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**Unit IV:** Emerging Challenges to Leadership: Power, Politics and Leadership, teamwork and leadership, motivating and coaching skills, creative problem solving, communication and conflict resolution skills, International and culturally diverse aspects of leadership

**Unit V:** 2 practicum based on the above four units

### References

- DuBrin, A.J. (2010). *Leadership: Research Findings, Practice and skills*. OH: Cengage. (Chapter 1 and 2: Unit 1, Chapter 4, 5 and 6 for Unit 2, Chapter 3 for Charismatic and Transformational leadership (Unit 3), Chapters 7, 8, 9, 10, 11, 12, 13 and 15 for Unit 4.)
- Northhouse, P.G. (2015). *Leadership: Theory and Practice*, 7<sup>th</sup> Edition. Sage Publications. (Chapter 2 and 3: trait approach and skills approach (Unit 1), Chapter 4 for behavioral approach to leadership (Unit 2) , Chapter 5 and 6 for contingency approach to leadership (Unit 2) , Chapter 7 for path goal theory (Unit 3), Chapter 8-11 for transformational, servant and authentic leadership (Unit 3), Chapter 16 for Ethical Leadership (Unit 3), Chapter 14 for Feminist approach to Leadership (Unit 3))
- Patel, G. (2013). *Gender Differences in Leadership Styles and the impact within Corporate Boards*. The Commonwealth Secretariat, Social Transformation Programmes Division, pg: 1-39 (Unit 3)
- Grint, K. (2001). *Leadership: Classical, contemporary, and critical approaches*. New York: Oxford University Press.



**Course Objectives:**

1. To encourage students to engage with different cultures in a hands-on way and to meaningfully experience cross-cultural communication.
2. To provide a space for students to reflect on their own personal experience with cultural difference

**Unit I:** Basic Concepts in Communication, Communication Styles: Verbal and Non-verbal, Communication Barriers and Breakdowns, Communication in Relational Contexts

**Unit II:** Intercultural communication: its nature and assumptions, global and domestic diversity trends, value orientations and intercultural encounters, mindful intercultural verbal and non-verbal communication, biases in cross-cultural communication

**Unit III:** Constructive Inter-cultural conflict management, Trans-cultural communication competence, Identity change and Inter-cultural adaptation

**Unit IV:** Cross – cultural Negotiation and Bargaining: Process, verbal and non-verbal behaviour, persuasion tactics, planning, composition of the negotiation team, working through the contract

**Unit V:** Two practicum based on the above 4 units

**References:**

- Danziger, K. (1976). Interpersonal communication. New York: Pergamon Press.
- Gudykunst, W. B. (Ed.) (2003). Cross-cultural and intercultural communication. Thousand Oaks, CA: Sage Publications.
- Prasad, L. M. (2012). Organizational behaviour. New Delhi: Sultan Chand & Sons.
- Reynolds, S.; Valentine, D. and Munter, M.M. (2010). Guide to Cross-Cultural Communications, 2nd Edition, Pearson
- Mattock, J. (2003). Cross-cultural communication : the essential guide to international business, Kogan Page publishers
- Hendon, D. W., Hendon, R. A., & Herbig, P. (1996). Cross-Cultural Business Negotiations, Westport, CT: Praeger
- Toomey, S.T. (1999), Communicating Across Cultures, The Guilford press.

Maximum Marks 100

Credits: 4

**Course Objectives:**

1. To facilitate students to explore the role of gender in development of Psyche, perception, overall development and mental health.
2. To understand the into gender and power relation through social psychological investigation.

**Unit I:** Understanding Gender from Psycho-social Perspective. Quantifying Masculinity and Femininity. Psychoanalytic Point of View.

**Unit II:** Role of Gender in Psychosocial Development. Gender: Socialization, Norms, Roles and Stereotypes and Self Concept.

**Unit III:** Perpetuation generally and from within. The Psyche, Perception of and motive for power. Expression of Power, Queer Theory.

**Unit IV:** Mental Health and Well being from Gender and clinical Psychology Perspective, Feminist Therapy Approaches. Towards Liberation: Intervention, Counseling in domestic and intimate partner Violence.

**Unit V:** Two Practicum Based on Unit I to Unit IV.

**References:**

- Issues in the Psychology of Women.(2000), Edited by Myrka Biaggio and Michel Hersen. New York, Plenum Publishers. ( Chapters 2, 4 and 13)
- Mental Health from a Gender Perspective (2001), Edited by Bhargavi V. Davar, New Delhi, Sage Publications.
- Bem, S. L. (1974). The measurement of psychological androgyny, *Journal of Consulting and Clinical Psychology*, 42, 155-162.
- Spence, Janet T. (1993). Gender-related traits and gender ideology: Evidence for a multifactorial theory, *Journal of Personality and Social Psychology*, 64(4), 624-635.

