

STELLA MARIS COLLEGE (AUTONOMOUS), CHENNAI
COURSE PLAN June - November 2024

Department : Psychology
Name/s of the Faculty : Ms. Sreenandita
Course Title : Psychopathology
Course Code : 23PY/PC/PP34
Shift : II

COURSE OUTCOMES (COs)

COs	Description	CL
CO1	Define the basis of abnormal psychology and explain the differences between normal and abnormal behavior	K1 and K2
CO2	Apply diagnostic criteria to identify various mental illnesses	K3
CO3	Analyze the classification of major psychopathological conditions.	K4
CO4	Evaluate multiple influences of maladaptive behavior as viewed from different theoretical perspectives	K5
CO5	Conceptualize cases and develop psychotherapeutic interventions	K6

Week	Unit No.	Content	Cognitive Level	Teaching Hours	COs	Teaching Learning Methodology	Assessment Methods
Jun 26, 2024 (Day Order 6)	1	Unit 11.1 Definition of Normality and Abnormality	K1 - K6	5	CO 1-5	Lecture	Oral Quiz
Jun 27 – July 4, 2024 (Day Order 1 - 6)	1	1.2 DSM V classification of mental disorders 1.3 Ethics of mental health professionals	K1 - K6	5	CO 1-5	Lecture	Quiz
July 5 – 12, 2024 (Day Order 1 - 6)	2	Unit 2 2.1 Social phobia-generalized anxiety disorder, panic disorder and agoraphobia	K1 - K6	5	CO 1-5	Lecture and Group Discussion	Quiz
July 15 – 23, 2024 (Day Order 1 - 6)	2	2.2 Obsessive Compulsive Disorder 2.3 Sleep-wake disorders insomnia	K1 - K6	5	CO 1-5	Lecture and Case Analysis	Quiz
July 24 – 31, 2024 (Day Order 1 - 6)	2	2.3 Hypersomnolence, narcolepsy, circadian rhythm sleep disorder	K1 - K6	5	CO 1-5	Lecture and Case Analysis	Quiz
Aug 1 – 5, 2024 (Day Order 1 - 3)	3	Unit 3 3.1 Personality Disorders – Paranoid, Schizoid, Schizotypal	K1 - K6	5	CO 1-5	Lecture and Group Presentations	Oral Quiz
Aug 6 – 10, 2024	C.A. Test – I						

Aug 12 – 14, 2024 (Day Order 4-6)	3	3.2 Antisocial, Borderline, Histrionic	K1 - K6	5	CO 1-5	Lecture and Group Presentations	Oral Quiz
Aug 16 – 23, 2024 (Day Order 1-6)	3	3.3 Narcissistic, Avoidant, Dependent, Obsessive Compulsive 3.4 Causes, Treatment and management	K1 - K6	5	CO 1-5	Lecture and Group Presentations	Oral Quiz
Aug 27 – Sep 3, 2024 (Day Order 1-6)	4	Unit 4 4.1 Unipolar and Bipolar disorders	K1 - K6	5	CO 1-5	Lecture and Case Analysis	Quiz
Sep 4 – 11, 2024 (Day Order 1-6)	4	4.2 Warning signs of suicide, preventive measures of Suicide	K1 - K6	5	CO 1-5	Lecture and Group Discussion	Discussion
Sep 12 - 20, 2024 (Day Order 1-6)	4	4.3 Substance related disorders, Alcohol and drug abuse and dependence 4.4 Causes, Treatment and management	K1 - K6	5	CO 1-5	Lecture and Case Analysis	Quiz
Sep 23 - 26, 2024 (Day Order 1-4)	5	Unit 5 5.1 Attention-Deficit, Autism spectrum disorder	K1 - K6	3	CO 1-5	Lecture and Case Analysis	Quiz
Sep 27 – Oct 3, 2024	C.A. Test - II						
Oct 4 – 5, 2024 (Day 5 & 6)	5	5.2 Enuresis, Sleep walking	K1 - K6	2	CO 1-5	Lecture and Case Analysis	Quiz

Oct 7 - 15, 2024 (Day Order 1 to 6)	5	5.3 Tics, Specific Learning disorders	K1 - K6	5	CO 1-5	Lecture and Case Analysis	Quiz
Oct 16 - 22, 2024 (Day Order 1 to 6)	5	5.4 Intellectual Development disorder and Alzheimer's Disease 5.5 Causes, Treatment and management	K1 - K6	5	CO 1-5	Lecture and Case Analysis	Quiz
Oct 23 - 24, 2024 (Day Order 1 to 2)	REVISION						

