

**DEPARTMENT OF PSYCHOLOGY**

**M.A. Psychology**

*Structure-I (2- Year PG Program)*

**DISCIPLINE SPECIFIC ELECTIVE COURSE**

**SEMESTER I**

**DSE 102: FOUNDATIONS IN CLINICAL PSYCHOLOGY**

**CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITE OF THE COURSE**

Course Title & Code	Total Credits	Credit distribution of the course			Eligibility Criteria/ Prerequisite
		Lecture	Tutorial	Practical	
DSE 102 Foundations in Clinical Psychology	4	3	0	1	Graduation in any stream

**Marks:100**

**Hours: 60**

**Credit: 4 (Lectures + Internal Assessment + Practical)**

**Course Objectives:**

1. To introduce students to clinical psychology, including its history, scope, and professional code of conduct.
2. To understand psychological assessment methods, tools, and ethical considerations in clinical practice.
3. To familiarize students with various clinical interventions, including therapeutic techniques, brief psychotherapies, and indigenous approaches.
4. To provide knowledge about mental health laws and rights, focusing on key legal acts related to mental health and disability in India.

**Course Learning Outcomes:**

By the end of this course, students will be able to:

1. Understand the Scope and Ethical Framework of Clinical Psychology – Explain the historical development, scope, and professional code of conduct in clinical psychology, particularly in India.
2. Apply Psychological Assessment Techniques – Demonstrate knowledge of assessment tools, methods, and ethical considerations in clinical practice.
3. Utilize Clinical Intervention Strategies – Identify and learn various therapeutic approaches, including brief psychotherapies, relaxation techniques, and indigenous methods.
4. Analyze Legal and Ethical Aspects of Mental Health – Interpret key mental health laws such as the Mental Health Care Act (2017), Rights of Persons with Disabilities Act (2016), and their implications for clinical psychology.

**Course Content**

**Unit 1: Introduction- Clinical psychology-** Concept and overview of historical development of clinical psychology; Scope of clinical psychology; Clinical Psychology in India: History; development and future of clinical practice; Professional code of Conduct in Clinical Psychology  
**(10 Hours)**

**Unit 2: Assessment in clinical psychology-** Psychological Assessment in clinical psychology; Training and education in assessment; Background and methods of assessment in clinical practice; Types; tools and techniques of assessment; Ethical Issues in Psychological Assessment **(10 Hours)**

**Unit 3: Interventions in clinical psychology-** Overview of clinical interventions- concept, needs and goals of clinical interventions; Basic therapeutic skills; Brief psychotherapies; supportive therapies; Relaxation techniques; yoga; meditation and stress management; Indigenous approaches to psychotherapy; Ethics in Psychotherapy **(10 Hours)**

**Unit 4: Rights of Mentally ill and Clinical Psychology-** Mental Health Care Act-2017; Rehabilitation Council of India Act 1992; Rights of Persons with Disability Act 2016; POCSO Act; The Juvenile Justice (Care and Protection of Children) Act, 2015; The National Trust Act-1999 **(10 Hours)**