Winter, D. G. (1988) The power motive in women--and men, *Journal of Personality and Social Psychology*, 54(3), 510-519.

Powers, R. S. & Reiser, C. (2005). Gender and self-perceptions of social power, *Social Behavior and Personality*, 33(6), 553-568.

Simon (1947) *The Second Sex*. (Chapt, 2, Chpt. 14)

Judith Butler (2015). By Sara Salih, Special Indian Edition, Routledge. (Chapter 5)

**Paper: AP/40002C: Psychoanalytic and Cognitive Behavioral Approaches to  
Counselling (Elective)**

Maximum marks: 100

Credits: 4

**Course Objectives:**

1. To Develop Understanding insight and Skills of effective therapist.
2. To Develop Understanding and competence for Counseling Intervention based on Psychoanalytic and Cognitive behavioral approaches

**Unit I:** Introduction to A Psychoanalytic approach to Understanding ourselves, Development of Psychodynamic Approach: Theory and The Therapy.

**Unit II:** Psychoanalysis ,The therapeutic techniques used in psychoanalysis, Dream Analysis, The post-Freudian evolution of the psychodynamic approach, , Alderian Counselling

**Unit III:** Cognitive and Behavioral Therapy and Approaches to Counseling: Understanding, Defining and assessment of the issue: History taking, Observation, Empathy, Integration of intake. Interventions: Exposure Therapies, Flooding and Implosion, Modeling, Systematic Desensitization, Assertiveness training, EMDR

**Unit IV:** The Rational Emotive Behavioral Therapy, Self-Instructional and Stress Inoculation Training. Thought Blocking, Problem Focused Brief Counseling, Narrative Counseling, and Transactional Analysis.

**Unit V:** Two Practicum Based on Unit I to Unit IV.

**References:**

- Cormier, S., & Hackney, H. (2013) *Counseling strategies and interventions* (8th International Edition). London: Pearson.)
- Gladding, S. T. (2014). *Counseling: A comprehensive profession*. New Delhi: Pearson Education.
- Jones E. (2000) *Therapeutic Action: A Guide to Psychoanalytic Therapy*. Book-mart Press, Inc. of North Bergen, NJ.  
[Enrico\_E.\_Jones]\_Therapeutic\_Action\_A\_Guide\_to\_P(book4you.org).pdf
- Beck, J. S. (2011). *Cognitive behavior therapy: Basics and beyond*. Guilford press.

**Paper: AP/40003C: Humanistic and Feminist Approaches to Counseling  
(Elective)**

Maximum marks: 100

Credits: 4

**Course Objectives:**

1. To Understand the process and Therapeutic technique underlying Phenomenological approach to counseling.
2. To explain the Feminist Concerns and approaches to Counseling.

**Unit I:** Phenomenological Approach, Person –Centered: Assumptions, Stages; Empathy, Congruence

**Unit II:** Gestalt Approaches (Empty Chair Technique, Owning responsibility, Awareness Integration, Confrontation, Dream application, Role-reversal and other techniques), Existential Counseling

**Unit III:** Feminist Therapy: Strategy for Social and Individual Change, Feminist Challenges to Traditional Counseling and Psychotherapy. The personal is the Political.

**Unit IV:** Feminist Therapy in Clinical Practice, Integrating Feminism and Psychotherapy, Feminist Counseling for Domestic Violence, Emerging issues from Current Feminist Counseling Practice.

**Unit V:** Two Practicum Based on Unit I to Unit IV.

**References:**

Philip Brownell (2010) Gestalt Therapy: A guide to Contemporary Practice. Springer Publishing Company, LLC.

Bhate, Deosthali (2013) Feminist Counseling and Domestic Violence in India .Routledge.

Kathy M. Evans, Elizabeth Ann Kincade, Susan (2011) Introduction to Feminist Therapy: Strategies for Social and Individual Change. Sage Publications.

**Paper: AP/40004: Practicum based on papers AP/40001, AP/40002 and AP/40003  
(Compulsory)**

Maximum Marks: 100

Credits: 4

**Paper No: AP/40005: Play Therapy (Open Elective)**

Maximum marks: 50

Credits: 2

**Course Objectives:**

1. To understand the importance of play therapy in treatment of different psychopathological problems.
2. To know different types of play therapy and its application in clinical setting.

**Unit I:** Concept and definition of Play Therapy, Historical evidences of impact of play therapy, Application of play therapy, Psychotherapeutic relation to play therapy.

**Unit II:** Different types of play therapy: Toy and Object Play Techniques- Ball Play, Baby Doll Play; Baby Bottle Play, Toy Telephone Play, Bubble Play, Block Play, Balloon Play; Role-Play Techniques- Role Play, Costume Play, Mask Play, Superhero Play, Puppet Play; Creative Arts Techniques- Color Your Life, Clay Play, Free Drawings, Trauma Drawings, Mandala Drawings; Game Play Techniques- Communication Games, Self-Control Games, Strategy Games, Cooperative Games.

