**Shyama Prasad Mukherji College**

**Teaching Plan**

**(LOCF)**

**Course and Year:** B.A. (H) Applied Psychology 3rd Year

**Semester:** VI Semester

**Taught individually or shared:** Shared

**Paper:** Understanding Psychological Disorders-II

**Faculty:** Shaheen Parveen

**No. of Classes (per week):** 2

**Teaching plan**

**Name of the Unit:**

**Unit-III**

Functional Neurological Symptom Disorder (Clinical picture &etiology), Personality Disorders (Cluster A, B, C clinical picture only).

**UNIT IV**

Obsessive Compulsive Disorder (Clinical picture &etiology),Biological treatment interventions, Overview of psychological therapeutic interventions.

**Readings (in APA format)**

Alloy, L.B., Riskino, J.H. and Manos, M.I. (Latest edition).Abnormal Psychology; Current Perspectives. New Delhi: Tata McGraw Hill.

American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders (5th ed.). Arlington, VA: Author.

Butcher, J.N., Hooley, J.M., Mineka, S. and Dwivedi, C.B. (2017).Abnormal Psychology (16th ed). India : Pearson (Unit I: Chapter 7 (mood disorders and suicide); Unit II: Chapter 15 (Disorders of childhood and Adolescence), Chapter 8 (Somatic Symptom and dissociative disorders), Chapter 10 (personality Disorders), Unit 4: Chapter 6: (Panic, Anxiety, Obsessions and their disorders).

Hooley, J.M., Butcher, J.N., Nock, M.K. and Mineka, S. (2017). Abnormal Psychology. 17th ed. (Global Edition).

World Health Organization.(2018). International statistical classification of diseases and related health problems (11th Revision).

**ADDITIONAL RESOURCES**

B.J., Sadock, V.A. & Ruiz, P (2017) Kaplan & Sadock’s Comprehensive Text Book of

Psychiatric.Walter & Kluwer/ Lippincott Williams and Wilkins.

Carlat, D. J. (2017). The Psychiatric Interview (4th Ed). USA: Wolters Kluwer.

Comer, R.J. (2016) Fundamentals of Abnormal Psychology (8 th Ed) USA:Worth Publishers

Sue, D., Sue, D.W., and Sue, S. (2010). Understanding Abnormal Behaviour (9th Ed).

USA: Wadsworth.

**Unit-III: 17 Classes.**

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| **Topics and Sub topics to be covered** | **Time Required** | **References**  **(Unit Wise)** |
| Basic introduction of units | 1st week of Jan 2023 | * Latest Edition of DSM: DSM V (TR). * Butcher, J.N., Hooley, J.M., Mineka, S. and Dwivedi, C.B. (2017).Abnormal Psychology (16th ed). India : Pearson (Unit I: Chapter 7 (mood disorders and suicide); Unit II: Chapter 15 (Disorders of childhood and Adolescence), Chapter 8 (Somatic Symptom and dissociative disorders), Chapter 10 (personality Disorders), Unit 4: Chapter 6: (Panic, Anxiety, Obsessions and their disorders). * Hooley, J.M., Butcher, J.N., Nock, M.K. and Mineka, S. (2017). Abnormal Psychology. 17th ed. (Global Edition). * American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders(5th ed.). Arlington, VA: Author. |
| Functional Neurological Symptom Disorder (Brief overview & History) | 2nd week of Jan 2023 |
| Clinical picture | 3rd week ofJan 2023 |
| Etiology | 4th week of Jan 2023 |
| Cluster A Personality disorder:   1. Paranoid personality disorder 2. Schizoid personality disorders 3. Schizotypal personality disorder | 5th week of Jan and 1st week of Feb 2023 |
| Cluster B Personality disorder:   1. Anti-social personality disorder. 2. Borderline personality disorder 3. Histrionic personality disorder 4. Narcissistic personality disorder | 2nd, 3rd and 4th week of Feb 2023  and  Class Interaction |
| Cluster C Personality disorder:   1. Avoidant personality disorder 2. Dependent personality disorder 3. Obsessive-compulsive personality disorder | 4th Week of Feb 2023 |
| \*E-references will be provided as required. | | |

**4th Week of Feb: Internal Assessment/ Assignment/PPT (Tentative)**

**Unit-IV- 14-15 Classes**

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| **Topics and Sub topics to be covered** | **Time Required** | **References**  **(Unit Wise)** |
| Obsessive Compulsive Disorder | 1st week of March 2023 | * Alloy, L.B., Riskino, J.H. and Manos, M.I. (Latest edition).Abnormal Psychology; Current Perspectives. New Delhi: Tata McGraw Hill. * Butcher, J.N., Hooley, J.M., Mineka, S. and Dwivedi, C.B. (2017).Abnormal Psychology (16th ed). India : Pearson (Unit I: Chapter 7 (mood disorders and suicide); Unit II: Chapter 15 (Disorders of childhood and Adolescence), Chapter 8 (Somatic Symptom and dissociative disorders), Chapter 10 (personality Disorders), Unit 4: Chapter 6: (Panic, Anxiety, Obsessions and their disorders). |
| Clinical picture | 3rd Week of March 2023 |
| Etiology | 4th Week of March |
| Biological treatment interventions | 5th week of March and 1st and 2nd week of April 2023 |
| Overview of psychological therapeutic interventions. | 3rd and 4th week of April 2023 |
| Revision and doubt clarifications. |  |  |
| E-References will be provided if required  e-reference:  \*Extra classes will be taken if required. | | |

**3rd Week of April 2023: Internal Assessment/ Assignment/PPT (Tentative)**

**Methodology of Teaching:**

* Lecture,
* PPT,
* Group discussions,
* ICT.

