosis of various psychological conditions

CONTENTS
- Types of psychotherapy
  - Individual psychotherapies and techniques of psychotherapies
  - Group psychotherapies and techniques of psychotherapies
- Psychotherapies
Standard psychoanalysis (Sigmund Freud)

Psychodynamic approaches

a) Adler
b) Yung
c) Sullivan
d) Frieda

Intensive brief psychotherapy (Malan)

Briefer psychoanalysis (Alexander and French)

Rational Emotive Behavior psychotherapy (Albert Ellis)

Behavior Therapy

Cognitive Therapy (Aron Beck)

Client Centered Therapy (Carl Rogers)

Humanistic Approach (Albert Ellis)

Existential Psychotherapy (Irvin Yalom)

Reality Therapy (William Glasser)

Transactional Analysis

Experimental approaches (various techniques of behavior therapy)

Multimodal Behavior therapy (Carl Rogers)

BOOKS RECOMMENDED

Name of Course       PSYCHOPHYSIOLOGY & PSYCHOPHARMACOLOGY -II
Clinical. Psy. 814    Credit Hours   03

CONTENTS

- Assessment and diagnosis as conducted by neurologists
  - Discuss the various ways & assessment protocols that are used by neurologist.
- When to make a referral to a neurologist, or psychiatrist
  - Discuss in detail about diagnosis system
  - Discuss various protocols that are adopted for referral
- Treatment and rehabilitation techniques
  - Complete discussion on the rehabilitation techniques of the patients that are facing psychological morbidities.
- Different Prescribed Drugs in Psychological illnesses
  - Class description, important drugs and famous brand names
- Effects and Side Effects of these Drugs
  - Pharmacological actions and side effect of all the class of psychotropic drugs like
    - Selective serotonin reuptake inhibitors (SSRIs)
    - Benzodiazepines
    - Serotonin Noradrenaline Re-uptake inhibitors (SNRIs)
    - Tricyclic antidepressant
    - MAO inhibitors
    - Neuroleptic drugs
    - Psychostimulants
  - All the other related drugs with relevance to psychological illness.
- Functions on other body System
  - Drug effects on the other body function with a special emphasis to avoid all the side effects and contra indications.

**BOOKS RECOMMENDED**

**Name of Course**

**INTERNSHIP-II**

**Clinical. Psy. 815**

**Credit Hours** 04

**Objectives**
- To understand and change the abnormal behavior, cognition, and emotions through the application of psycho-therapeutic principles and techniques
- To equip the students with a strong knowledge, skill and acumen in the detection, evaluation and diagnosis of various psychological conditions

**Internship**

includes the following requirements:
- Psychodiagnostic sessions with patients.
- Supervision of the Psychodiagnostic sessions (recordings).
- Psychotherapeutic sessions with patients.
- Supervision of the psychotherapeutic sessions.
- Report Writing.
- Participation in case conference.
SUMMER SEMESTER

Name of Course  INTERNSHIP

Clinical. Psy. 810  
Credit Hours  04  

Objectives
- To understand and change the abnormal behavior, cognition, and emotions through the application of psycho-therapeutic principles and techniques
- To equip the students with a strong knowledge, skill and acumen in the detection, evaluation and diagnosis of various psychological conditions

Internship will include the following requirements: -

- Psychodiagnostic sessions with patients.
- Supervision of the Psychodiagnostic sessions (recordings).
- Psychotherapeutic sessions with patients.
- Supervision of the psychotherapeutic sessions.
- Report Writing.
- Participation in case conference.