

**COMMON POOL OF GENERIC ELECTIVES (GE) COURSES**  
**Offered by Department of Psychology**

**GENERIC ELECTIVE COURSE GE-12 IDENTIFYING AND DEALING WITH  
 PSYCHOLOGICAL DISORDERS**

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

Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-requisite of the Course (if any)
		Lecture	Tutorial	Practical/Practice		
<b>GE- 12      IDENTIFYING AND      DEALING WITH      PSYCHOLOGICAL      DISORDERS</b>	<b>4</b>	<b>3</b>	<b>0</b>	<b>1</b>	<b>Class 12<sup>th</sup>      Pass</b>	<b>None</b>

**Learning Objectives**

- To impart preliminary knowledge about psychological disorders prevalent in society
- To develop an understanding of diagnostic criteria for psychological disorders
- To acquaint the students with the importance of psychological assessment
- To attain an overview of the role of various therapies in dealing with psychological disorders

**Learning Outcomes**

After doing this course the student will be able:

- To identify clinical picture of various psychological disorders using DSM-5 Classification
- To understand the importance of clinical assessment in diagnosis of psychological disorders
- To understand and appreciate the role of psychological first aid and therapies in treatment of psychological disorders

**SYLLABUS OF GE -12**

**UNIT – I**

**(15 hours)**

**Psychological Disorders:** Criteria, Perspectives, Classification (DSM – 5), Psychological Assessment (Clinical Interview, Case History, Tests, Behavioral Assessment).

**UNIT – II**

**(21 hours)**

**Clinical Picture of Psychological Disorders:** Generalized Anxiety Disorder; Obsessive Compulsive Disorder; Depressive Disorders (Major Depressive Disorder, Persistent Depressive Disorder); Bipolar and related Disorders (Bipolar I Disorder, Bipolar II Disorder, Cyclothymia); Suicide, Schizophrenia, Intellectual Developmental Disorder, Autism Spectrum Disorder, Attention Deficit Hyperactivity Disorder.

**UNIT – III** (9 hours)  
**Dealing with Psychological Disorders:** Psychological First Aid; Biological Intervention (Pharmacological treatment and Electroconvulsive Therapy); Psychotherapy (Brief Description of Psychoanalysis, Behavior Therapy, Cognitive-Behavior Therapy, Client-centered Therapy, Family Therapy, Group Therapy)

**Practical component** (30 hours)

**Suggestive Practicals:**

- Using the clinical interview to take the case history of a client.
- Visual Media and/or text analysis as an approach to understanding mental disorders.
- Screening for psychological disorders such as Generalized Anxiety Disorder, Major Depressive Disorder, Obsessive Compulsive Disorder, Intellectual Disability, Attention Deficit Hyperactivity Disorder using tests, checklists.
- Conducting demographic surveys to identify individuals at risk of developing psychological disorder/s.

**Tutorial component :** Nil

**Essential/Recommended Readings**

Arora, M.K. (2022). *Neurodevelopmental Disorders in the Indian Context: Different Disorders speak Different Stories*. New Delhi: Prestige Publications.

Barlow, D. H., & Durand, V. M. (2021). *Abnormal psychology: An Integrative Approach*. Thomson Brooks/Cole Publishing Co.

Butcher, J. N., Hooley, J. M, Mineka, S. (2019). *Abnormal Psychology* (17<sup>th</sup> ed), New Delhi: Pearson.

Corey, G. (2012). *Theory and Practice of Counseling and Psychotherapy* (11<sup>th</sup> ed), Cengage Learning.

Kring, A. M., Johnson, S. L., Davison, G. C., Neale, J. M., & (2013). *Abnormal psychology* (12th ed). John Wiley & Sons Inc.

Ruzek, J., Brymer, M., Jacobs, A., Layne, C., Vernberg, E., & Watson, P. (2007). Psychological First Aid. *Journal of Mental Health Counseling*. 29(1), 17-49.

**Suggestive Readings**

Ahuja, N. (2011). *A short textbook of psychiatry*. Jaypee Brothers Medical Publishers.

Gladding, S. T. (2021). *Theories of counseling*. (3rd ed.). Rowman & Littlefield.

Seligman, L. and Reichenberg, L.W. (2009) *Theories of counseling and psychotherapy: Systems, strategies, and skills*. (4th ed.). Pearson.

**Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.**