

C.U.SHAH UNIVERSITY WADHWANCITY



Faculty of: Arts & Humanities

Department of: Psychology

Course: Post Graduate Diploma in Counselling Psychology

Semester: 1

Name of Subject: Mental Disorders -1

Subject Code: 3AH01MED 1

TEACHING & EVALUATION SCHEME

Subject Code	Name of the Subject	Teaching Scheme (Hours)				Evaluation Scheme								
		Th	Tu	P	Total	Theory					Practical (Marks)			Total
						Sessional Exam		University Exam		Total	Pr/ Viva	TW	Total	
						Marks	Hrs	Marks	Hrs					
3AH01MED1	Mental Disorders -1	4	0	2	6	30	1.5	70	3	100	30	20	50	150

Course outline:

Unit No.	Course Content (Title of the Unit)	Minimum No. of Hours
0	Prerequisites	06 (Week)
1	Depression 1) Definition ,causes ,symptoms and diagnosis 2) Management: Symptom education and psycho education for patients 3) Cognitive behavior therapy 4) Interpersonal therapy 5) Behavior therapy 6) Psycho education for patients	20
2	Bipolar affective disorder	19

	<ul style="list-style-type: none"> 1) Definition ,causes ,symptoms and diagnosis 2) Management: Symptom education 3) Symptom management 4) Interpersonal social Rhythm therapy 5) Medication management 	
3	<p>Panic disorders</p> <ul style="list-style-type: none"> 1)) Definition ,causes ,symptoms and diagnosis 2) Management: Symptom education 3) Cognitive behavior therapy 4) Psycho education 5) Relaxation Technique and behavior therapy 	19
4	<p>Obsessive compulsive disorder</p> <ul style="list-style-type: none"> 1) Definition ,causes ,symptoms and diagnosis 2) Behavior therapy, Rubber band technique, Distraction technique ,systematic de sensitization ,aversion therapy ,exposure response prevention 3) Cognitive therapy 	19
5	<p>Suicide and Management</p> <ul style="list-style-type: none"> 1) Definitions and terminology 2) Clinical and psychometric assessment 3) individual therapy 	19

Learning outcomes:

At the end of the course, students will be able to:

- Understand the Important Mental Disorders
- Understand the Depression
- Understand the Bipolar Disorder
- Understand the Obsessive Compulsive Disorder
- Understand the Panic Disorder
- Understand the Suicide and suicide management

Recommended Reading:

American Psychiatry Association. (2013). *Diagnosis and Statistical Manual of Mental Disorder-5*. New Delhi: CBS Publishers & Distributors.

Kalpan, & Sadock. (2007). *Synopsis of Psychiatry* (Vol. Tenth). New Delhi: Wolters Kluwer.