Syllabus of ADACP  
(Advance Diploma in Applied Clinical Psychology)

The syllabus of ADACP (Ad. Diploma in Applied Clinical Psychology) shall consist of 12 courses (theoretical) and 03 practicals, spread over three semesters. Each course will carry 100 marks to be divided into two types of evaluation, (external exam of 80 marks and Internal exam of 20 Marks). 20 internal marks will be divided in two categories 10 marks of monograph and 10 marks of internal written exam. In the fourth semester, there shall be Clinical Training report of 200 marks and B dissertation of 300 marks. The internal assessment of 20 marks will be assessed by course instructors. The coordinator will consolidate the assessment made by all the course instructors. All the students shall go for Clinical Training for one month at any clinical center after second semester in summer vacations and the report for the same will be submitted to the department. The dissertation will be submitted to the department under the joint supervision of course instructor and coordinator.

The distribution of marks, course wise and semester wise is as fellows:

**ADACP**

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<tr>
<th>ISt. Semester</th>
<th>Course</th>
<th>Internal Marks</th>
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<td>(B) Psychology of Behaviour disorder</td>
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<td>(C) Neuropsychology</td>
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<td>(C) Stress and coping strategies</td>
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Clinical Training for one month

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Grand Total :- 2000

There shall be minimum ten Practicals in each (except four) semester.
ADACP-I Semester
Paper : I - Statistics and Research Design
Code No- ACP- 101

Objective: This course is aimed at developing understanding about statistical concepts, types Of design employed in clinical Psychological research.

Part: A- Statistics :

Unit –1 : Introduction – Nature, meaning and uses of statistical techniques in Clinical Psychology.  3
Unit -2 : Correlation: Meaning and types, Biserial, Point biserial , Tetrachoric and rank difference method.  5
Unit- 3 : Non Parametric Statistics - x² test and Median test.  4
Unit- 4 : Test of significance- t test .  4
Unit –5: ANOVA: Assumptions, One way and two way .  4

Part : B- Research Design:

Unit –1 : Nature, meaning, importance and criteria of research design .  5
Unit –2 : Variable: Types, Identification and control of extraneous variables  8
Unit -3 : Two group and multigroup designs.  5
Unit-4 : Factorial design : Nature and importance.  3
Unit- 5 : Sampling techniques.  3

Total : 44

Suggested Readings :
ADCP-I Semester
Paper : II- Psychology of Behaviour Disorder
Code No-ACP - 102

Objective : The main focus of this course is on fundamental concepts, types, symptoms and etiology of abnormal behaviour.

Unit-1 : The meaning and criteria of Abnormal behaviour .  

Unit-2: Factors contributing to abnormal behaviour –
   a. Biological factors 
   b. Psychological factors 
   c. Sociocultural factors

Unit-3: Distinction between Neuroses, psychoses and psycho physiological disorders.

Unit-4: Symptoms and etiology of Neurotic Disorders: Anxiety neurosis, Depressive neurosis, obsession- compulsive, Neurosis, and hysterical neurosis- conversion and Dissociative types.

Unit-5: Symptoms and etiology of psychotic disorders : Schizophrenia and Manic - Depressive Psychosis

Unit-6: Psychopathic personality : Addiction (drug, alcohol) reactions ; crime (including- white collar crime).

Periods

05
07
07
06
05

Total : 40

Suggested Readings :


**Objective**: This course is to acquaint with the fundamental concepts, anatomy of nervous System, anatomy of lobes and neuropsychological assessment methods.

**Periods**

**Unit-1**: Nature and meaning of Neuropsychology.  
**Unit-2**: Organization of the nervous system: anatomy of the nervous system, organization of sensory system: visual, auditory and somatosensory system.  
**Unit-3**: Organization of motor system: anatomy and development of motor system.  
**Unit-4**: Principles of cerebral asymmetry: functional and anatomical cerebral asymmetry, human handedness and its correlates.  
**Unit-5**: Anatomy and functions of lobes: parietal, temporal, occipital and frontal lobe.  
**Unit-6**: Brain organization: language function and spatial ability.  
**Unit-7**: Neuropsychological assessment: methods of assessment.

**Suggested Reading**–

1. Bradshaw : Neuropsychology  
3. Lezak :Neuropsychological assessment .  
4. walsh : Nuropsychology.
Objective: To familiarize with:
1. Problems and issues in testing.
2. Diagnostic use of Psychological test.

