

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		
GE- 12 IDENTIFYING AND DEALING WITH PSYCHOLOGICAL DISORDERS	4	3	0	1	Class 12th Pass	None

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* (17th ed), New Delhi: Pearson.

Corey, G. (2012). *Theory and Practice of Counseling and Psychotherapy* (11th 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.