

2014

Professional Psychology

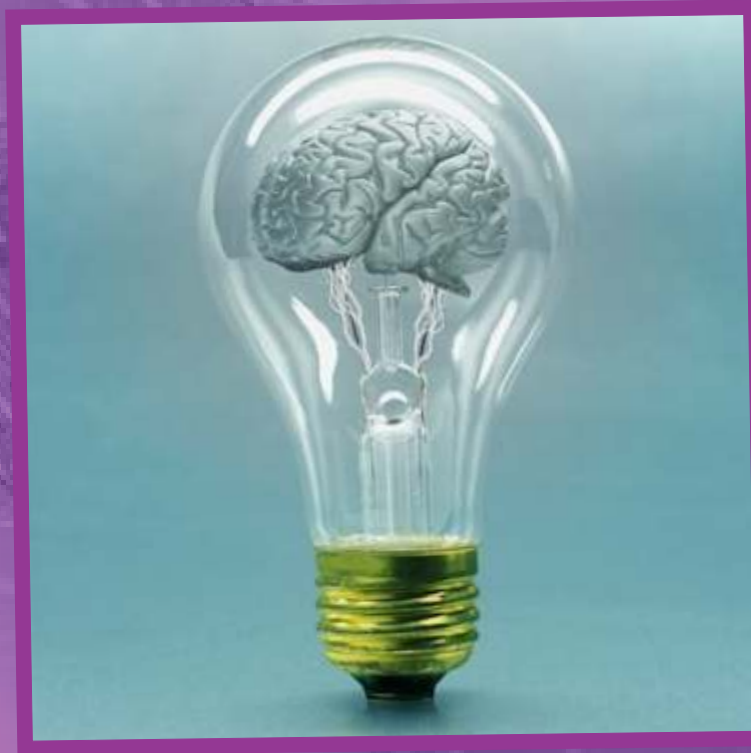
Bachelor of Science BS (Psychology)

Post Magistral Diploma (PMD) - Professional Psychology

MS in Clinical Psychology

M Phil - Clinical/Educational/Organizational Psychology

Ph D - Clinical/Educational/Organizational Psychology



Committed to Excellence in
Higher Education

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Director's Message



Dr Zainab Fotowwat Zadeh

The Institute of Professional Psychology has been established in response to a dire need for mental health professionals and an acute dearth of professional services in Pakistan. Our mission is to provide excellent education for future development of careers in Psychology through the integration of theory and professional practice.

We strive to provide our students with every possible resource for academic success. The programs offered at graduate and post graduate levels are tailored to meet the latest curriculum requirements in the field of psychology; with specializations in domains of Clinical, Educational and Organizational Psychology. We not only educate people through the degree programs, but also conduct workshops and training sessions that cater to diverse topics, breaking stigmas and stereotypes of the profession and giving our masses an idea about psychology.

Our dedicated faculty members are not only scholars but practicing psychologists with years of hands-on experience. If you are seeking a program where scholars are encouraged to explore the boundaries of psychology's potential, you will find it at the Institute of Professional Psychology.



INSTITUTE OF PROFESSIONAL PSYCHOLOGY



Why Study Psychology?

The study of psychology is all about developing a clear understanding of human behaviour, attitude and feelings. If you are interested in discovering how people think, feel and behave, study psychology at the **Institute of Professional Psychology, Bahria University**. In Pakistan, the profession of Psychology is growing and so is its demand. As a psychologist you can play an important role in ensuring the wellbeing of individuals, families and organizations. Government, non-government national and multinational organizations all require and use multidisciplinary services from Psychology professionals.

With a degree in Psychology one can evolve new approaches from established knowledge to meet changing needs of people and societies. Psychologists develop theories and test them through their research. As this research yields new information, these findings become part of the body of knowledge that practitioners call on in their work with clients and patients.

Careers Opportunities and Scope in Psychology

As Psychologists, individuals can conduct both basic and applied research, serve as consultants for communities and organizations, diagnose and treat people, and teach future psychologists and other types of students. Many psychologists work as health care providers. They assess behavioral and mental function and well-being, how human beings relate to each other and also to machines by working to improve these relationships.

As a Psychology professional you may also team up with other professionals—for example, other scientists, physicians, lawyers, school personnel, computer experts, engineers, policymakers, and managers—to contribute to every area of society.

The study of psychology is good preparation for many other professions. Many employers are interested in the skills that psychology majors bring to collecting, analyzing, and interpreting data, and their experience with statistics and experimental design.

Career in Clinical Psychology

Clinical psychology is concerned with the assessment, diagnosis, treatment and prevention of mental disorders. While they often work in medical settings, clinical psychologists are not medical doctors and do not prescribe medicines. Clinical psychology represents the largest subfield of psychologists. Specialty areas within clinical psychology include child mental health, adult mental health, learning disabilities, emotional disturbances, substance abuse, and health psychology.

As a clinical psychologist, you may often work in a hospital, private practice or in an academic setting. At Bahria University clinical psychologists are trained in a range of techniques and theoretical approaches. Some specialize in treating certain psychological disorders, while other

work with clients suffering from a wide variety of problems including severe psychiatric disorders such as schizophrenia and depression.

Careers in Industrial-Organizational (I-O) Psychology

Industrial-organizational (I-O) psychology is concerned with the study of workplace behavior. As an I-O psychologist you may apply research to increasing workplace productivity, selecting employees best suited for particular jobs and product testing. In Pakistan growing awareness and demand is developing for I-O psychology with opportunities in several different areas.

Specific specialty areas in I-O psychology include human-computer interaction and human factors. In Pakistan consulting opportunities are also available for experienced I-O psychologists along with working as an Employee Assistance counselor or career development counselor.

Careers in Educational psychology

An educational psychologist is a type of psychologist who works within the educational system to help children with emotional, social and academic issues. The goal of educational psychology is to collaborate with parents, teachers, and students to promote a healthy learning environment that focuses on the needs of children.

An educational psychologist can work with individual students and groups of students to deal with behavioral problems, academic difficulties, disabilities, management of crises situation and substance abuse problems. As an educational psychologist you may work in private clinics, hospitals, state agencies and universities. Some educational psychologists also go into private practice and serve as consultants, especially those with a doctoral degree in educational psychology.

Program Overview

The Institute of Professional Psychology is Pakistan's leading institute offering graduate and undergraduate level programs in professional disciplines of psychology including Clinical, Educational and Organizational Psychology. The diverse programs offered in major areas of psychology are:

- BS Psychology
- Post Magistral Diploma (PMD) - Professional Psychology
- MS in Clinical Psychology
- M Phil-Professional Psychology
- Ph D-Professional Psychology

BS Psychology

The BS program is a four year program comprising of 8 semesters. The courses offered at this level are structured to enable students to develop a strong background in the subject of Psychology. Students get the opportunity to develop necessary knowledge and skills needed in practice of and the research methodology in Psychology. The students are trained in oral and written communication skills with special emphasis on how application of psychological knowledge and principles may benefit individual and society.

Post Magistral Diploma (PMD) - Professional Psychology

Courses offered at this level are generally aimed at providing the students opportunities to work with patients and acquire the knowledge necessary for the practice of Professional Psychology. The students of clinical group are trained to do Psychological assessment and Psychotherapies. The students of educational group are trained in educational and vocational counseling. They are trained at schools and educational institutions where they work in the counseling centres. They also learn to diagnose and counsel the students, parents and teachers. The students of the organizational group are trained in personnel selection and counseling at any reputed organization. After PMD students will be able to work in any clinic and institutions of armed forces organizations as professional psychologist under supervision.

MS Clinical Psychology:

Courses offered at this level are generally aimed at providing the students opportunities to work with patients and acquire the knowledge necessary for the practice of Professional Psychology. The students of clinical psychology are trained to conduct Psychological assessment and Psychotherapy. Candidates will be provided with the opportunities to carry out training in diagnostic testings, psychotherapy, rehabilitation. The educational vocational counseling and research under supervision, thereby gaining valuable experience in the practice of and research in professional psychology.

M Phil - Professional Psychology

Candidates will be provided with the opportunities to carry out training in Psycho diagnostic psychotherapy, rehabilitation, educational vocational counseling and research under supervision, thereby gaining valuable experience in practice of and research in professional psychology. After M Phil the individuals will be eligible to teach, conduct research and practice in the relevant field of professional psychology.

Ph D - Professional Psychology

Candidates will be provided with opportunities to develop essential diagnostic, therapeutic and consultative skills through immersion in intensive course work, field placement and internship. Moreover, they will be trained in diagnostic testing, psychotherapy, rehabilitation; educational, vocational counseling and research under supervision thereby gain valuable experience. The Ph D candidates undergo didactic analysis in order to learn their strong points and drawbacks so that they do not project their own ideas on the patients and clients. After the awarding of Ph D degrees, the individuals will be able to work in any institution / organization independently as professional Psychologists. They can also open their private practice and conduct researches. This is the highest degree in professional psychology and the Ph D holders can be an asset to diagnosis and treatment of patients, counseling the students, parents and teachers in the educational institutions and conducting personnel selection, helping the management of the institution in particular.



