

**MES ASMABI COLLEGE, P VEMBALUR**  
**DEPARTMENT OF PSYCHOLOGY**  
**B.SC PSYCHOLOGY**

**ADD ON COURSE: COUNSELLING SKILLS : Major Areas in Behaviour  
Modifications**

**DURATION : 30 hours**

**COURSE CODE : ASMPHY/AC01/SPM**

**Objectives:**

To generate interest in Psychology

To make familiar the basic concept of the field of Psychology with an emphasis on applications of Psychology in everyday life.

To understand the basics of various Assessments in Psychology

To provide basic knowledge about systems and procedure like attention, learning and Consciousness.

To Provide Training in Case Study, case formulation and MSE

**Module 1 School Mental Health : 2 hours**

Educational System in India, Student mental health in Educational setting, role of teachers, Study Habits, Stress related factors in school, Motivation and Performance in students.

**Module 2 Developmental Psychology: Aspects of Student : 5 hours**

Major Developmental Milestones, Factors affecting developmental stages, Delays in developmental milestones , developmental disorders – ADHD, Intellectual Development Disorder, Developmental Learning Disorder.

**Module 3 Learning Disability: Aspects of Student : 5 hours**

Types of learning disability, Dyslexia , Dysgraphia , Dyscalculia, Dyspraxia, Auditory Processing Disorder, Language Processing Disorder, Non Verbal Learning Disabilities, visual Perceptual – Visual Motor Deficit.

**Module 4 Common Behavioural Issues in Childhood and Adolescence : 7 hours**

Oppositional Deviant Disorder, Conduct Disorders, Management Techniques, General mental health issues (brief description of): Emotional problems: Separation anxiety, social anxiety. Behavioural problems: Temper tantrums, conduct disorders, risk taking behavior, bullying, alcohol and drug abuse. Other common mental health issues: Attention Deficit Hyperactivity Disorders, Learning Disability, Depression and self harm and Schizophrenia.

**Module 5 Cognitive Skills : 3 hours**

Attention , Memory , Thinking, Cognitive Skills Development.

**Module 6 Case Management : 8 hours**

Child Case History taking, MSE, Therapeutic formulation, Major Screening tools – VSMS, PGI Memory, Study Habit Inventory, Bhatia battery test of Intelligence, SPM, Conner's teacher rating scale for ADHD, NIMHANS SLD Battery.

## ASSESSMENT & NORMS

Assessment	Assessment Quality	Marks
Case Report	The student should present & Submit 5 case reports	50 Marks
Viva	Aviva examination will be conducted based on the course	50 Marks

## RECOMMENDED READING AND REFERENCE

- Weiten, W. (2002). *Psychology: Themes and Variations*, 5th ed. New York: Brooks/Cole Publishing Co.
- Anastasi, A., & Urbina, S. (1997). *Psychological Testing*. USA: Prentice Hall.
- ICD 11
- Sadock, B. J., Sadock, V. A., & Ruiz, P. (2015). *Kaplan & Sadock's Synopsis of Psychiatry Behavioral Sciences/Clinical Psychiatry* (11th ed.). U.S.A: Wolters Kluwer.
- Santrock, J. E. (2007) *Child Development* (2nd ed) New Delhi: Tata McGraw Hill Publishing Company.
- Egan, G. (1990). *The skilled helper: A systematic approach to effective helping*. Thomson Brooks/Cole Publishing Co.
- Dogra, N.; Parkin, A.; Frake, C and Gale, F. (2002). *A multidisciplinary Handbook of Child and Adolescent Mental health for Front-Line Professionals*. Jessica Kingsley Publishers : London.



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