STELLA MARIS COLLEGE (AUTONOMOUS), CHENNAI
COURSE PLAN June - November 2024

Department : Psychology
Name/s of the Faculty : Sivakami S
Course Title : Counselling Skills and Techniques
Course Code : 23PY/PC/CT34
Shift : II

COURSE OUTCOMES (COs)

COs	Description	CL
CO1	Define counseling and guidance while explaining the essential components of a therapeutic relationship in counseling.	K1 & K2
CO2	Differentiate Egan's problem management approach and Ivey's Micro skills model for effective counseling.	K3
CO3	Critique intervention strategies for enhancing client self-perception and planning behavior change in counseling.	K4
CO4	Integrate contemporary counseling trends and optimize therapeutic practices.	K5
CO5	Adeptly tailor counseling approaches for specific groups, addressing a range of issues.	K6

Week	Unit No.	Content	Cognitive Level	Teaching Hours	COs	Teaching Learning Methodology	Assessment Methods
Jun 19 – 26, 2024 (Day Order 1 - 6)	1	1.1 Counselling and guidance - definition 1.2 Therapeutic relationship	K1-3	6 hours	CO 1-2	Lecture	Discussion
Jun 27 – July 4, 2024 (Day Order 1 - 6)	1	1.3 Relationship building strategies and methods 1.4 Ethical issues and consideration	K1-6	6 hours	CO 1-5	Lecture	Peer Questioning and Discussion
July 5 – 12, 2024 (Day Order 1 - 6)	2	2.1 Egan's problem management approach to helping. 2.1.1 Stage I Problem Clarification 2.1.2 Stage II Setting goals based on dynamic understanding	K1-6	6 hours	CO 1-5	Lecture and Discussion	Case Analysis
July 15 – 23, 2024 (Day Order 1 - 6)	2	2.1.2 Stage II Setting goals based on dynamic understanding 2.1.3 Stage III Facilitating action	K1-6	6 hours	CO 1-5	Lecture and Discussion	Role play and Case Analysis

<p>July 24 – 31, 2024 (Day Order 1 - 6)</p>	<p>2</p>	<p>2.2 Ivey and Ivey’s Step by Step Micro skills Model</p> <p>2.2.1 The Micro skills hierarchy</p> <p>2.2.2 Drawing out client stories</p> <p>2.2.3 Relationship-Story and Strengths-Goals-Restory-Action</p> <p>2.2.4 Increasing skills and flexibility</p> <p>2.2.5 Theory and Micro skills</p>	<p>K1-6</p>	<p>6 hours</p>	<p>CO 1-5</p>	<p>Lecture, Discussion, Videos</p>	<p>Role play and Case Analysis</p>
<p>Aug 1 – 5, 2024 (Day Order 1 - 3)</p>	<p>3</p>	<p>3.1 Principles of selecting intervention strategies</p> <p>3.2 Strategies for restructuring the clients’ self - perception</p>	<p>K1-6</p>	<p>3 hours</p>	<p>CO 1-5</p>	<p>Lecture</p>	<p>Discussion</p>
<p>Aug 6 – 10, 2024</p>	<p>C.A. Test - I</p>						

Aug 12 – 14, 2024 (Day Order 4-6)	3	3.3 Strategies for managing physical and emotional Distress 3.4 Strategies for planning and implementing behaviour change	K1-6	3 hours	CO 1-5	Lecture	Discussion and Learning by Doing.
Aug 16 – 23, 2024 (Day Order 1-6)	4	4.1 Cognitive Behavioural Therapies 4.1.1 Introduction to Ellis’s REBT and Beck’s CBT, Key concepts	K1-6	6 hours	CO 1-5	Lecture	
Aug 27 – Sep 3, 2024 (Day Order 1-6)	4	4.1 Cognitive Behavioural Therapies 4.1.2 Therapeutic process-goals, therapist’s function and role, client’s experience, therapeutic relationship.	K1-6	6 hours	CO 1-5	Lecture and Videos	Discussion and Mock Sessions
Sep 4 – 11, 2024 (Day Order 1-6)	4	4.1 Cognitive Behavioural Therapies 4.1.3 Application- Therapeutic techniques and procedures	K1-6	6 hours	CO 1-5	Lecture, Discussion, Videos, Workshop	Case Analysis and Mock Sessions

