

COURSE TITLE: ABNORMAL PSYCHOLOGY

Course Code: Psy.424

Nature of Course: Theory and Practical

Paper: IV

Full Marks: 100

Theory: 70 + Practical: 30

Total lecture hours 150

Course Details: Abnormal Psychology is the scientific study of origin, symptoms and causes of abnormal behavior. This course covers disorder entity and the behavioral symptoms, factors which have contributed to the development of the disorders and the available treatment procedure in seeking appropriate help.

Group A -Theory

Unit I Understanding Abnormal Behavior

8

1. Concept, definition, and history of abnormal Psychology
2. Classification and Diagnosis, systems of classification: DSM-5, ICD-10CM
3. Assessment of abnormal behavior: Case history, mental status examination, psychological tests, cultural formulation interview, Clinical Interview, Behavioral Assessment, Psychophysiological Assessment

Unit II Models of Abnormal Behavior

15

1. One-Dimensional versus Multidimensional Models
2. Genetic Contributions to Psychopathology
3. Neuroscience and Its Contributions to Psychopathology
4. Behavioral and Cognitive Science
 - a. Conditioning and Cognitive Processes
 - b. Learned Helplessness
 - c. Social Learning
 - d. Prepared Learning
 - e. Cognitive Science
 - f. The Unconscious
5. Emotions
 - a. The Physiology and Purpose of Fear
 - b. Emotional Phenomena
 - c. The Components of Emotion
 - d. Emotions and Psychopathology
6. Cultural, Social, and Interpersonal Factors
7. Life-span development

Unit III Anxiety, Obsessive-Compulsive, and Trauma-and Stressor-Related Disorders 20

1. Introduction
2. Meaning/definition
3. Causes
4. Types
 - a. Anxiety disorders: concept and types (Specific phobia, social anxiety disorder, panic disorder, agoraphobia, generalized anxiety disorder)Symptoms including diagnostic criterion, Prevalence



- b. Obsessive-compulsive and related disorder: concept and types (Obsessive-compulsive disorder, body dysmorphic disorder), Symptoms including diagnostic criterion, Prevalence
- c. Trauma and stressor-related disorder: Concept and types (Acute stress disorder, post-traumatic stress disorder), Symptoms including diagnostic criterion, Prevalence

Unit IV Somatic Symptom and Dissociative Disorders 20

- 1. Introduction: meaning/definition
- 2. Causes
- 3. Types
 - a. Somatic symptom and related disorder (illness anxiety disorder, psychological factors affecting medical condition, conversion disorder, factitious disorder), Symptoms including diagnostic criterion, Prevalence
 - b. Dissociative disorders (dissociative identity disorder, dissociative amnesia, depersonalization/derealization disorder), Symptoms including diagnostic criterion, Prevalence

Unit V Bipolar and Depressive Disorders 10

- 1. Introduction: meaning/definition
- 2. Causes
- 3. Types
 - a. Bipolar disorder, Symptoms including diagnostic criterion, Prevalence
 - b. Depressive disorder, Symptoms including diagnostic criterion, Prevalence

Unit VI Schizophrenia Spectrum and Other Psychotic Disorders 4

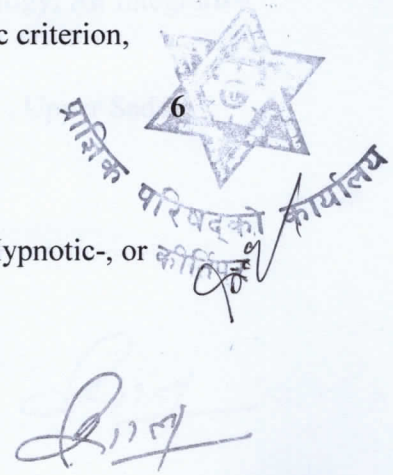
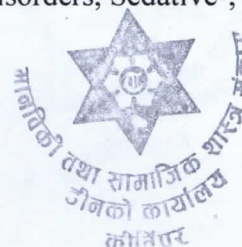
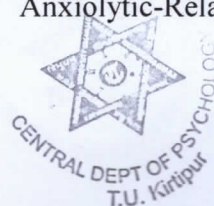
- 1. Introduction: meaning/definition
- 2. Causes
- 3. Symptoms including diagnostic criterion, Prevalence

Unit VII Neurodevelopmental Disorders 6

- 1. Introduction: meaning/definition
- 2. Causes
- 3. Types
 - a. Attention Deficit Hyperactivity Disorder, Symptoms including diagnostic criterion, Prevalence
 - b. Specific Learning Disorder, Symptoms including diagnostic criterion, Prevalence
 - c. Autism Spectrum Disorder, Symptoms including diagnostic criterion, Prevalence
 - d. Intellectual Disability, Symptoms including diagnostic criterion, Prevalence