Bachelor of Science (BS) Psychology - 4 years
(Road Map)

Semester 1 (First Year)

Course Code	Course Title	Credit Hours
ENG 103	English I	3
PAK 103	Pakistan Studies	2
BIO 100	Fundamental of Biology	3
CSC 104	Introduction to Computer Science	3
PSY 101	Introduction to Psychology	3
		14

Semester 2

Course Code	Course Title	Credit Hours
ENG 106	English II	3
MIC 107	Introduction to Microeconomics	3
MAT 108	Mathematics	3
SOP 105	Social Psychology	3
HIS 109	History and School of Psychology	3
ISL 110	Islamic Studies / Ethics	2
		17

Semester 3 (Second Year)

Course Code	Course Title	Credit Hours
ENG 211	Oral Communication	3
MAC 212	Introduction to Macroeconomics	3
MGT 213	Management	3
PER 214	Theories of Personality I	3
ISK 215	Interpersonal Skills	3
EXP 216	Experimental Psychology I	2
		18

Semester 4

Course Code	Course Title	Credit Hours
CRW 217	Creative Writing	3
MKT 218	Principle of Marketing	3
PER 219	Theories of Personality II	3
LSP 220	Psychology of Lifespan	3
EXP 221	Experimental Psychology II	3
PRC 222	Psychological Practicum	2
		17

Semester 5 (Third Years)

Course Code	Course Title	Credit Hours
STA 323	Statistics	3
+++	University Requirement	3
MHP 325	Mental Health & Psychopathology I	3
COG 326	Cognitive Psychology	3
POS 327	Positive Psychology	3
TES 328	Psychological Testing I	3
		18

Semester 6

Course Code	Course Title	Credit Hours
+++	University Requirement	3
STA 330	Statistical Tools for Social Sciences	3
MHP 331	Mental Health & Psychopathology II	3
NEU 332	Neurological Basis of Behavior	3
EDU 333	Educational Psychology	2
TES 334	Psychological Testing II	3
		17

Semester 7 (Fourth Years)

Course Code	Course Title	Credit Hours
+++	University Requirement	3
INT 436	Internship	2
RES 437	Research Methodology I	3
	<i>Elective: Choose one</i>	3
TEL 438	Teaching & Learning	
COB 439	Consumer Behaviour	
PCC 440	Psychology of Cross Cultural Differences	
CLP441	Clinical Pharmacology	
CLI 442	Clinical Psychology	2
	<i>Elective: Choose one</i>	3
COU 443	Counseling	
CHP 444	Child Psychology	
PSM 445	Psychology of Motivation	
		16

Semester 8

Course Code	Course Title	Credit Hours
RES 446	Research Methodology II	3
	<i>Elective: Choose one</i>	
COP 447	Community Psychology	3
PSC 448	Psychology of Special Children	
ENV 449	Environmental Psychology	
HRM 450	Human Resource Management	
	<i>Elective: Choose one</i>	
PSL 451	Psychology of Leadership	3
GRD 452	Group Dynamic	
ABA 453	Applied Behavioural Analysis	
ORG 454	Organizational Psychology	2
RES 455	Research Project	4
		15

University Requirement/Electives : 57 Cr Hrs
 Psychology Courses : 75 Cr Hrs

Total : 132 Cr Hrs

Humanities and Social Sciences - List of Courses

Course Code	Course Title	Cr. Hrs.
HSS 102	Introduction to Philosophy	3
HSS 103	Introduction to Arts and Design	3
ANTH 101	Introduction to Anthropology	3
SOCI 101	Introduction to Sociology	3
SOCI 205	Social Problems	3
SOCI 302	Social Change	3
SOCI 407	Deviant Behavior	3
DS 101	Introduction to Development Studies	3
DS 102	Introduction to Microeconomics	3
DS 103	Introduction to Macroeconomics	3
IR 101	Introduction to International Relations	3
IR 202	Theories of International Relations	3
HIST 101	Modern World History	3
MSJ 121	Introduction to Media Studies	3
MSJ 122	Introduction to Journalism	3
MSJ 125	Media Law and Ethics	3
MSJ 323	Methods of Investigative Reporting	3

Bachelor of Science (BS) Psychology - 4 years (Course Description)

ENG 103 ENGLISH-I

This course introduces students to the fundamentals of English language. Grammatical structures, language mechanics, critical reading and comprehension, will constitute the core components of this course. It involves interactive learning methods, where students will be encouraged to think, speak and express themselves in English.

PAK 101 PAKISTAN STUDIES

Ideology of Pakistan in the historical perspective; two nation theory and Pakistan movement; creation of Pakistan and the role of Quaid-e-Azam Muhammad Ali Jinnah; Initial difficulties after the creation of Pakistan, Developing a vision of historical perspectives, government, politics, contemporary Pakistan, ideological background of Pakistan, study the process of governance, national development, issues arising in the modern age and posing challenges to Pakistan.

BIO 105 FUNDAMENTALS OF BIOLOGY

Definition and concept of life. Theory of evolution. Chemical basis of life; Structure and the basis of function, Chemical diversity. Classification of organisms, Order of classification, Types of kingdom, Description of Phyla, Photosynthesis, Transpiration, Parts of a plant and internal structures of root, leaf and stem. Introduction to cell: Classification and its structure. Cell Division. Contribution of scientists, Description of human body organs and internal body functions, Growth of organisms and Development stages. Introduction to Genetics.

CSC 104 INTRODUCTION TO COMPUTER SCIENCE

History of computer development; Application of computers; classification and types of computer; Basic block diagram of a computer; Hardware (input, output, memory, CPU) and software (system software and application software); social impact of computer age; Computer in education and scientific research; Introduction and history of Internet; Internet service providers and connections; the world wide web.

PSY 101 INTRODUCTION TO PSYCHOLOGY

The objective of the course is to enhance the students experience in thinking psychologically about individual and social behaviors. The historical and theoretical foundations of Professional Psychology are also explored. Students will learn about a broad range of psychological concepts through different perspectives. This course addresses History of Modern Psychology, Muslim contribution to Psychology, Nature, Scope and Branches of Psychology, Sensation, Perception, Attention, Memory, Theories of Intelligence, Motivation, Emotion, Learning and Problem Solving.

ENG 104 ENGLISH-II

This course introduces students to the fundamentals of English language. Grammatical structures, language mechanics, critical reading and comprehension, will constitute the core components of this course. It involves interactive learning methods, where students will be encouraged to think, speak and express themselves in English.

**SOC 107
INTRODUCTION TO
MICROECONOMICS**

The study of demand and supply, consumer behavior, firm behavior, analysis of cost, market structure, general equilibrium, economic role of government, theory of production.

**MAT 105
MATHEMATICS**

Linear Function; Quadratic equations and their solutions; Metrics and determinants; partial functions; binomial expansion; mathematical induction; logarithmic function; sequence and series; basics of vector analysis; trigonometric ratios and trigonometric identities; analytical geometry and classifications of conics, limits and rate of change of functions; introduction to differential and integral techniques.

**PSY 105
SOCIAL PSYCHOLOGY**

The course is designed to serve as an introduction to the scientific study of groups. The students will learn about the researches related to group development and dynamics (e.g. interaction, size, factors affecting interpersonal attractions etc). The topics covered are, Introduction to Group Dynamics, Nature of Groups, Theories of Group formation and Development, Functions of Group(s), Nature and Formation of Attitudes, Theories of Attitude Change, Prejudice and Theories of Leadership.

**PSY 109
HISTORY AND SCHOOL OF
PSYCHOLOGY**

The course includes the chronological study of the history of ideas which contribute to the field of psychology. Early Greek philosophy including Empedocles, the Classical Philosophers Socrates, Plato and Aristotle along with Epicureanism, Stoicism and

Scholasticism remain the main focus of this course. Contributions of Muslim philosophers are also highlighted. The beginning of modern science and philosophy is highlighted by topics such as the Renaissance humanism, Descartes, Empiricism, Sensationalism, Positivism and Rationalism early scientific beginnings of psychology are mentioned using Structuralism and the Psychobiological approaches. All these are linked to the placement of current psychological thought within the context of historical development.

**SOC 110
ISLAMIC STUDIES/ETHICS**

This course aimed at providing basic information about Islamic studies, to enhance understanding of the students regarding the Islamic Civilization, to improve student's skill to perform prayers and other forms of worship and to enhance the skill of students for understanding of issues related to faith and religious life.

**ENG 232
ORAL COMMUNICATIONS**

This course covers listening and speaking skills especially formal and informal group/individual presentation face to face communication, meetings, group discussions, and to develop an understanding of the process of communication to use proper syntax and verbal structure of English language. Special emphasis is placed on phonetics to correct pronunciation of English language.

**DST 302
INTRODUCTION TO
MACROECONOMICS**

Introduction to major macroeconomics concepts, saving and investments, aggregate demand, national income, unemployment, banking system, inflation, trade balance, business cycles, economic policies.

MGT 213 MANAGEMENT

The course is aimed towards the teaching of management, its basic concepts, principles and methodologies; it would demonstrate their application to various business sectors. The specific course objective will be, planning, organizing, leading, controlling, and understanding the principle of management, and management in the global context. Students will understand most contemporary issues in management, the basic elements of planning and decision-making, the organizational process, motivation of employees, leadership team management teams and groups, managing quality and the management of information systems.