Sep 12 - 20, 2024 (Day Order 1-6)	4	4.2 Solution Focussed Brief Therapy 4.2.1 Understanding Key concepts 4.2.2 Therapeutic Techniques and application	K1-6	6 hours	CO 1-5	Lecture, Discussion, Workshop	Case Analysis
Sep 23 - 26, 2024 (Day Order 1-4)	4	4.3Acceptance Commitment Therapy 4.3.1 Understanding Key concepts 4.3.2 Therapeutic Techniques and application	K1-6	4 hours	CO 1-5	Lecture, Discussion	Case Analysis
Sep 27 – Oct 3, 2024	C.A. Test - II						
Oct 4 – 5, 2024 (Day 5 & 6)	5	5.1 Counselling Specific groups 5.1.1 Counselling students-children and adolescents, relationship problems and career counselling	K1-6	2 hours	CO 1-5	Lecture	Discussion and Oral Quiz

Oct 7 - 15, 2024 (Day Order 1 to 6)	5	5.1.2 Counselling applied to health settings Counselling for eating problems, psychosomatic problems, substance abuse 5.1.3 Counselling for emotional management- Anger control, anxiety and panic, depression, post-traumatic stress disorder	K1-6	6 hours	CO 1-5	Lecture	Discussion and Oral Quiz
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<p>Oct 16 - 22, 2024 (Day Order 1 to 6)</p>	<p>5</p>	<p>5.2 Current trends in counselling</p> <p>5.2.1 Teletherapy and online counselling - teletherapy and hybrid models,</p> <p>5.2.2 Technological integration - Virtual reality therapy and Ai assisted therapy - therapeutic process</p> <p>5.2.3 Multicultural competence - cultural sensitivity and inclusive therapies</p> <p>5.2.4 Evidence-based therapy - personalized therapies and integration of neuroscience</p>	<p>K1-6</p>	<p>6 hours</p>	<p>CO 1-5</p>	<p>Lecture</p>	<p>Discussion and Oral Quiz</p>
<p>Oct 23 - 24, 2024 (Day Order 1 to 2)</p>	<p>REVISION</p>						

STELLA MARIS COLLEGE (AUTONOMOUS), CHENNAI
COURSE PLAN June - November 2024

Department : PSYCHOLOGY
Name of the Faculty : Dr. ASHA LATHA MATHEW
Course Title : RESEARCH METHODS AND APPLIED STATISTICS
Course Code : 23PY/PC/RM34
Shift : II

COURSE OUTCOMES (COs)

COs	Description	CL
CO1	explain various research designs and approaches	K1&K2
CO2	apply research principles to formulate the various steps in the research process	K3
CO3	critically analyze research articles and findings	K4
CO4	evaluate the implications of research findings and their relevance to broader fields of study	K5
CO5	develop research proposals and design and execute research studies from formulation to reporting	K6

Week	Unit No.	Content	Cognitive Level	Teaching Hours	COs	Teaching Learning Methodology	Assessment Methods
Jun 19 – 26, 2024 (Day Order 1 - 6)	1	1.1 Meaning of research, Scientific method, Hypothetico-deductive method 1.2 Philosophy of research: Ontology, Epistemology, Axiology, Research Approach/Methodology, Research Designs/Method	K1,K2, K3	5	CO1,CO2	Lecture	Example discussion
Jun 27 – July 4, 2024 (Day Order 1 - 6)	1	1.3 Paradigms: Positivism, Post Positivism, Constructivism, Transformative worldview (Critical theories), Pragmatic worldview 1.4 Research problem and questions 1.5 Review of literature: Steps, Literature Map	K4,K5, K6	8	CO3,CO4, CO5	Group discussion	Cognitive Mapping preparation Component 1: Writing minimum 5 ROL of any variable of interest
July 5 – 12, 2024 (Day Order 1 - 6)	2	2.1 Types of variables, Measurement characteristics of variables, operationalising concepts and variables 2.2 Hypothesis-Meaning, Types, Difficulties in formulating aims and hypotheses 2.3 Hypothesis Testing: Type I and Type II errors, statistical significance and errors	K1,K2	3	CO1,CO2	Example analysis	Working on testable hypotheses