Unit VIII Substance-Related Disorders

- 1. Introduction: meaning/definition
- 2. Causes
- 3. Types
 - a. Depressants (Alcohol-Related Disorders, Sedative-, Hypnotic-, or Anxiolytic-Related, Disorders)



- b.Stimulants (Stimulant-Related Disorders, Tobacco-Related Disorders, Caffeine-Related Disorders)
- c.Opioid-Related Disorders
- d.Cannabis-Related Disorders
- e.Hallucinogen-Related Disorders

Unit IX Eating Disorder

4

1. Introduction: meaning/definition
2. Causes
3. Types
 - a.Anorexia Nervosa, Symptoms including diagnostic criterion, Prevalence
 - b.Bulimia Nervosa, Symptoms including diagnostic criterion, Prevalence
 - c.Binge Eating, Symptoms including diagnostic criterion, Prevalence

Unit X Treatment Approaches

12

1. Biological: Brief Introduction only
2. Psychological
 - a.Psychodynamic
 - b.Behavioral
 - c.Cognitive
 - d.Cognitive-behavioral
 - e.Humanistic

Group B – Practical

1. Case History- Richard's Version (Teaching Hospital)
2. DASS 21 - Lovibond, S.H. & Lovibond, P.F. (1995). Manual for the Depression Anxiety & Stress Scales. (2nd Ed.)Sydney: Psychology Foundation
3. Causal Dimensions Scale
4. PTSD Checklist- TPO
5. Strength and Difficulties Questionnaire (SDQ)
6. **Field Observation:** Students have to visit hospitals that provide mental health care (under supervision of field supervisor/faculty) facility for at least 10 days and observe and write a report of at least 10 clinical observations.

Recommended Books

Durand, V. M., Barlow, D. H., & Hofmann, S. G. (2018). Abnormal Psychology: An Integrative Approach. Boston, MA: Cengage Learning.

Comer, R. J. (2015). Abnormal Psychology. Macmillan Higher Education.

Beidel, D. C., Bulik, C. M., & Stanley, M. A (2014). Abnormal Psychology. , Upper Saddle River, NJ: Pearson Education.



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COURSE TITLE: PSYCHOSOCIAL COUNSELLING

Course Code: 425

Nature of course: Theory and Practical

Paper: V

Full Marks: 100

Theory: 70 + Practical: 30

Total lecture hours 150

Course objective - After the completion of this course, students will be able to describe basic nature, goal, characteristics, theories, processes of counseling along with counseling processes with individual and group as well as counseling services with specific groups and problems.

Course Details

Unit I Psychosocial wellbeing and mental health

10

1. Concept of Mental Health and Psychosocial Problems
2. Mental Illness and Mental Disorders
3. Disability and Psychopathology
4. Models of Abnormality; Signs, Symptoms and Syndromes

Unit II Mental health in Nepal

8

1. Mental health gap
2. Common mental health issues in Nepalese context
3. Mental health policy
4. Mental health network

Unit III Concept of Psychosocial counseling

8

1. Concept, Nature, goal, Importance of counseling.
2. Evolution of counseling practice.
3. Personal and professional aspect of counseling
4. Ethical practice and values in counseling (also include ethics related to assessment)
5. Power in counseling
6. Legal aspects of counseling
7. The context of cross-cultural counseling

Unit IV Psychosocial Problems and specific risk groups

20

1. School adjustment,
2. Family problems,
3. Human (Girl/Women) Trafficking,
4. Domestic and sexual violence,
5. Juvenile delinquency,
6. Drug dependence
7. Internet addiction
8. Examination Anxiety
9. Recent burden of psychosocial problems or so (suicide, mass hysteria etc)

Unit V The skills and qualities of the effective counselor 10

10

1. Training and setting for counselor
2. Interpersonal Skill
3. Personal beliefs and attitudes

4. Conceptual ability
5. Personal 'soundness' and self-awareness
6. Mastery of technique
7. Ability to understand and work within social systems
8. Openness to inquiry
9. The counsellor's journey: a developmental model of counselor competence
10. Multicultural awareness

Unit VI Process of Psychosocial counselling 8

1. Pre-counselling considerations
2. Getting started
3. The counselling relationship
4. Problem exploration
5. Goal-setting
6. Strategy selection
7. Strategy implementation
8. Evaluating success
9. Closing Counselling Relationship