PSY 214 THEORIES OF PERSONALITY I

The course focuses on understanding personality growth and development through different perspectives and theories based on Psychodynamic, Humanistic and Behavioral view points. Students will learn about strengths and weaknesses of various personality theories. This course is designed to teach nature, determinants & definition of Personality including Psychoanalytic, Social Learning, Behavioral, Humanistic and Trait theories of Personality.

SOC 215 INTERPERSONAL SKILLS

The course emphasizes the development of effective interpersonal skills, strategies and practice in oral and written communication with special focus on human perception, interpersonal dynamics, listening, conflict management, and verbal and nonverbal symbol systems.

PSY 216 EXPERIMENTAL PSYCHOLOGY-I

The focus of the course is to introduce

students about theoretical and historical foundations of psychology. It will help the students to understand the empirical and scientific basis of psychology. The topics include definition and scope of experimental psychology, historical roots of experimental psychology, and important proponents of the field and their contributions, researches and lab experiments related to cognition, memory, sensations, perception, judgment and learning.

BES 102 CREATIVE WRITING

Students will be introduced to different forms and practices of creative writing; the focus will be on the development of skill in writing poetry, fiction, short stories, drama, and critique of others' works.

MKT 218 PRINCIPLE OF MARKETING

The course is designed to enable students to be familiar with the basic theories, concepts, methods, variables, problems, practices, processes, and terminology of contemporary marketing. It is expected that the students will utilize analytical, decision-making, and problem-solving skills that approximate the “real world” marketing. Simultaneously, they would develop an awareness of the breadth of possible applications of marketing and a consciousness about the importance of ethics



in the discipline of marketing.

PSY 219 THEORIES OF PERSONALITY II

The course focuses on understanding personality growth and development through different perspectives and theories based on Psychodynamic, Humanistic and Behavioral view points. Students will learn about strengths and weaknesses of various personality theories. This course is designed to teach nature, determinants & definition of Personality including Psychoanalytic, Social Learning, Behavioral, Humanistic and Trait theories of Personality.

PSY 220 PSYCHOLOGY OF LIFESPAN

The main objective of this course is to help the students understand and examine normal development from infancy to old age. The topics included are introduction and historical view of lifespan psychology, theories of development, stages of development (e.g. prenatal, infancy, childhood, adolescence, adulthood, old age), facts and theories related to different areas of growth (e.g. physical, social and psychological), cultural and individual differences are also a focus of the course.

PSY 221 EXPERIMENTAL PSYCHOLOGY II

The focus of the course is to introduce students about theoretical and historical foundations of psychology. It will help the students to understand the empirical and scientific basis of psychology. The topics include definition and scope of experimental psychology, historical roots of experimental psychology, and important proponents of the field and their contributions, researches and lab experiments related to cognition, memory, sensations, perception, judgment and learning.

PSY 222 PSYCHOLOGICAL PRACTICUM

Experiments (Any eight of the following experiments): Muller-Lyer Illusion, Maze Learning, Transfer of Training, Whole vs Part Learning, Meaningful vs Nonsense Learning, Memory Function of Recitation, Memory Method of Serial Reproduction, Memory Function of Time (Saving Method), Color Zones of Retina, Span of Attention, Fluctuation in Attention, Problem Solving, Concept Formation, Size Constancy, TAT 3 cards; Mapping Cutaneous Sense Spot, Trial Position Effect under Massed and Distributed Practice, Retroactive Inhibition, Simple Reaction Time, Perceptual Grouping, Retention for Complete and Interrupted Task, Mental Fatigue, Negative After-Image, Judgment Time, Thermal Adaptation, Personality Tests, Gordon Personal Profile, and Human Figure Drawing.

MAT 205 STATISTICS

Collection and interpretation of data; Data Array and frequency distribution; measure of central tendency: Mean (All Types), Median, Mode; Measure of dispersion: Mean deviation, standard deviation, variance and skewness; Introduction to probability; Probability distribution; curve fitting and regression analysis; sampling and sampling distribution and interval estimates in samples; statistical inference; testing of hypothesis using z, t and f tests.

CLI 325 MENTAL HEALTH & PSYCHOPATHOLOGY I

The focus of this course is to familiarize students with major theories, etiology of mental disorders and DSM approach to diagnosis and classification. The course content includes definition of abnormal psychology, historical and theoretical perspective of abnormal psychology, criteria

of normal and abnormal behavior, psychopathology (neurosis, psychosis, mood disorders, personality disorders, anxiety disorders and schizophrenia). eating disorders, mood disorder, adjustment disorder, somatoform disorders, sexual & gender identity disorders, delirium, dementia, amnesic and other cognitive disorders, anxiety disorders, factitious disorders, dissociative disorders and impulse control disorders.

PSY 326 COGNITIVE PSYCHOLOGY

This course is designed to develop empirical basis of ontogenetic model and functioning of psychological structures responsible for adaptation. The course content includes meaning and definition of cognition and cognitive processes, evolution of cognitive structures, emotions and role of cognitive processes in human creation of meaning and perception, experiments conducted by psychologists in the past regarding cognitive development and understanding cognitive processes (e.g. memory, learning, judgment, sensation and perception). The role of cognitive functioning in clinical context will also be explored.

PSY 327 POSITIVE PSYCHOLOGY

The course provides fundamental knowledge about the field of positive psychology helping students to enhance positivity in their lives and apply their knowledge to the community. It includes the nature and scope of positive psychology, evolutionary perspectives, positive personal traits, subjective wellbeing, hope, optimism, creativeness, giftedness and industry, judgment, wisdom and fairness, along with several other factors responsible for the creation of intrinsic motivation. Social development is explored generally in life and at work in the context of leadership potential. Spirituality is also explored in the framework

of a multicultural society reference to love, kindness, hope, respect, modesty and forgiveness.

PSY 328 PSYCHOLOGICAL TESTING-I

Students will achieve an understanding of the measurements and evaluation relevant to the broad field of clinical, educational and organizational psychology. Students will achieve an understanding of the development, validation, and application of assessment instruments, observational method and interviews. The topics covered include nature and uses of psychological tests, historical antecedents of modern testing, reliability, Validity, Ethical and Social considerations in testing, test construction and general steps in test construction It includes history taking (Interviewing)and the administration, scoring, interpretation and report writing of SPM, CRI, IPAT Scales LISRES and WRAT-4

STA 330 STATISTICAL TOOLS FOR SOCIAL SCIENCES

This course is designed to provide students with an understanding of quantitative methods employed extensively in the social



sciences. The students will learn how to use statistical tools in the social sciences.

PSY 331 MENTAL HEALTH & PSYCHOPATHOLOGY-II

The focus of this course is to familiarize students with major theories, etiology of mental disorders and DSM approach to diagnosis and classification. The course content includes definition of abnormal psychology, historical and theoretical perspective of abnormal psychology, criteria of normal and abnormal behavior, psychopathology (neurosis, psychosis, mood disorders, personality disorders, anxiety disorders and schizophrenia). eating disorders, mood disorder, adjustment disorder, somatoform disorders, sexual & gender identity disorders, delirium, dementia, amnesic and other cognitive disorders, anxiety disorders, factitious disorders, dissociative disorders and impulse control disorders.

CLI 331 NEUROLOGICAL BASIS OF BEHAVIOR

The course introduces students to the structure and functions of the central nervous system, the autonomic nervous system, and the endocrine system. Areas covered include, Introduction to structure of cell action potential, structure and function of the brain & spinal cord, introduction to autonomic and endocrine system, familiarization with sensory and perceptual processes, physiological regulation of motivation, sleep and waking cycle and affect. The etiology and major focus of psychopathology will be considered from a biological perspective.

EDU 333 EDUCATIONAL PSYCHOLOGY

Introduction to Educational Psychology, historical background, fields and scope of

educational psychology, Cognitive and Linguistic development, Motivation & Students Achievement, theories of Learning, research in Educational Psychology and major research methods.

PSY 334 PSYCHOLOGICAL TESTING-II

Students will achieve an understanding of the measurements and evaluation relevant to the broad field of clinical, educational and organizational psychology. Students will achieve an understanding of the development, validation, and application of assessment instruments, observational method and interviews. The topics covered include nature and uses of psychological tests, historical antecedents of modern testing, reliability, Validity, Ethical and Social considerations in testing, test construction and general steps in test construction It includes history taking (Interviewing) and the administration, scoring, interpretation and report writing of SPM, CRI, IPAT Scales LISRES and WRAT-4.

INT 436 INTERNSHIP

Candidate will have to register for internship and will be given the opportunity to observe diagnostic interview sessions. Candidates will learn several techniques for interviewing, including listening skills, aids of giving and receiving feedback, and establishing requirement.

RES 437 RESEARCH METHODOLOGY-I

The main objective of this course is to introduce students with different research designs and methodology. This course is designed to help them clarify their concepts regarding variables and conditions in research. Content of the course include, definition and types of research, experimental control, validity, reliability,

sampling, qualitative & quantitative research, experimental designs (e.g. single subject and independent group design, design confounds and critical evaluation of published psychological researches).