July 15 – 23, 2024 (Day Order 1 - 6)	2	2.4 Sampling: Sampling bias, Probability and Non-probability sampling, sample size	K3,K4	3	CO3	Campus survey	Group activity on mini survey
July 24 – 31, 2024 (Day Order 1 - 6)	2	2.5 Data collection methods- Observational method, Survey method, Qualitative methods- Case study, Archives, Interviews, Focused group interviews, Field study, Action research	K5,K6	8	CO4,CO5	Discussion	Analysing time, cost, and efficiency of methodologies
Aug 1 – 5, 2024 (Day Order 1 - 3)	3	3.1 Experimental designs	K1	1	CO1	Lecture	Discussion
Aug 6 – 10, 2024	C.A. Test - I						
Aug 12 – 14, 2024 (Day Order 4-6)		3.1.1 Two-group between-subjects design 3.1.2 Correlated groups- Within-subjects, Matched-subjects	K2	1	CO2	Lecture and discussion	Component 2: Designing experiments and Group presentation
Aug 16 – 23, 2024 (Day Order 1-6)		3.1.3 Experiments with more than 2 levels of independent variable 3.1.4 Experiments with more than 1 independent variable	K3,K4	5	CO3	Presentation	Class Test on Identifying Methodology
Aug 27 – Sep 3, 2024 (Day Order 1-6)		3.2 Quasi Experiments: Types of quasi-experiments 3.3 Developmental Designs: Cross-sectional, longitudinal, sequential	K5	4	CO4	Presentation	Examples of longitudinal studies
Sep 4 – 11, 2024 (Day Order 1-6)		3.4 Single-case designs: Reversal, Multiple baselines	K6	1	CO5	Discussion	Evaluation of Emerging Research Methodologies

Sep 12 - 20, 2024 (Day Order 1-6)	4.1 Organizing data- Frequency distribution, Graphs 4.2 Descriptive statistics- Measures of central tendency, Measures of variation, Types of distributions Inferential statistics- z-test, t-test, Analysis of Variance, Correlation: Concepts related to correlation, Correlation coefficient, Regression	K1,K2 K3	8	CO1 CO2	Discussion	Categorising and Coding of survey data
Sep 23 - 26, 2024 (Day Order 1-4)	4.3 Non-parametric statistics- Mann-Whitney test, Wilcoxon, Chi-square, Spearman Rank correlation, Kruskal-Wallis test 4.4 Analysis of data using SPSS	K4,K5 K6	6	CO3,CO4 CO5	Guest Lecture	Demo on SPSS
Sep 27 – Oct 3, 2024	C.A. Test - II					
Oct 4 – 5, 2024 (Day 5 & 6)	5.1 Coding: Open coding, selective coding, axial coding	K1,K2	2	CO1	Lecture	Data analysis
Oct 7 - 15, 2024 (Day Order 1 to 6)	5.2 Thematic analysis, Grounded theory, Discourse analysis, Conversation analysis, Interpretive Phenomenological analysis 5.3 Writing Proposals: Formats for quantitative and qualitative proposals	K3,K4	6	CO2,CO3	Analysing verbatim Discussing Research Proposal	Component 3: Research Proposal for Dissertation (final sem)
Oct 16 - 22, 2024 (Day Order 1 to 6)	5.4 Report writing: Research articles 5.5 Ethical issues in psychological research	K5,K6	4	CO4,CO5	Classroom discussion	Discussion on the history and necessity of adhering to ethical guidelines
Oct 23 - 24, 2024 (Day Order 1 to 2)	REVISION					

STELLA MARIS COLLEGE (AUTONOMOUS), CHENNAI
COURSE PLAN June - November 2024

Department : Psychology
Name/s of the Faculty : Ms. Ramya S
Course Title : Behaviour Modification
Course Code : 23PY/PC/BM34
Shift : II

COURSE OUTCOMES (COs)

COs	Description	CL
CO1	recall and infer the basic concepts of behaviour therapy.	K1 & K2
CO2	illustrate the various behavioural change procedures based on their underlying behavioural techniques.	K3
CO3	analyze individual behaviour using functional behaviour assessment.	K4
CO4	choose appropriate behavioural techniques according to the needs of the individual.	K5
CO5	design treatment strategies for special needs and clinical conditions.	K6