**References:**

- Schaefer, C. E., & Cangelosi, D. (2016). *Essential Play Therapy Techniques: Time-tested Approaches*. Guilford Publications.
- Kaduson, H., & Schaefer, C. (2010). *101 favorite play therapy techniques* (Vol. 3). Jason Aronson.
- Schaefer, C. E., & Cangelosi, D. M. (Eds.). (2002). *Play therapy techniques*. Rowman & Littlefield.
- Webb, N. B. E. (1991). *Play therapy with children in crisis: A casebook for practitioners*. Guilford Press.
- Landreth, G. L. (1996). *Play therapy interventions with children's problems*. Jason Aronson.

**Paper AP/40006: Psychology of Peace and Happiness (Open Elective)**

Maximum Marks: 50

Credits: 2

**Course Objective:**

1. To bring an experience marked by preponderance of positive emotions and informing them about emerging paradigm of Positive Psychology.
2. To inform students about the efforts to develop sustainable societies through prevention of violence and understanding their role as Psychologist.

**Unit I:** Introduction to Psychology of happiness and Peace, scope and paradigmatic challenges, Role of Psychologists in Promoting Peace.

**Unit II:** Positive emotions and its influences: Resilience, flow, happiness, gratitude and forgiveness. Negative Emotions: Shame, guilt, Embarrassment and Anger. Humiliation

**References:**

- Blumberg, H.H., Hare, A.P., & Costin, A. (2006). *Peace Psychology: A comprehensive introduction*. Cambridge. University Press
- Carr, A. (2004). Positive Psychology. *The Science of Happiness and Human Strengths*. London: Routledge.

Snyder, C.R. & Lopez. S. (2007). Positive Psychology. *The scientific and Practical explorations of Human Strengths*. Sage Publications

**Paper AP/40007: Hypnotherapy (Open Elective)**

Maximum marks: 50

Credits: 2

**Course Objectives:**

1. To acquaint the students with the science of Hypnosis, Theory of Mind and Process of Hypnotherapy.
2. To Facilitate students to help themselves so that they run their own lives effectively and productively.

**Unit I:** Introduction: Historical and Current Perspective, Nature, Theories and Applications of the Hypnosis. Myths, Therapeutic Relationship, Ethical code.

**Unit II:** Theory of Mind, Theories of Depth in Hypnosis, Theories of Suggestibility, Skills of Hypnotherapist: Pre-Induction Interview. Framing Affirmation, Induction, Hetro-hypnosis and Self-Hypnosis.

**References:**

Assen A. (2008). Hypnotherapy Explained. CRC Press .Taylor & Francis Group.

Rick Voit and Molly Delaney (2005) Hypnosis In Clinical Practice Steps For Mastering Hypnotherapy Brunner-Routledge New York And Hove Brunner-Routledge, New York

Scripts; Hypnotherapy School of India , Delhi NCR, Gurgaon.

**Paper AP/40008: Psychology of Rehabilitation in Forensic Setting (Open Elective)**

Maximum marks: 50

Credits: 2

**Course Objectives:**

1. To develop a general orientation towards correctional process applicable for criminal population.
2. To understand different correction strategies for prevention and intervention of crime behaviour and criminal settings.

**Unit I:** Correctional Psychology: Legal rights of inmates: Rights to treatment, Right to refuse treatment, Inmates with mental disorders, Substance abuse and correctional psychology.

**Unit II:** Psychological assessment in correction, Psychological methods of correction, Community-based correction, Correctional psychology in Group and Homes; Community Policing.

**References:**

Blackburn, R., (1993) *The psychology of criminal conduct: Theory research and practice*. Chichester: Wiley & Sons.

Dhanda, A. (2000) *Legal order and mental disorder*. New Delhi: Sage.

Harari, L. (1981) *Forensic psychology*. London: Batsford Academic.

**Paper: AP/40009: Sports Psychology (Open Elective)**

Maximum marks: 50

Credits: 2

**Course Objectives:**

1. To describe what sport psychology is and what sport psychologists do
2. To discuss personality, achievement motivation and competitiveness in sportsperson

**Unit I:** Introduction: History of sports psychology, Sport psychology specialties: Clinical-sport psychology, Educational psychology, Personality and sports: Approaches to personality, Assessment of personality, Personality research in sports.

**Unit II:** Motivation: Definition, Achievement motivation and competitiveness in sportspersons, Enhancing performance and self-confidence, Defining self-confidence, assessing and building self-confidence

**References:**

Horn, T. S. (Ed.) (2002). *Advances in Sport Psychology*. USA: Human Kinetics Publishers.

Weinberg, R. S., & Gould, D. (2003). *Foundations of sport and exercise psychology*. USA: Human Kinetics Publishers, Inc.

**Paper AP/40010: Dissertation**

Maximum Marks: 200

Credits: 8