ELECTIVE

Choose one from the following:

EDU 438, MKT 482, ORG 440, CLI 441

EDU 438

TEACHING & LEARNING

Introduction to teaching and learning, classroom management, individual differences in class, teacher student relationship, adult learning models, learning assessment, facilitation of discussion and class activities; issues of classroom instructions.

MKT 482

CONSUMER BEHAVIOR

Students will be introduced to the major theories underlying consumer behavior. Topics include marketing, advertising and propaganda, factors effecting consumer behavior, cultural, social, psychological and personal factors, business market and business buyer behavior.

ORG 440

PSYCHOLOGY OF CROSS CULTURAL DIFFERENCES

Introduction and history of Cross Cultural Psychology; methodological issues of cross cultural psychology; culture and basic psychological processes; new trends in cross cultural research; individualism & Collectivism; Indigenous Psychology.

CLI 441

CLINICAL PHARMACOLOGY

Various classes of psychopharmacological agents are systematically considered. Methods and interventions in psychobiological conditions are reviewed with the emphasis on the use of psychotropic

medications to manage and treat psychological disorders.

CLI 442

CLINICAL PSYCHOLOGY

The course is designed to provide the fundamental information and theoretical frame work about the basic concepts related to the field of clinical psychology. It also through light on the professional ethics related to the field regarding research and professional practice. The topics include definition and scope of clinical psychology, historical background and training in clinical psychology, theoretical models, Clinical assessment, ethical principles and code of conduct in clinical psychology, basic therapeutic techniques, brief introduction to humanistic, cognitive behavioral and psychoanalytical interventions.

ELECTIVE

Choose one from the following:

EDU 443, CLI 444, ORG 445

EDU 443

COUNSELING

The basic theories, principles, and techniques of counseling are explored in this course. The content includes definition and nature of counseling, core conditions in counseling, structure of counseling center, different theories of counseling, basic counseling skills and techniques.

CLI 444

CHILD PSYCHOLOGY

This course includes History and scope of child psychology, Child development, physical and psychological, psychopathology in children and adolescents, prevention of mental disorders, importance of child rearing patterns, parenting, Effect of separation/divorce on children/adolescents, Development of problems of puberty and sex roles in adolescence, Effect of maternal employment

upon children/adolescences, Family structure, Sec education, Child abuse, Parental substance abuse.

**ORG 445
PSYCHOLOGY OF MOTIVATION**

Definition, Nature and Scope, Historical Background, Motivated Behavior: Characteristics and dominants, Biogenic and sociogenic Motives, Motivation and its role in attitude change - National Development - in organization, Methods used to assess human motivation: Projective Techniques and Techniques, Methodological Problems, Motivation, Power and Politics, Fostering Achievement motivation and childrearing practices, Variables which influence the Achievement process, Treatment Approaches to underachievement.

**RES 446
RESEARCH METHODOLOGY-II**

The main objective of this course is to introduce students with different research designs and methodology. This course is designed to help them clarify their concepts regarding variables and conditions in research. Content of the course include, Definition and types of research, experimental control, validity, reliability, sampling, qualitative & quantitative research, experimental designs (e.g. single subject and independent group design, design confounds and critical evaluation of published psychological researches).

ELECTIVE

**Choose one from the following:
CLI 447, EDU 448, PSY 449, HRM 353**

**CLI 447
COMMUNITY PSYCHOLOGY**

Introduction to Community Mental Health, Scientific Research Methods, Social change in Community, Creating and sustaining social change, Mental health problem

community, The Seriously mentally disordered, Coping with mental health problem Social, children and communities.

**EDU 448
PSYCHOLOGY OF SPECIAL
CHILDREN**

The course includes treatment and rehabilitation of special children, family counseling, different treatment approaches, strategies for rehabilitation, working with special children and teacher-training programs.

**PSY 449
ENVIRONMENTAL PSYCHOLOGY**

The course provides students with an understanding of the scientific basis of environmental psychology and helps them in analysing the interaction between environment and human behaviour. The course includes the history of the development of Environmental Psychology especially with reference to Pakistan. It includes the reviews of different aspects of environmental research and the links between noise, weather, climate and behaviour. How our behaviour affects the environment is studied in context of crowding and territoriality and motivating a city to build green. In the end it all comes full circle with the environment affecting the psyche and in turn being affected by it.

**HRM 353
HUMAN RESOURCE MANAGEMENT**

The course focuses on how human resource adds value to the organization's business strategy. It addresses the human resource agendas. It reviews the changing nature of the HR, the HRM functions, employee relations, recruitment, selection, benefits and compensation; performance and reward, training and development, the legal context of employee relations, international business law, HRM techniques, organizational assessment and research methodology, working with

organized labor and HRM in respect of cultural diversity with in Pakistan and the International HR challenges.

This course will enhance the student understanding of the strategic aspects of managing human resources in the public and private service environment which is constantly changing.

ELECTIVE

Choose one from the following:

ORG 451, ORG 452, EDU 453, ORG 454

ORG 451

PSYCHOLOGY OF LEADERSHIP

This course reviews the principal theories of leadership and how leadership is developed. It examines leadership in the context of managing continuous change, emphasizing the challenges of multinational corporations working across cultures. It supports self-assessment as students gain knowledge in the key theories and principles of the management/leadership continuum. Finally, it reviews practices that I/O psychologists are using to develop organizational leaders.

ORG 452

GROUP DYNAMICS

The course is designed to serve as an introduction to scientific study of groups. The students will learn about the researches related to group development and dynamics (e.g. interaction, size, factors affecting interpersonal attractions etc). The topics covered are, introduction to group dynamics, Nature of Groups, Theories of group formation and development, functions of group, Nature and formation of attitudes, Theories of attitude change, Prejudice and theories of leadership.

EDU 453

APPLIED BEHAVIORAL ANALYSIS

This course will familiarize students with

behavioral principles and their applications to diverse populations. The topics include ; Basic principles of learning, theory of classical and operant conditioning their theoretical and research foundation, schedules of reinforcement, stimulus control, shaping, punishment and its effects, designing and assessing behavior intervention programs, application of basic principles of behavior to produce effective change. This course also includes lab work in which students will practice and learn behavior analysis through observation and measurement. The candidate will also learn behavioral principles and procedures to increase, reduce, or promote the generalization and maintenance of behavior.

ORG 454

ORGANIZATIONAL PSYCHOLOGY

The course develop students conceptual foundation in organizational psychology by providing an in depth overview of all areas of organizational psychology. The content includes general introduction to organizational and applied psychology, personnel selection, job analysis, training, selection, criterion development, performance appraisal, achievement, motivation and Job satisfaction including research in organizational psychology, cultural, ethical and religious issues in organizational research.

RES 455

RESEARCH PROJECT

Students will get the opportunities to develop their psychological research skills including the use of appropriate research instruments and data analysis, scientific writing skills, along with capacity to critically evaluate research data.

Post Magistral Diploma (PMD) Clinical Psychology - 1 year (Road Map)

Semester 1

Course Code	Course Title	Credit Hours		
		Total	Theory	Lab
CPY 701	Advanced Research Methods in Psychology	3	2	1
CPY 702	Techniques and Tools of Psychological Assessment	3	2	1
CPY 703	Classical Approach of Psychotherapy	3	3	-
CPY 704	Neurophysiology	3	3	-
CPY 705	Internship I (Basic Interventions)	3	-	3

Summer Semester

Course Code	Course Title	Credit Hours		
		Total	Theory	Lab
CPY 710	Internship II (Assessment Skills)	6	-	6

Semester 2

Course Code	Course Title	Credit Hours		
		Total	Theory	Lab
CPY 706	Statistical Inferences in Psychology	3	3	-
CPY 707	Advanced Psychodiagnosis	3	2	1
CPY 708	Contemporary Approaches to Psychotherapy	3	3	-
CPY 709	Pharmacology	3	3	-
CPY 711	Internship III (Advanced Interventions)	3	-	3

Course Work : 24 Cr Hrs

Internship : 12 Cr Hrs

Total : 36 Cr Hrs



POST MAGISTRAL DIPLOMA (PMD) CLINICAL PSYCHOLOGY (Course Description)

CPY 701: Advanced Research Methods in Psychology

This course examines basic approaches to research, including experiments, surveys, and qualitative field methods. It is intended to introduce M.Phil students' ways of conceptualizing problems, designing research, collecting data, and interpreting those data. It also examines implications and consequences of choices among alternative approaches. Step by step throughout the semester, students will work on developing a proposal for research on a topic of their choice. Their efforts will be critiqued as they reach milestones along the way, and they will have a chance to refine the proposal as the semester progresses. The completed proposal will be submitted. On the successful completion of this course students should be able to:

- Acquaint with research processes and assumptions
- Introduce alternative methods and logics of inquiry
- Make students more discriminating consumers of others' research
- Promote the development of their own research; and
- Encourage interdisciplinary discussion and engagement
- Develop research skills required for planning and executing research projects, including conducting literature review, articulating research questions, justifying a research approach and methodology, designing a study and selecting specific methods and techniques appropriate for answering the questions
- Conducting data collection, analyzing data and presenting research results.