Unit-1: Definition, problems and general issues in diagnostic testing.  04
Unit-2: Ethical principles for psychologists 05

Unit-3: Diagnostic use of Intelligence tests
   1. Alfred Binet Test
   2. WAIS

Unit-4: Assessing Brain Damage 04

Unit-5: Diagnostic use of Projective Tests:
   1. TAT
   2. Rorschach Test

Unit-6: Case study method 04

Unit-7: Personality Test:
   1. MPI
   2. MMPI
   3. 16 P.F.

Unit-8: Interview as diagnostic tool 04

Unit-9: Observation, Rating and check Lists. 05

Total: 42

Suggested Readings:
2. Benjamin W, Wolman: Handbook of clinical Psychology
ADACP-I Semester
Paper : V- Practical

1. PGI Memory scale
2. Raven's Progressive Matrices
3. Weschler's Intelligence scale for children
4. Weschler's Adult Performance intelligence Scale (WAIPS)
Objective: The main purpose of this course is to get the students acquainted with criteria Classification, causes and assessment of abnormal behaviour.

Unit-1: Introduction: Nature and meaning of Psychopathology, Criteria of abnormal behaviour, misconceptions about psychopathology. 6

Unit-2: Classification of disorders: Cognitive Disorders, Mood disorders, Anxiety Disorders, Disassociative Disorder, Personality Disorders (Special consideration of DSM IV and V classifications). 8

Unit-3: Perspectives of Abnormal Behaviour: Biological, Psychodynamics, Cognitive, Learning, Humanistic, Existential and Community perspective of abnormal Behaviour. 8

Unit-4: Assessment Methods: Case Study method, Interview method, Psychological test: Intelligence test and personality test. 7

Unit-5: Etiology of Psychopathology: Biological Factors, Psychological Factors and Socio-cultural factors. 7

Unit-6: Therapies and Prevention. 8

Total: 44

Suggested Readings:

Objective: This course is aimed at creating understanding and awareness about methodology of clinical assessment of personality.

**Unit-1:** The clinical Method in Psychology.  
*05 Periods*

**Unit-2:** Setting for the application of Clinical Methods - Child- Guidance Clinics, Student Guidance/ Counselling Centers, Marital / Family Counseling Centers.  
*08 Periods*

**Unit-3:** Clinical Techniques - Observation, Case Study, Interview, Experimental Method and psychological Test for use with adults and children.  
*08 Periods*

**Unit-4:** Diagnosis Appraisals for (a) Understanding the nature and origin of patient's difficulties, (b) Arriving at a diagnosis , (c) Looking for prognostic indicators and (d) Planning treatment/ Management.  
*08 Periods*

**Unit-5:** Measurement the Clinical Research.  
*06 Periods*

**Unit-6:** Neuropsychological assessment .  
*05 Periods*

Total: 40 Periods

*Suggested Readings:*

Objective: The main objective of this course is to familiarize the students with the impact of stress and stressful life event on behaviour as well as the management of stress in life.

Unit - 1: Introduction --- History and nature of stress
   (1) concept of stress : History and Present Status : Types of Stressors -- Physical , Psychological, Environmental and Social.
   (2) Response to Stress : Physiological and Psychological.
   (3) Life Events as Stressors.
   (4) Measurement of stressful life event.
   (5) Stress and development of somatic disorders.
   (6) Stress and psychiatric disorders.

Unit - 2: Coping ---
   (a) Concept of coping: Definition and Classification.
   (b) Measurement of coping behaviour.

Unit – 3: Life Style and Related aspects----
   (a) Stress and Personality.
   (b) Life Style and Health : Cardiovascular disease, Atheroceterosis, cancer.
   (c) Stress and substance abuse: alcohol and other drugs.

Unit – 4: Management of stress ----
   (a) Relaxation Techniques and biofeedback.
   (b) Cognitive behaviour therapy
   (c) social skills training and stress inoculation.

Suggested Reading s--:
Objective: This course is aimed at creating awareness and understanding about nature, models of community setting as well as importance of intervention and prevention in community system.

Periods

Unit-1: Community Psychology:
2. Its development, Historical & Social context. 4

Unit-2: Community Psychology as a Distinct Speciality:
1. Difference between community psychology and clinical psychology – Environmental Psychology- community Mental Health and Community Psychiatry.
2. Interdependence and Interaction between Individual psychology and community psychology. 6

Unit-3: Models of community Psychology:
1. Mental health model
2. Social action model
3. Organizational model
4. Ecological model 5

Unit-4: Intervention in Education System:
1. School Mental Health Programme.
2. School Psychology
4. Project integrated education for the disabled. 8

Unit-5: Intervention in Health System:
2. In National mental health programme.
3. Indices of Community Health -Quality of life.
4. Training of paraprofessional and non-professional. 8