**Assessment:**

* Internals,
* Assignments,
* Viva,
* Class presentations,
* PPT,
* Use of technical resources,
* Group discussion.

**Criteria for Assessment:**

* Support of empirical/research evidence.
* Presentational skill,
* Conceptual clarity,
* Analytical ability,
* Use of modern technology,
* Reflection of Research orientation,
* Research content. (Contemporary researches, No. of references).

**Shyama Prasad Mukherji College**

**Teaching Plan**

**(LOCF)**

**Course and Year:** B.A. (H) Applied Psychology 2nd Year

**Semester:** IV Semester

**Taught individually or shared:** Shared

**Paper:** GE-4 Psychology for Living

**Faculty:** Dr. Shaheen Parveen

**No. of Classes (per week):** 2

**Teaching plan**

**Name of the Unit:**

**UNIT 1**

Illness, health and well-being: Conceptualizing illness, health and wellbeing; Models: Medical, bio-psycho-social, holistic health.

**UNIT 3**

Health management: Health-enhancing behaviours: Exercise, nutrition, meditation; Health compromising behaviours: Alcoholism and smoking; Health protective behaviours: Immunization, maintaining hygiene and pollution-free environment; Illness management.

**Readings (in APA format)**

**REFERENCES**

Carr, A. (2004). Positive psychology: *The science of happiness and human strength*.UK:

Routledge. (UNIT 4: Ch. 3,)

DiMatteo, M.R. & Martin, L.R. (2002).*Health psychology*. New Delhi: Pearson (UNIT 1: Ch. 1,

Ch. 7 & 9, UNIT 2: Ch. 9 & 10, )

Forshaw, M. (2003).*Advanced psychology: Health psychology*. London: Hodder and Stoughton.

Snyder, C.R., & Lopez, S.J.(2007). *Positive psychology: The scientific and practical*

*explorations of human strengths*. Thousand Oaks, CA: Sage (UNIT 1: Ch. 1, Ch. 2 UNIT 2: Ch.

4, UNIT 3: Ch. 3,).

Mishra, G. (Ed.). (2011). *Handbook of Psychology in India.* New Delhi, India: Oxford University

Press. (UNIT 4: Ch. 16, UNIT 3: Ch. 17 )

**Unit-I: 14 Classes.**

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| **Topics and Sub topics to be covered** | **Time Required** | **References**  **(Unit Wise)** |
| Basic introduction of units | 1st week of Jan 2023 | * DiMatteo, M.R. & Martin, L.R. (2002).*Health psychology*. New Delhi: Pearson (UNIT 1: Ch. 1, Ch. 7 & 9, UNIT 2: Ch. 9 & 10, ) * Forshaw, M. (2003).*Advanced psychology: Health psychology*. London: Hodder and Stoughton. * Snyder, C.R., & Lopez, S.J.(2007). *Positive psychology: The scientific and practicalexplorations of human strengths*. Thousand Oaks, CA: Sage (UNIT 1: Ch. 1, Ch. 2 UNIT 2: Ch. 4, UNIT 3: Ch. 3,). |
| Conceptualizing illness and wellbeing: Definition and nature | 2nd and 3rd week of Jan 2023 |
| Concept, definition, nature and scope of health and health psychology | 3rd and 4th week ofJan 2023 |
| Medical Model and its advantages, disadvantages and application | 4th and 5th week of Jan 2023 |
| Bio-psycho-social Model and its advantages, disadvantages and application | 5th week of Jan and 1st week of Feb 2023 |
| Holistic Health | 1st, 2nd and 3rd week of Feb 2023  and  Class Interaction and power point presentations |
| \*E-references will be provided as required. | | |

**2nd Week of Feb: Internal Assessment/ Assignment/PPT (Tentative)**

**Unit-III- Classes**

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| **Topics and Sub topics to be covered** | **Time Required** | **References**  **(Unit Wise)** |
| * Health Management * Health enhancing behaviours: Exercise, Nutrition, Meditation. | 4th, 5th Week of February  and  1st and 3rd Week of March |  |
| Health compromising behaviours: Alcoholism and smoking | 4th Week of March |
| Health protective behaviours:  Immunization, maintaining hygiene and pollution-free environment | 5th Week of March |
| Illness management | 1st and 2nd Week of April |
| Revision and doubt clarifications. |  |  |
| E-References will be provided if required  e-reference:  \*Extra classes will be taken if required. | | |

**3rd Week of April 2023: Internal Assessment/ Assignment/PPT (Tentative)**

**Methodology of Teaching:**

* Lecture,
* PPT,
* Group discussions,
* ICT.

**Assessment:**

* Internals,
* Assignments,
* Viva,
* Class presentations,
* PPT,
* Use of technical resources,
* Group discussion.

**Criteria for Assessment:**

* Support of empirical/research evidence.
* Presentational skill,
* Conceptual clarity,
* Analytical ability,
* Use of modern technology,
* Reflection of Research orientation,
* Research content. (Contemporary researches, No. of references).