**Practicum:** At least 2 (Two) practicals based on the above-mentioned units.

**(20 Hours)**

**Essential Readings:**

1. American Psychiatric Association (2022). *Diagnostic and Statistical Manual of Mental Disorders (DSM-5-TR)*. Washington, D.C. APA.
2. Duffy, R. M., & Kelly, B. D. (2019). India's Mental Healthcare Act, 2017: content, context, controversy. *International Journal of Law and Psychiatry*, 62, 169-178.
3. Grover, N. An Experiential Account of the Journey of Psychotherapy Training in India. *Psychol Stud* 60, 114–118 (2015).
4. Hecker, J., & Thorpe, G. (2015). *Introduction to clinical psychology*. Psychology press.
5. Kramer, G. P., Bernstein, D. A., & Phares, V. (2014). *Introduction of clinical psychology* (8th ed.). Boston, MA: Pearson.
6. Kshirsagar, J. (2020). POSCO-an effective act of the era. *Supremo Amicus*, 18, 428.
7. Kumar, D. N. (2017). Empowerment of Persons With Disabilities Through Institutional Based Rehabilitation Services. *Asian Journal of Science And Technology*, 8(09).
8. Malhotra, M., & Sehgal, P. (2020). POCSO Act, 2012: A tale of delay in justice. *Jus Corpus lj*, 1, 257.
9. Mangal, S. K. and Mangal, S. (2023). *Essentials of Clinical Psychology: An Indian Perspective*. Routledge, Taylor & Francis
10. Math, S. B., Basavaraju, V., Harihara, S. N., Gowda, G. S., Manjunatha, N., Kumar, C. N., & Gowda, M. (2019). Mental Healthcare Act 2017–aspiration to action. *Indian Journal of Psychiatry*, 61(Suppl 4), S660-S666.
11. Narayan, C. L., & John, T. (2017). The Rights of Persons with Disabilities Act, 2016: Does it address the needs of the persons with mental illness and their families. *Indian journal of psychiatry*, 59(1), 17-20.
12. Norcross, J. C. Freedheim, D. K. and VandenBos, G. R.: (2016). *APA Handbook of Clinical Psychology-Volume 1 and Volume 3: Roots and Branches*. American Psychological Association
13. Norcross, J. C. Freedheim, D. K. and VandenBos, G. R.: (2016). *APA Handbook of Clinical Psychology- Volume 3: Applications and Methods*. American Psychological Association

14. Norcross, J. C. Freedheim, D. K. and VandenBos, G. R.: (2016). *APA Handbook of Clinical Psychology- Volume 5: Education and Profession*. American Psychological Association
15. Prabhu, G. G., & Shankar, R. (2004). *Clinical psychology: Coming of age*. In, Agarwal, S. P. (Ed.), *Mental health: An Indian perspective, 1946-2003* (pp. 123-131). Directorate General of Health Services, Ministry of Health and Family Welfare.
16. Rehabilitation Council of India. (2016). *M.Phil. Clinical psychology: Guidelines & syllabus*. RCI. Retrieved from <http://rehabcouncil.nic.in/writereaddata/M%20Phil%20Clinical%20Psychology.Pdf>.
17. Sharan, V., Tripathi, R. (2021). Clinical Psychology in the Contemporary Indian Context. In: Misra, G., Sanyal, N., De, S. (eds). *Psychology in Modern India*. Springer, Singapore.

### **Additional Readings:**

1. Balakrishnan, A., Kulkarni, K., Moirangthem, S., Kumar, C. N., Math, S. B., & Murthy, P. (2019). The rights of persons with disabilities Act 2016: Mental health implications. *Indian Journal of Psychological Medicine*, 41(2), 119-125.
2. Gelder, M., Andreasen, N., Lopez-Ibor, J. & Geddes, J. (2009). *New Oxford Textbook of Psychiatry* (2<sup>nd</sup> Ed.). Oxford University Press.
3. Jose, R., & Sachdeva, S. (2010). Community rehabilitation of Math, S. B., Gowda, G. S., Basavaraju, V., Manjunatha, N., Kumar, C. N., Philip, S., & Gowda, M. (2019). The rights of persons with disability act, 2016: Challenges and opportunities. *Indian journal of psychiatry*, 61(Suppl 4), S809-S815.
4. Mishra, A., & Galhotra, A. (2018). Mental healthcare act 2017: need to wait and watch. *International Journal of Applied and Basic Medical Research*, 8(2), 67-70.
5. Nandan, P. (2022). POCSO Act and Juvenile Justice: An Analysis of Existing Laws and Practices in India. Issue 6 *Indian JL & Legal Rsch.*, 4(1).
6. Sadock, B.J. & Sadock, V.A.(2007) *Comprehensive Textbook of Psychiatry (2 Volume Set)*, London: Williams and Wilkins.
7. Verma, S. K. (1998). The Development of Standards and the Regulation of the Practice of Clinical Psychology in India. In *Comprehensive Clinical Psychology* by Alan S. Bellack and Michel Hersen (Eds). Pergamon