Week	Unit No.	Content	Cognitive Level	Teaching Hours	COs	Teaching Learning Methodology	Assessment Methods
Jun 19 – 26, 2024 (Day Order 1 - 6)	1	1.1 Definition and characteristics of behavior modification, Historical aspects, ethology, Areas of application	K2	3	CO1	Lectures, presentation	Group discussion
		1.2 Reinforcement- Positive and negative reinforcement, escape and avoidance behaviors, conditioned and unconditioned reinforcers, factors that influence the effectiveness of reinforcement, schedules of reinforcement	K3	3	CO2		
Jun 27 – July 4, 2024 (Day Order 1 - 6)	1	1.3 Punishment- Positive and negative punishment, Factors that influence the effectiveness of punishment	K3	2	CO2	Lectures, mind-map	Group discussion
		1.4 Respondent conditioning, timing of neutral and unconditioned stimulus, higher order conditioning, conditioned emotional responses, extinction of conditioned responses, discrimination and generalization of respondent behavior, Influential factors of respondent conditioning.	K3	4	CO2		

July 5 – 12, 2024 (Day Order 1 - 6)	1	1.5 Introduction to a functional behavioural analysis- Basic behavioural principles of the A-B-C contingency, Formal behavioural assessment	K4	3	CO3	Presentation	Component I – Presentation
	2	2.1 Stimulus control: discrimination and generalization, Defining stimulus control, stimulus discrimination training, the three-term contingency.	K4	3	CO3		
July 15 – 23, 2024 (Day Order 1 - 6)	2	2.2 Shaping and its applications- How to use shaping, shaping of problem behaviors	K5	3	CO4	Scenario based lectures	Component I – Presentation
		2.3 Prompting and fading techniques, Types of prompts, Use of prompting and transfer of stimulus control	K5	3	CO4		

July 24 – 31, 2024 (Day Order 1 - 6)	2	2.4 Chaining- Examples of behavioral chains, analyzing stimulus-response chains, task analysis, backward chaining, forward chaining, total task presentation	K5	4	CO4	Scenario based lectures	Polls
		2.5 Components of behavioral skills training procedures- Modeling, instructions, rehearsal, feedback	K5	2	CO4		
Aug 1 – 5, 2024 (Day Order 1 - 3)	3	3.1 Differential reinforcement of alternative behavior	K6	3	CO5	Lectures, Case based discussion	Window of opportunity
Aug 6 – 10, 2024	C.A. Test - I						
Aug 12 – 14, 2024 (Day Order 4-6)	3	3.2 Differential reinforcement of other behavior	K6	2	CO5	Flipped classroom	Window of opportunity
		3.3 Differential reinforcement of low rates of responding	K6	1	CO5		
Aug 16 – 23, 2024 (Day Order 1-6)	3	3.4 Antecedent control procedures, using antecedent control strategies	K6	2	CO5	Interactive lectures	Polls
		3.5 Using punishment- Time out, response cost	K6	4	CO5		

Aug 27 – Sep 3, 2024 (Day Order 1-6)	4	4.1 Token economy, practical considerations, implementing a token economy, applications of token economy, advantages and disadvantages of a token economy	K6	6	CO5	Lectures, Case based discussion	Component II – formulate a plan for behaviour modification procedure for a given case
Sep 4 – 11, 2024 (Day Order 1-6)	4	4.2 Behavioral contract, components of a behavioral contract	K6	6	CO5	Lectures, Case based discussion	Component II – formulate a plan for behaviour modification procedure for a given case
Sep 12 - 20, 2024 (Day Order 1-6)	4	4.3 Cognitive behavior change procedures – assertiveness training, thought stopping 4.4 Introduction to third wave therapies – Dialectical behavior therapy, metacognitive therapy	K3 K3	3 3	CO2 CO2	Lectures, Case based discussion	Discussions
Sep 23 - 26, 2024 (Day Order 1-4)	5	5.1 Clinical Conditions – Depression, panic, OCD, GAD, and eating disorders	K6	4	CO5	Flipped classroom	Mindmaps
Sep 27 – Oct 3, 2024	C.A. Test - II						
Oct 4 – 5, 2024 (Day 5 & 6)	5	5.2 Anxiety reduction procedures – Defining fear and anxiety problems	K2	2	CO1	Presentation	Mindmaps

Oct 7 - 15, 2024 (Day Order 1 to 6)	5	5.2 Procedures to reduce fear and anxiety – relaxation, systematic desensitization, in vivo desensitization	K6	6	CO5	Lectures, Case based discussion	Discussion
Oct 16 - 22, 2024 (Day Order 1 to 6)		5.3 Anxiety induction procedures – implosive therapy flooding, aversive counter conditioning – use of electric shock, covert sensitization	K6	6	CO5	Interactive lectures	Oral quiz
Oct 23 - 24, 2024 (Day Order 1 to 2)	REVISION						