Psychology Special III
Research Methodology

Semester V	Subject Code: A51718	Lectures: 60

Objectives:

- To acquaint students with the basic concepts of Research methodology
- To help students understand the basic stages in scientific research
- To acquaint students with the APA style of preparing research proposal and writing research report

Unit 1: Social scientific research	10

- Meaning of research
- Characteristics of research
- Types of research-
    o Application based- Pure and Applied
    o Objectives based- Descriptive, Exploratory, Co-relational, Explanatory
    o Inquiry mode applied- quantitative and qualitative
- Research Process : An 8 step model
- Ethical principles of research

Unit 2: Quantitative methodology	20

- Research problem, Hypothesis and Variables
    o Formulating a research problem- Importance, Sources , Steps, Considerations and Operational definition
    o Identifying variables- Definition and types
    o Types of measurement scales
    o Constructing hypothesis- function and characteristics, types
- Research design
    o Functions of research designs
    o Types of research designs- based on number of contacts, based on reference period, based on nature of investigation
- Sampling
    o Concept and principles of sampling
    o Factors affecting inferences drawn from samples
    o Types of probability and non probability sampling methods
- Data Processing, Editing, Developing a frame of analysis (Practical Assignments)
- Displaying data: Tables and graphs.(Practical Assignments)
- Writing a Research report -Purpose, Structure and Format- APA conventions

Unit 3: Qualitative methodology	18
- Nature of qualitative research - Features - Steps in qualitative research - Main preoccupations of qualitative researcher - Contrast between quantitative and qualitative methodology - Positivism and critique of positivism - Feminist methodology - Methods of data collection - Ethnography and participant observation - Unstructured interviews/ oral history - Qualitative data analysis - Analytical induction - Grounded theory - Coding - Steps of interpretation - Presentation of data - Matrix - Charts - Tables - Report writing	

*Assignments and library hours (12 hours)
Methods of data collection- Questionnaire, Interview, Observation, Tests (Assignments)

Recommended Text Books:

- Kumar .R. (2014) Research Methodology – A step by Step guide for Beginner's (4th Ed) Pearson Education, India.
- McBurney.D.H.(2002) Research methods (5th Ed) Thomsun Woodworth , Bangalore.

Reading Material:

- Denzin Norman, Lincoln Yvonna (ed): Handbook of Qualitative Research, Sage, Thousand Oaks, 2000.
- Candland D.K Psychology: The Experimental Approach, Mc-Graw –Hill, New York.
- D'Amato (1970) Experimental Psychology Tata McGraw –Hill Ed, New Delhi
- Goodwin J.C. (2002) .Research in Psychology: Methods and design,3rd Ed, Wiley and sons Inc, New York
- Kerlinger. F.N (1995). Foundations of Behavioural research Rinehart Winston Inc.Surjit Publications, Delhi.
- Singh.A.K. (2004) Tests, Measurements and research methods in Behavioural sciences (3rd Ed), BhartiBhavan Publishers, Patna.
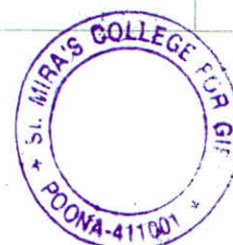
Psychology Special

Counseling Psychology

Semester VI	Subject Code: A61718	Lectures: 60

Objectives:

- To understand the nature and process of counselling
- To understand the different fields of application in counselling
- To understand ethics related to the practice of counselling psychology.
- To understand emerging trends in the area of counselling

Unit 1: Counseling- its nature and scope	12

- Meaning and goals of counselling
- Fundamental precepts of effective counseling
- Characteristics of effective counsellors
- Ethics of counselling

Unit 2: Process of counseling- I	12

- Building relationships and facilitating initial disclosure-
  - Core conditions of counselling
  - Ways to impede communication
- In-depth exploration
  - Goals and methods
  - Use of feedback in in-depth exploration
  - Modes of providing feedback

Unit 3: Process of counseling- II	12

- Commitment to action and termination
  - The process of goal setting
  - Design and implementation of action plans
- Termination
  - Readiness for termination
  - Ending in a positive way

Unit 4: Emerging trends in counseling	12

- Mindfulness based approaches
  - Dialectical Behaviour Counseling
  - Acceptance and Commitment Counseling
- Narrative Counseling

- Online Counseling

Pre readings for Chapter 4:
- Psychoanalytic counselling
- Cognitive counselling
- Behavioural counselling

*Assignments and library hours – Counselling applications (12 hours)
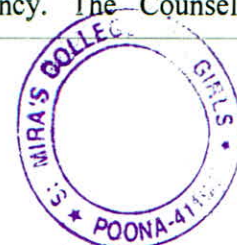- Counselling for culturally diverse clients
- Counselling for children and their parents
- Crisis intervention
- Grief counselling
- Counselling with special reference to women's issues- Domestic Violence, Eating disorders.

Recommended Text Books:

- Welfel and Patterson (2005) The Counselling Process: A Multi theoretical Integrative approach 6th Ed, Thomson Learning, Inc, New Delhi.

Reading Material:

- Burnard Philip (2002) Counseling skills training- A Sourcebook of Activities Viva Books Pvt ltd, NewDelhi.
- John McLeod (2001) An introduction to 87counselling, 3rdEd, Rawat publications, New Delhi.
- Kotler and Shepard (2008) Counselling: Theories and Practices, Cengage Learning, New Delhi.
- Rao ,N.S(1991) Counselling and Guidance 2nd ed Tata McGraw- Hill, New Delhi
- Larmar, S., Wiatrowski, S. & Lewis-Driver, S. (2014). Acceptance & Commitment Therapy: An Overview of Techniques and Applications. Journal of Service Science andManagement,Vol.7,pp.216-221
  http://www.scirp.org/journal/jssmhttp://dx.doi.org/10.4236/jssm.2014.73019
- Hayes, S.C. (2004). Acceptance and Commitment Therapy and the New Behavior Therapies: Mindfulness, Acceptance and Relationship. Mindfulness and Acceptance: Expanding the Cognitive-Behavioral Tradition. Guilford Publications.
- Morgan, A. (2002). Beginning to Use A Narrative Approach in Therapy. The International Journal of Narrative Therapy and Community Work, Vol. 1.
- Gelso, G. (2011). Emerging and Continuing Trends in Psychotherapy: Views From an Editor's Eye. American Psychological Association. Vol. 48, No. 2, 182–187 0033-3204/11/$12.00 DOI: 10.1037/a0023448
- Mallen, M.J., Vogel, D.L. & Rochlen, A.B. (2005). The Practical Aspects of Online Counseling: Ethics, Training, Technology, and Competency. The Counseling

Psychologist. 33; 776. Sage Publications. DOI: 10.1177/0011000005278625.