Unit VII Assessment in Counselling 6

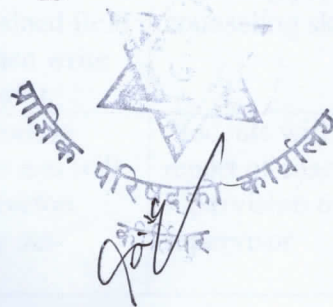
1. Concept and types of psychological assessment
2. Difference between psychological assessment and testing
3. Methods of psychological assessment (interview, case history, behavioral assessment, 4. Mental status examination, psychological testing, checklist and rating scales)
4. Selecting, administering and communicating assessment results

Unit VIII Theoretical foundation of Psychosocial Counselling 12

1. Client Centered approach
2. Cognitive behaviour approach
3. Psychoanalytical approach
4. Behavioral approach
5. Narrative Approach
6. Existential Approach
7. Gestaltist Approach

Unit IX Forms of Counseling 23

1. Psycho education
2. Group Counselling
3. Family Counselling
4. Couple Counselling
5. Trauma Counselling
6. Grief Counselling
7. Spiritual Counselling
8. Counselling with substance dependence
9. Counselling at schools
10. Career counselling
11. Counselling vulnerable groups
12. Psychosocial First Aid



Group B – Practical



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Format of Report Writing

Training on Basic Communication (under counselor with TOT) and Psychosocial Counseling

Practical

Practical classes should be conducted by the concerned faculty with the assistance of psychology laboratory assistant

S.No	Unit	Activity	Remarks
1	Psychosocial wellbeing and mental health	Conduct a mental health awareness programme and prepare the report of the programme	Students need to conduct the programme of around 2 hours in a group of at most 5 students. All the required material for the programme Chart paper, Slides, Markers Metacards etc. should be prepared by students
2	Mental Health in Nepal	Prepare a report on mental health status / network in Nepal	Students need to visit the areas where issues of mental health are dealt with
3	Psychosocial Problems and specific risk groups	Carry out field visit and write reflection in psychosocial problems of at least 5 risk groups	Students need to visit the areas where people with psychosocial problems are dealt with
4	Concept of Psychosocial counseling	Write a report on ethical issues in counselling	
5	Assessment in Counselling	Assess mental health status of at least 5 people	Students will use Mental health questionnaire to assess the status of mental health.
6	Process of Psychosocial counselling	Students will carry out role plays in skills in counseling under supervision of trained field supervisor and then write reflection paper of it	Supervisor will prepare students' progress report regarding psychosocial counseling skills
7	Process of Psychosocial counselling	They will also work in counseling center and will apply skills to develop rapport and carry out assessment	Students will and submit report of cases: in strict supervision of field supervisor



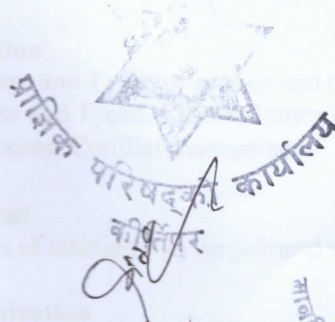
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Internal Evaluation

Title	Marks (30)
<u>Practical Lab Work and Field Work</u>	20
Mid Term Examination Mark	10
Total marks	30

Recommended Books

1. Artis J. Palmo, William J. Welkel, & David P. Boros (2011). Foundations of Mental Health Counselling. Springfield, Illinois. Charles C Thomas Publisher, Ltd.
2. Don C. Locke, Jane E. Myers, & Edwin L. Herr (2001). Handbook of Counselling. California. Sage Publications, Inc.
3. Donald H. Blocher (2000). The Evolution of Counselling Psychology. New YOr. Springer Publishing Company.
4. Duane Brown & David J. Srebalus (2003). Introduction to counseling profession (3rd ed.) Boston, USA. Pearson Education, Inc.
5. Government of Nepal Ministry of Health National Health Training Center (2018). Mental Health Training for Medical Officers and Health Assistants Module 2.
6. J. William Worden (2009). Grief Counselling and Grief Therapy (4th ed). New York. Springer Publishing Company
7. Jeffry A. Kottler & David S. Sheprad (2008). Introduction to Counselling (6th ed). Belmont. CA, USA.
8. Nandita Sharma, Mita Rana, & Navaraj Koirala, (2004). *A Handbook of Counselling*, Mental Health Project, Kathmandu.
9. Nandita Sharma, (2015 B.S.). *Psychopathology and Clinical Methods in Mental Health*, Sushovit Sharma Luitel
10. Nina W. Brown (1994). Group Counselling for Elementary and Middle School Children. London. Praeger.
11. Vidya Dev Sharma, V.D., Navaraj Koirala, Nandita Sharma (2004) *An Introduction to Mental Illness*. Mental Health Project, Kathmandu.
12. WHO (2007). The ICD-10 Classification of Mental and Behavioral Disorders, Clinical description and Diagnostic guidelines: A.I.T.B.S. Publishers Delhi, India.



21/17