The key topics includes, research methods in Psychology, research problems and how to explore them and how to conduct literature

search, research paradigms and approaches- assumptions of positivist, interpretivist and critical approach, quantitative research methods, survey based research, statistical modeling techniques, selecting statistical packages tutorials (SPSS etc), qualitative research methods, ethnographic research, cross-paradigm and multi method research, writing the research proposal and structure, from research question to research design- justifying the methodology and writing strategies.

CPY 702: Techniques and Tools of Psychological Assessments

The course includes theory, practice, analysis and interpretation of scales, checklist and psychological tests, Achievement and Aptitude tests, psychosocial development and its measurement objective and semi-projective testing, methods of assessment; clinical and diagnostic interviews; Multi-axial evaluation, differential diagnosis issues of measuring and testing human behaviour. Bio-social scales, assessment of emotional problems, Intellectual testing and personality assessment.

Administration, Scoring, Interpretation and Report writing of the following tests:

Slosson Drawing Coordination Test (SDCT), QNST, SORT and SIT, Bender Gestalt (BG), VSMS, Gordon Scales, EPPS, ISB, MMPI, EPI, SPS, IPAT Scales and Dyslexia Test, Human Figure Drawing (HFD), Standard Progressive Matrices (SPM), Wechsler Adult Intelligence Scale-III (WAIS-III) and Wechsler Intelligence Scale for Children-IV (WISC-IV), WRAT-4, Thematic Apperception Test (TAT) and Rorschach Inkblot Technique (ROR).

CPY 703: Classical Approaches to Psychotherapy

Definition of psychotherapy and counselling, history taking and indentifying problems, room settings, scope and limits of psychotherapy, therapist variables, goals and process of psychotherapy, the therapeutic contract, goal setting, therapeutic styles, basic therapeutic Interventions, brief introduction to Humanistic, Cognitive, Behavioural and psychoanalytical interventions. It further includes the first Interview, establishing rapport, Exploring the therapist-patient relationship, the conduct of psychotherapy, stages of psychotherapy anxiety and defense mechanisms, special problems, termination, patient and psychotherapist needs and expectation.

CPY 704: Neurophysiology

The course content includes detailed structure, functions and localization of the nervous system and brain, Neurology and Psychology

CPY 705, 710, 711: Internship I, II, III

The aim of Internship is to train the student to work with the patient to acquire knowledge necessary for practice of Professional Psychology. As the patients with psychological problems come to IPP throughout the academic year, so the supervised internship becomes an ongoing process throughout the year.

During the Internship students learn

- To conduct clinical interview
- To take psychodiagnostic sessions and psychotherapy
- To write Psychodiagnostic reports
- Participate in case conference
- To analyze the contents of each therapeutic session through the method of Content Analysis; which is a research technique.

During the internship the candidates are send on rotation to PNS Shifa-Psychiatry Ward as well, where they get the opportunity to attend ward rounds, conduct counselling sessions, psychotherapy and psychological assessment sessions. By the end of the year the students are expected to complete 100 psychotherapy sessions (with adults or children) using the Eclectic approach & 10 psychodiagnostic batteries (out of ten at least 4 should be of children or adolescence assessment)

All the psychotherapy (psychotherapy sessions are recorded) and psychodiagnostic sessions are supervised by highly qualified professionals. Candidates are required to attend internship supervision classes throughout three semesters.

CPY 706: Statistical Inferences in Psychology

This is an advanced statistics course at the MPhil. level specially designed for research in psychology. This course focuses on the theoretical as well as practical applications of statistics and has been designed keeping in mind the particular needs of the students who wish to use statistical methods in their own research.

The course aims to help the students:

- To be familiar with the various statistical concepts and methods used in Psychology.
- To develop statistical reasoning .i.e. an understanding about the reason for using the specific test for a specific type of data and sample.
- To develop insights into statistical thinking as it provide strategies and tools for using data to understand different problems in daily life.
- To teach the difference between mathematics and understanding of statistics as a conceptual and theoretical subject rather than only as a system of formula and their solution.

- To solve and compute mathematical operation and later on interpret the results through the use of SPSS Software.

Key topics includes introduction to descriptive statistics – concepts and tabulation, frequency distribution and graphs, Measures of location, Measures of dispersion, Measures of positions, correlation and regression analysis, basic ideas of tests of significance and testing of hypotheses, tests of independence in contingency tables, analysis of variance (ANOVA) and distribution function.

CPY 707: Advanced Psychodiagnosis

It aims to expose students to understand the nature and development of Psychopathology and Psychological disorders. It is a basic requirement to know the Neurophysiologic interaction of human behaviour with psychosocial environment. Students need training to assess and diagnose the psychological disorders before planning the treatment/psychotherapy.

CPY 708: Contemporary Approaches to Psychotherapy

In this course emphasis is on the acquisition of a broad range of intervention skills and case conceptualization. The content includes

individual psychotherapies and techniques, standard psychoanalysis (Sigmund Freud), Psychoanalytically oriented psychotherapies and other psychodynamic approaches (Adler, Jung, Sullivan), Brief psychoanalysis (Alexander & French), Rational-Emotive Behaviour Therapy (Ellis), Behaviour therapy (Dollard & Miller), Multimodal Therapy (Lazarus), Cognitive Approaches (Beck), Client-Centered Therapy (Rogers), Reality Therapy (Glasser), Transactional Analysis (Eric Berne).

CPY 709: Pharmacology

Assessment and diagnosis as conducted by a neurologist, when to make referral to a Neurologist or Psychiatrist, how to understand consultants, treatment and rehabilitation techniques. Different prescribed drugs for psychological illnesses and the effects and side effects of these drugs.

Post Magistral Diploma (PMD) Educational Psychology - 1 year (Road Map)

Semester 1

Course Code	Course Title	Credit Hours		
		Total	Theory	Lab
EPY 701	Advanced Research Methods in Psychology	3	2	1
EPY 702	Measurement & Assessment I	3	2	1
EPY 703	Theories of Counselling	3	3	-
EPY 704	Patterns of Child Rearing and Development of Personality	3	3	-
EPY 705	Internship I (Counselling With School Children)	3	-	3

Summer Semester

Course Code	Course Title	Credit Hours		
		Total	Theory	Lab
EPY 710	Internship II (Assessment Skills)	6	-	6

Semester 2

Course Code	Course Title	Credit Hours		
		Total	Theory	Lab
EPY 706	Statistical Interferences in Psychology	3	3	-
EPY 707	Measurement & Assessment II	3	2	1
EPY 708	Psychology of Child & Adolescence	3	3	-
EPY 709	Analysis and Treatment of Developmental Disabilities	3	3	-
EPY 711	Internship III (Counselling with Adults)	3	-	3

Course Work : 24 Cr Hrs

Internship : 12 Cr Hrs

Total : 36 Cr Hrs



POST MAGISTRAL DIPLOMA: EDUCATIONAL PSYCHOLOGY (Course Description)

EPY 701: Advanced Research Methods in Psychology

This course examines basic approaches to research, including experiments, surveys, and qualitative field methods. It is intended to introduce M.Phil students' ways of conceptualizing problems, designing research, collecting data, and interpreting those data. It also examines implications and consequences of choices among alternative approaches. Step by step throughout the semester, students will work on developing a proposal for research on a topic of their choice. Their efforts will be critiqued as they reach milestones along the way, and they will have a chance to refine the proposal as the semester progresses. The completed proposal will be submitted. On the successful completion of this course students should be able to:

- Acquaint with research processes and assumptions
- Introduce alternative methods and logics of inquiry
- Make students more discriminating consumers of others' research
- Promote the development of their own research; and
- Encourage interdisciplinary discussion and engagement
- Develop research skills required for planning and executing research projects, including conducting literature review, articulating research questions, justifying a research approach and methodology, designing a study and selecting specific methods and techniques appropriate for answering the questions
- Conducting data collection, analyzing data and presenting research results.

The key topics includes, research methods in Psychology, research problems and how to explore them and how to conduct literature

search, research paradigms and approaches- assumptions of positivist, interpretivist and critical approach, quantitative research methods, survey based research, statistical modeling techniques, selecting statistical packages tutorials (SPSS etc), qualitative research methods, ethnographic research, cross-paradigm and multi method research, writing the research proposal and structure, from research question to research design- justifying the methodology and writing strategies.

EPY 702: Measurement & Assessment I

This course covers the selection, administration, scoring and interpretation of cognitive, personality, and educational test, as well as behaviour rating scales commonly used in psychological assessment. Assessment in schools using Checklists, Scales, Psychological tests, Biosocial scales, assessment of emotional problems, Intellectual testing and personality assessment. Administration, scoring, Interpretation and Report writing of the following tests: Standard Progressive Matrices (SPM), Wechsler Adult Intelligence Scale-III (WAIS-III) and Wechsler Intelligence Scale for Children-IV (WISC-IV)

EPY 703: Theories of Counselling

The basic theories, principles, and techniques of counselling are explored in this course. The content includes definition and nature of counselling, core conditions in counselling; the structure of counselling centres; different theories of counselling, basic counselling skills and techniques.