Unit-6: Intervention of social welfare system:
1. Pre-school education and early childhood, stimulation programme.
2. ICDS programme.
3. Distinct Rehabilitation programme.
4. working with disadvantaged groups. 9

Total: 40

Suggested Readings:
ADACP -II Semester
Paper –V- Practical

1. The Sixteen Personality Factor Questionnaire (16PF)
2. Eysenck's Personality Inventory (EPI)
3. PGI Health Questionnaire (Nz)
4. The Minnesatta Multiphsic - Personality Inventory (MMPI)
5. Bell's Adjustment Inventory (BAI)
6. Genral Health Questionnaire (GHQ)
7. State Trait Anxiety Invertory (STAT)
ADACP -III Semester  
Paper:  I-Theories of Personality  

Objective :  The main purpose of this course is to acquaint with the nature of theory construction and different approaches to personality


Periods

Unit-1:  
i.  The Nature of Theory construction  
ii.  Issues, problems and controversies in personality theories.  
05

Unit-2:  
i.  Freud's psychoanalytical theory  
ii.  Jung's analytic theory  
iii.  Adler's Individual Psychology  
iv.  Neo Freudian and post Freudian  
09

Unit-3:  
i.  Murry's Personology  
ii.  Organismic Theory  
iii.  Roger's self theory  
iv.  Existential and humanistic formulations  
09

Unit-4:  
i.  Allport's psychology of the individual  
ii.  Cattel's factor theory  
iii.  Eysenck's dimensions of Personality  
iv.  Body type and temperament  
08

Unit-5:  
i.  Kelly's personal construct theory  
ii.  Lewin's field theory  
iii.  Festinger's cognitive dissonance theory  
07

Unit-6:  
i.  Dollard and Miller's stimulus response theory.  
ii.  Skinner's radical behaviorism  
iii.  Social learning theory  
09

Total : 47

Suggested Readings :  
ADACP -III Semester
Paper – II-Behaviour Modification

Objective: The goal of this course is to familiarize the students with the fundamentals of behaviour modification, behavioural assessment, acquisition and facilitation of new behaviour.

Periods

Unit-1: Introduction: Concepts, Origin, Development and Models. 5

Unit-2: Foundations of B.M. : Learning, Biological and cognitive foundations. 5

Unit-3: Behaviour Assessment and Formulation: Behaviour Diagnosis, Behaviour Formulation of Neurosis and Psychosis as well as habit disorder. 5

Unit-4: Desensitization Procedures: systematic desensitization, Grade exposure, Flooding, Enriched Desensitization emotive imagery, Empirical finding. 5

Unit-5: Assertive Training: Background Method, Findings. 6

Unit-6: Modeling Procedures: procedures, Acquisition and Facilitation of New behaviours, Extinction of fears, Effectiveness. 7

Unit-7: Cognitive Behaviour Therapy: Background, R.E.T. of Elison Cognitive Learning theory of Beck, Thought Stopping Trends. 7

Total: 40

Suggested Readings:
Objective: The objective of this course is to acquaint the students with the objectives and Principles of Psychotherapy as well as the various types of Psychotherapeutic Techniques.

Periods

Unit-1: Definition, Scope, Objectives and General Principles of Psychotherapy. 05

Unit-2: Psychotherapeutic relationship and Interviewing Procedures. 05

Unit-3: Training of Psychotherapists. 04

Unit-4: Supportive Therapy. 04

Unit-5: Re-Educative Therapy:
1. Client Centered Therapy.
3. Marital and Family Therapy. 10

Unit-6: Re-Constructive Therapy:
1. Freudian Psychoanalysis.
2. Neo-Freudian Approaches.
3. Existential Therapy
4. Gestalt Therapy
5. Cognitive, Behaviour therapy and group therapy. 12

Total: 40

Suggested Readings:
Objective: The main focus of this course is to highlight the nature, relationship, and impact of drugs and medicine on human behaviour.

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<th>Unit-1: General Pharmacological Principles</th>
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<td>Nonsteroidal and antiinflammatory drugs</td>
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Total: 40

Suggested Readings:

ADACP -III Semester  
Paper – V- Practical

Unit – I :
1. The Rorschach Inkblot Test.  
2. The Thematic Apperception Test (TAT) / The Children's Apperception Test (CAT)  
3. Rosenzeig’s Picture Frustration Study (PFS).  
4. The Sentence Completion Test (SCT)

Unit – II :
1. Psycho- Physiological Measures and their uses in diagnosis.  
2. EEG  
3. EMG Electromyography.  
4. GSR Galvanic Skins Response.
ADACP – IV Semester

1. Clinical Training Report

2. Dissertation