**EPY 704:
Patterns of Child Rearing**

This course is designed to introduce students with the importance of pattern of child rearing and mental health in Pakistan, effects of Family, School and Society on the patterns of child rearing.

**EPY 705, 710, 711:
Internship I,II,III**

The students of educational group are trained in educational and vocational counselling. They learn to apply test batteries on school children and students of other educational institutions who have academic, emotional & behavioural problems. They also learn to diagnose and counsel the students, patients and teachers.

Internship includes the following requirements

- Counselling sessions with students and families
- Testing of students and families
- Testing sessions
- Report writing
- Participation in case conferences

During internship the candidates are required to work with children and adults coming to institute with academic difficulties and concerns. Students are also required to work at educational centres identified by the supervisor. Our internees get the opportunity to provide their services at the Pakistan Naval School, Defence Karachi, & Training School Of Nurses And Paramedical Staff, PNS SHIFA.

The students are expected to complete 10 assessment batteries (out of 10 assessments five should be of children & adolescents) and 100 counselling sessions with school children and adults.

**EPY 706:
Statistical Inferences in Psychology**

This is an advanced statistics course at the MPhil. level specially designed for research in psychology. This course focuses on the theoretical as well as practical applications of statistics and has been designed keeping in mind the particular needs of the students who wish to use statistical methods in their own research.

The course aims to help the students:

- To be familiar with the various statistical concepts and methods used in Psychology.
- To develop statistical reasoning .i.e. an understanding about the reason for using the specific test for a specific type of data and sample.
- To develop insights into statistical thinking as it provide strategies and tools for using data to understand different problems in daily life.
- To teach the difference between mathematics and understanding of statistics as a conceptual and theoretical subject rather than only as a system of formula and their solution.
- To solve and compute mathematical operation and later on interpret the results through the use of SPSS Software.

Key topics includes introduction to descriptive statistics – concepts and tabulation, frequency distribution and graphs, Measures of location, Measures of dispersion, Measures of positions, correlation and regression analysis, basic ideas of tests of significance and testing of hypotheses, tests of independence in contingency tables, analysis of variance (ANOVA) and distribution function.

**EPY 707:
Measurement & Assessment II**

The course content is based on current state of the art procedures in applied behaviour analysis. It Includes methods of classroom

such as precision teaching and curriculum based measures. Theory, Practice, Analysis and Interpretation of scales checklists and tests such as achievement and aptitude tests, psychosocial development and its measurement; Objective and Semi-Projective tests; QNST, VSMS, WRAT-4, Gordon Scales, EPPS, ISB, MMPI, EPI, SPS, IPAT Scales and Dyslexia Tests.

EPY 708: Psychology of Child & Adolescence

This class examines normal development from infancy to early adulthood. Areas of study include the development of perceptual and cognitive processes, psychosexual roles, and familiar Interpersonal processes. Current clinical approaches are examined from diverse theoretical view points and recent

research findings. Diversity and individual differences are integral to this course.

EPY 709: Analysis and Treatment of Developmental Disabilities

This course builds upon basic principles of learning and applied behaviour analysis. The course will offer advanced coverage of special topics and will include behaviour analysis in school settings, focus on parent training, assessment and treatment procedures for improving functional communication skills of individuals with development disabilities, impact of developmental disabilities on families, managing problem behaviours such as self injury or mutilation, food refusal, and non-compliance, and working with special populations such as children with autism.



Post Magistral Diploma (PMD) Organizational Psychology - 1 year (Road Map)

Semester 1

Course Code	Course Title	Credit Hours		
		Total	Theory	Lab
OPY 701	Advanced Research Methods in Psychology	3	2	1
OPY 702	Measurement & Assessment I	3	2	1
OPY 703	Vocational Guidance & Counselling	3	3	-
OPY 704	Personnel Selection and Job Analysis	3	3	-
OPY 705	Internship I (Counselling with personnel)	3	-	3

Summer Semester

Course Code	Course Title	Credit Hours		
		Total	Theory	Lab
OPY 710	Internship II (Assessment Skills)	6	-	6

Semester 2

Course Code	Course Title	Units		
		Total	Theory	Lab
OPY 706	Statistical Interferences in Psychology	3	3	-
OPY 707	Measurement & Assessment II	3	2	1
OPY 708	Training, Theory design and Evaluation	3	3	-
OPY 709	Organizational Leadership & Marketing	3	3	-
OPY 711	Internship III (Advanced Assessment Skills)	3	-	3

Course Work : 24 Cr Hrs

Internship : 12 Cr Hrs

Total : 36 Cr Hrs



POST MAGISTRAL DIPLOMA: ORGANIZATIONAL PSYCHOLOGY (Course Description)

OPY 701: Advanced Research Methods in Psychology

This course examines basic approaches to research, including experiments, surveys, and qualitative field methods. It is intended to introduce M.Phil students' ways of conceptualizing problems, designing research, collecting data, and interpreting those data. It also examines implications and consequences of choices among alternative approaches. Step by step throughout the semester, students will work on developing a proposal for research on a topic of their choice. Their efforts will be critiqued as they reach milestones along the way, and they will have a chance to refine the proposal as the semester progresses. The completed proposal will be submitted. On the successful completion of this course students should be able to:

- Acquaint with research processes and assumptions
- Introduce alternative methods and logics of inquiry
- Make students more discriminating consumers of others' research
- Promote the development of their own research; and
- Encourage interdisciplinary discussion and engagement
- Develop research skills required for planning and executing research projects, including conducting literature review, articulating research questions, justifying a research approach and methodology, designing a study and selecting specific methods and techniques appropriate for answering the questions
- Conducting data collection, analyzing data and presenting research results.

The key topics includes, research methods in Psychology, research problems and how to explore them and how to conduct literature

search, research paradigms and approaches- assumptions of positivist, interpretivist and critical approach, quantitative research methods, survey based research, statistical modeling techniques, selecting statistical packages tutorials (SPSS etc), qualitative research methods, ethnographic research, cross-paradigm and multi method research, writing the research proposal and structure, from research question to research design- justifying the methodology and writing strategies.

OPY 702: Measurement and Assessment I

This course introduces the principles of individual assessment and its role at workplace. It includes frameworks for conceptualizing the assessment process, specific strategies for assessing individual personality style, cognitive ability and work place relevant behaviour such as job satisfaction, leadership skills, emotional intelligence and interpersonal skills. Choosing appropriate and valid tests for assessment and writing useful plus informative reports for the consumers. Checklists, Scales, Psychological tests, Biosocial scales, assessment of emotional problems, intellectual testing and personality assessment. It further includes administration, scoring, interpretation and report writing of the following tests: Standard Progressive Matrices (SPM), Wechsler Adult Intelligence Scale-III (WAIS-III) and Wechsler Intelligence Scale for Children-IV (WISC-IV).

OPY 703: Vocational Guidance & Counselling

The basic theories, principles, and techniques of counselling are explored in this course. The content includes definition and nature of

counselling, core conditions in counselling; the structure of counselling centres; different theories of counselling, basic counselling skills and techniques.

OPY 704: Personnel Selection & Job Analysis

The content of the course includes job satisfaction and modification, job analysis, Recruitment and selection, job evaluation, creating a legally definable selection system, fair employment practices, Personnel Selection and law, Management of change, Performance appraisal. Test selection, test construction and validation, are explored with an emphasis on understanding and reducing test biases that could result in disparate impact.

OPY 705, 710, 711 Internship I, II, III

The students of Organizational group are trained in personnel selection and counselling in organizations. They develop harmony through counselling between the employers and the employees. After PMD students will be able to work in organizations as professional psychologist. Internship includes the following requirements

- Counselling sessions with personnel
- Testing of personnel
- Testing sessions
- Report writing
- Participation in case conference

During the internship the candidates are required to work at the site identified by the internship supervisor. At the internship sites the students are provided with the opportunity to conduct assessment and counselling sessions which help them understand principles of individual assessment and its role at workplace. It includes frameworks for conceptualizing the assessment process, specific strategies for assessing individual personality style, cognitive ability and work

place relevant behaviour such as job satisfaction, leadership skills, emotional intelligence and interpersonal skills. Choosing appropriate and valid tests for assessment and writing useful plus informative reports for the consumers is also part of the internship.

The total number of three semester internship is required which is supervised by highly qualified professional psychologists. During internship supervision hours candidates are expected to share their internship experiences. The candidates are expected to write 10 assessment reports. Students will also select a special organizational project to research, write a paper summarizing their research and present an oral summary of their work to the class. Students will also be evaluated by their internship supervisors.

OPY 706: Statistical Inferences in Psychology

This is an advanced statistics course at the MPhil. level specially designed for research in psychology. This course focuses on the theoretical as well as practical applications of statistics and has been designed keeping in mind the particular needs of the students who wish to use statistical methods in their own research.

The course aims to help the students:

- To be familiar with the various statistical concepts and methods used in Psychology.
- To develop statistical reasoning .i.e. an understanding about the reason for using the specific test for a specific type of data and sample.
- To develop insights into statistical thinking as it provide strategies and tools for using data to understand different problems in daily life.
- To teach the difference between mathematics and understanding of statistics as a conceptual and theoretical subject rather than only as a system of formula and their solution.

- To solve and compute mathematical operation and later on interpret the results through the use of SPSS Software.

Key topics includes introduction to descriptive statistics – concepts and tabulation, frequency distribution and graphs, Measures of location, Measures of dispersion, Measures of positions, correlation and regression analysis, basic ideas of tests of significance and testing of hypotheses, tests of independence in contingency tables, analysis of variance (ANOVA) and distribution function.

OPY 707: Measurement and Assessment II

Theory, Practice, Analysis and Interpretation of Scales, Checklists and Psychological tests such as achievement and aptitude tests, psychosocial development and its measurement, objective and semi-projective testing It further includes the following tests WRAT-4, Gordon Scales, EPPS, ISB, EPI, SPS, IPAT Scales, Scales on Job Satisfaction, Performance Appraisal and Career Interest Inventories.

OPY 708 Training: Theory, Design and Evaluation

This course provides an examination of the

design and implementation of effective training programs in organizations. It addresses critical areas such as conducting need analysis (TNA) of the organization, the job, and the individuals performing the job. Students will learn and apply modern learning theories, principles of adult training and cross cultural issues. They will develop their ability to evaluate trainings, especially the transfer of training to the workplace.

OPY 709: Organizational Leadership & Marketing

The course reviews the principle theories of leadership and how leadership is developed. It examines leadership in the context of managing and continuous change, emphasizing the challenges of multinational corporations working across cultures. It supports self assessment as students gain knowledge about the key theories and principles of the management/leadership continuum. It also provides student with the basic knowledge of marketing principles and the ability to solve marketing problems and implement marketing strategies within a global environment. Finally it reviews practices that organizational psychologists are using to develop organizational leaders.



Master of Science in Clinical Psychology - 2 years
(Road Map)

Semester 1

Course Code	Course Title	Credit Hours		
		Total	Theory	Lab
CPY 611	Introduction to Clinical Psychology and Psychotherapy	3	3	
CPY 621	Abnormal Psychology	3	3	
CPY 631	Applied Behavioral Analysis	3	2	1
CPY 641	Neurological Basis of Behavior	3	3	
CPY 651	Advance Research Methodology	3	-	3

Summer Semester

Course Code	Course Title	Credit Hours		
		Total	Theory	Lab
CPY 610	Internship I (Therapeutic Sessions and Diagnostics Report Writing)	3	-	3

Semester 2

Course Code	Course Title	Credit Hours		
		Total	Theory	Lab
CP Y 612	Cognitive Behavioral Therapy	3	3	
CP Y 622	Intellectual and Neuropsychological Assessments	3	-	3
CP Y 632	Pharmacology	3	3	-
CP Y 642	Internship II (Therapeutic Sessions and Diagnostics Report Writing)	3	-	3

Semester 3

Course Code	Course Title	Credit Hours		
		Total	Theory	Lab
CP Y 713	Psychopathology of Children and Adolescents	3	3	-
CP Y 723	Child Psychotherapy and Assessment	3	2	1
CP Y 733	Psychological Assessment I	3	-	3
CP Y 743	Psychoanalysis	3	3	-
CP Y 753	Dissertation I	3	-	3

Summer Semester

Course Code	Course Title	Credit Hours		
		Total	Theory	Lab
CP Y 710	Internship III (Therapeutic Sessions and Diagnostics Report Writing)	3	-	3

Semester 4

Course Code	Course Title	Credit Hours		
		Total	Theory	Lab
CP Y 714	Humanistic and Experiential Psychotherapy	3	3	-
CP Y 724	Psychodynamic Psychotherapies	3	2	1
CP Y 734	Psychological Assessment II	3	-	3
CP Y 744	Dessertation II	3	-	3

Course Work = 42 Cr Hrs
Internship = 18 Cr Hrs
Total = 60 Cr Hrs

Master of Science in Clinical Psychology (Course Description)

CPY 611: INTRODUCTION TO CLINICAL PSYCHOLOGY AND PSYCHOTHERAPY

The course is designed to provide the fundamental information and theoretical frame work about the basic concepts related to the field of clinical psychology and psychotherapy. It also through light on the professional ethics related to the field regarding research and professional practice. The topics include definition scope, historical background, training in clinical psychology and psychotherapy, theoretical models, clinical assessment, ethical principles and code of conduct in clinical psychology, basic therapeutic techniques, and brief introduction to Humanistic, Cognitive, Behavioral and Psychoanalytical interventions.

CPY 621: ABNORMAL PSYCHOLOGY

The focus of this course is to familiarize students with major theories, etiology of mental disorders and DSM approach to diagnosis and classification. The course content includes definition of abnormal psychology, historical and theoretical perspective of abnormal psychology; criteria of normal and abnormal behavior, psychopathology (neurosis, psychosis, mood disorders, personality disorders, anxiety disorders and schizophrenia).

CPY 631: APPLIED BEHAVIORAL ANALYSIS

This course will familiarize students with behavioral principles and their applications to diverse populations. The topics include basic principles of learning, theory of Classical and Operant conditioning with the

theoretical and research foundation, schedules of reinforcement, stimulus control, shaping, punishment and its effects. It further includes designing and assessing behavior intervention programs, application of basic principles of behavior to produce effective change. This course also includes lab work in which students will practice and learn behavior analysis through observation and measurement. The candidate will also learn behavioral principles and procedures to increase, reduce, or promote the generalization and maintenance of behavior.

CPY 641: NEUROLOGICAL BASIS OF BEHAVIOR

The course introduces students to the structure and functions of the central nervous system, the autonomic nervous system, and the endocrine system. Areas covered include, Introduction to structure of cell, action potential, structure and function of brain & spinal cord, introduction to autonomic and endocrine system, familiarization with sensory and perceptual processes, physiological regulation of motivation, sleep and waking cycle and affect. The etiology and major focus of psychopathology will be considered from a biological perspective.

CPY 651: INTERNSHIP I

The student will be given the opportunity to observe individual interview sessions. Candidates will learn several techniques for interviewing, including listening skills, aids of giving and receiving feedback, and establishing rapport. The candidates may also opt to work with special children.

CPY 610, CPY 642, CPY 753, CPY 710, CPY 744:

INTERNSHIP II, III, IV, V, VI

The aim of Internship is to train the student to work with the patient to acquire knowledge necessary for practice of Professional Psychology. As patients with psychological problems come to IPP throughout the academic year, the supervised internship becomes an ongoing process throughout the year.

During the Internship students learn

- To conduct clinical interviews
- To take Psychodiagnostic sessions and conduct psychotherapy
- To write Psychodiagnostic reports
- Participate in case conference
- To analyze the contents of each therapeutic session through the method of Content Analysis, which is a Research technique

During the internship candidates are sent on rotation to PNSShifa Psychiatry ward where students get the opportunity to attend ward rounds, conduct counseling, psychotherapy and psychological assessment sessions. By the end of the year the students are expected to complete 500 psychotherapy sessions (with adults or children) using an Eclectic approach & 50 psychodiagnostic batteries out of which at least 20 should be of children or adolescents assessment.

All the psychotherapy (psychotherapy sessions are recorded) and Psychodiagnostic sessions are supervised by highly qualified professionals. Candidates are required to attend internship supervision classes throughout the three semesters.

CPY 612: COGNITIVE BEHAVIORAL THERAPY

The course addresses the basic assumptions of cognitive behavioral theory and therapy, major theorists and contributors, e.g. Ellis, Skinner, Wolpe, Beck, Bandura and Dollard and Miller. It introduces the students with treatment planning, case conceptualization, and evaluation of treatment, therapeutic techniques and interventions based on cognitive behavioral perspective. The course places emphasis on the learning of cognitive behavioral assessment and therapy skills.

CPY 622: INTELLECTUAL AND NEUROPSYCHOLOGICAL ASSESSMENTS

Student will have an understanding of ability tests along with administration, scoring, interpretation and report writing of these tests. Topics include nature of intelligence, Mental Retardation; Psychological issues related to intellectual testing. It further includes administration, scoring, report writing of Wechsler Adult Intelligence Scale-III (WAIS-III), Wechsler Intelligence Scale for Children- IV (WISC-IV) and Non-Verbal group ability tests, BG-SDCT, QNST and other Neuropsychological Tests.

CPY 632: PHARMACOLOGY

Various classes of psychopharmacological agents are systematically considered. Methods and interventions in psychobiological conditions are reviewed with the emphasis on the use of psychotropic medications to manage and treat psychological disorders.

**CPY 713:
PSYCHOPATHOLOGY OF
CHILDREN AND ADOLESCENTS**

This course offers an in-depth exploration of the syndromes of psychopathology observed in children and adolescents. The topics include definition of Psychodiagnosis, principles of clinical assessment, history of DSM, disorders usually first diagnosed in infancy, childhood or adolescence, personality disorders, leading etiologies and relevant research, epidemiological trends and developmental factors relevant to clinical work with children and adolescents.

**CPY 723:
CHILD PSYCHOTHERAPY AND
ASSESSMENT**

The course is designed to help student explore developmental and psychological Phases of child and Adolescent and the therapeutic skills used to deal with the psychological concerns of the individual of this age. The course content includes the biological basis of psychosocial behaviour, theories of child development, phases of development: Prenatal, infancy, early, middle and late childhood; Parenting behaviour, Early intervention and preventive measures. Psychopathology, Early child problems, Mental Retardation, Fear and Anxieties, sleep problems, Tics, mannerisms, Aggression, Hyperactivity, Toilet training, Eating problems, Learning Disabilities; speech difficulty and communication, Depression and suicide; Destructive behaviour, Autism, Child Abuse and substance Abuse.

**CPY 733, CPY 734:
PSYCHOLOGICAL ASSESSMENT I
& II**

The course includes theory, practice,

analysis and interpretation of scales, checklist and psychological tests, Achievement and Aptitude tests, psychosocial development and its measurement objective and semi-projective testing. VSMS, WRAT-4; Gordon Scales, EPPS, ISB, MMPI, EPI, SPS, IPAT Scales and Dyslexia Test. Thematic Apperception Test (TAT) and Rorschach Inkblot Technique (ROR).

**CPY 743:
PSYCHOANALYSIS**

The course focuses on the life history and personality of Sigmund Freud, classical psychoanalysis, theory and therapy given by Neo-Freudians. The topics include historical roots of psychoanalysis, Classical psychoanalysis of Sigmund Freud, introductory lectures on the life of Freud, evolution of psychoanalytical concept, theory of child sexuality and repression, Ego and the defense mechanism, Freud's theory of personality and method of treatment, scope of psychoanalysis in Pakistan, contemporary movements in Psychoanalysis, Analytical theory of Jung, Individual theory of Adler, Otto Rank, Karen Horney, Sullivan, Fromm and Child Psychoanalysis by Anna Freud.

**CPY 714:
HUMANISTIC AND EXPERIENTIAL
PSYCHOTHERAPY**

In this course students will learn core elements of humanistic theory, including existential basis for creation of meaning and choice, Rogerian or Person Centered therapy, Gestalt therapy techniques and interventions, including introduction to Humanistic theory, Rogerian Client Centered therapy, Gestalt theory and therapeutic skills.

CPY 724: PSYCHODYNAMIC PSYCHOTHERAPIES

In this course emphasis is on the acquisition of a broad range of intervention skills and case conceptualization. The content includes psychoanalytically oriented psychotherapies and other psychodynamic approaches (Adler, Jung, Sullivan), Brief

psychoanalysis (Alexander & French), Rational-Emotive Behaviour Therapy (Ellis), Behaviour therapy (Dollard & Miller), Multimodal Therapy (Lazarus), Cognitive Approaches (Beck), Client-Centered Therapy (Rogers), Reality Therapy (Glasser), Transactional Analysis (Eric Berne). TA, Object Relation & Gestalt Therapies.



M Phil - Clinical Psychology (Road Map)

Semester 1 (First Year)

Course Code	Course Title	Contract Hours		
		Total	Theory	Lab
CPY 701	Advanced Research Methods in Psychology	3	2	1
CPY 702	Techniques and Tools of Psychological Assessment	3	2	1
CPY 703	Classical Approaches to Psychotherapy	3	3	-
CPY 704	Neurophysiology	3	3	-

Summer Semester

Course Code	Course Title	Credit Hours		
		Total	Theory	Lab
CPY 705	Internship I	6	-	6

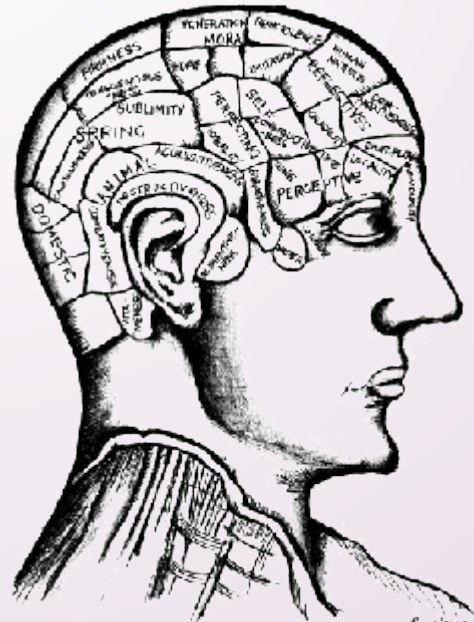
Semester 2

Course Code	Course Title	Credit Hours		
		Total	Theory	Lab
CPY 706	Statistical Inferences in Psychology	3	3	-
CPY 707	Advanced Psychodiagnosis	3	2	1
CPY 708	Contemporary Approaches to Psychotherapy	3	3	-
CPY 709	Pharmacology	3	3	-

Semester 3 & 4 (Second Year)

Course Code	Course Title	Credit Hours		
		Total	Theory	Lab
CPY 710	Internship II	12	-	12
CPY 712	Thesis	6	6	-

Course work	:	24 Cr Hrs
Internship	:	18 Cr Hrs
Thesis	:	6 Cr Hrs
Total	:	48 Cr Hrs



M.Phil Clinical Psychology (Course Description)

CPY 701: Advanced Research Methods in Psychology

This course examines basic approaches to research, including experiments, surveys, and qualitative field methods. It is intended to introduce M.Phil students' ways of conceptualizing problems, designing research, collecting data, and interpreting those data. It also examines implications and consequences of choices among alternative approaches. Step by step throughout the semester, students will work on developing a proposal for research on a topic of their choice. Their efforts will be critiqued as they reach milestones along the way, and they will have a chance to refine the proposal as the semester progresses. The completed proposal will be submitted. On the successful completion of this course students should be able to:

- Acquaint with research processes and assumptions
- Introduce alternative methods and logics of inquiry
- Make students more discriminating consumers of others' research
- Promote the development of their own research; and
- Encourage interdisciplinary discussion and engagement
- Develop research skills required for planning and executing research projects, including conducting literature review, articulating research questions, justifying a research approach and methodology, designing a study and selecting specific methods and techniques appropriate for answering the questions
- Conducting data collection, analyzing data and presenting research results.

The key topics includes, research methods in Psychology, research problems and how to explore them and how to conduct literature search, research paradigms and approaches-assumptions of positivist, interpretivist and critical approach, quantitative research methods, survey based research, statistical modeling techniques, selecting statistical packages tutorials (SPSS etc), qualitative research methods, ethnographic research, cross-paradigm and multi method research, writing the research proposal and structure, from research question to research design-justifying the methodology and writing strategies.

CPY 702: Techniques and Tools of Psychological Assessments

The course includes theory, practice, analysis and interpretation of scales, checklist and psychological tests, Achievement and Aptitude tests, psychosocial development and its measurement objective and semi-projective testing, methods of assessment; clinical and diagnostic interviews; Multi-axial evaluation, differential diagnosis issues of measuring and testing human behaviour. Bio-social scales, assessment of emotional problems, Intellectual testing and personality assessment.

Administration, scoring, Interpretation and Report writing of the following tests:

Slosson Drawing Coordination Test (SDCT), QNST, SORT and SIT, Bender Gestalt (BG), VSMS, Gordon Scales, EPPS, ISB, MMPI, EPI, SPS, IPAT Scales and Dyslexia Test, Human Figure Drawing (HFD), Standard Progressive Matrices (SPM), Wechsler Adult Intelligence Scale-III (WAIS-III) and Wechsler Intelligence Scale for Children-IV

(WISC-IV), WRAT-4, Thematic Apperception Test (TAT) and Rorschach Inkblot Technique (ROR).

**CPY 703:
Classical Approaches to Psychotherapy**

Definition of Psychotherapy and counselling, History taking and identifying problems, room settings, scope and limits of Psychotherapy, Therapist variables, goals and Process of Psychotherapy, the Therapeutic contract, Goal setting, Therapeutic Styles, Basic Therapeutic Interventions, brief introduction to Humanistic, Cognitive, Behavioural and Psychoanalytical interventions. It further includes the first Interview, Establishing Rapport, Exploring the Therapist–Patient Relationship, the conduct of psychotherapy, stages of Psychotherapy, Anxiety and Defense Mechanisms, Special Problems, Termination, Patient and Psychotherapist needs and expectation.

**CPY 704:
Neurophysiology**

The course content includes detailed structure, functions and localization of the nervous system and brain, Neurology and Psychology.

**CPY 705 and CPY 710:
Internship I and II**

The aim of Internship is to train the student to work with the patient to acquire knowledge necessary for practice of Professional Psychology. As the patients with psychological problems come to IPP throughout the academic year, so the supervised internship becomes an ongoing process throughout the year. During the Internship students learn

- To conduct clinical interview
- To take psychodiagnostic sessions and

psychotherapy

- To write Psychodiagnostic reports
- Participate in case conference
- To analyze the contents of each therapeutic session through the method of Content Analysis, which is a Research technique

During the internship the candidates are send on rotation to PNS Shifa, Psychiatry Ward, where students get the opportunity to attend ward rounds, conduct counselling, psychotherapy and psychological assessment sessions. By the end of the year the students are expected to complete 250 psychotherapy sessions (with adults or children) using Eclectic approach & 25 psychodiagnostic batteries out of 25 at least 15 should be of children or adolescent assessment.

All the psychotherapy (psychotherapy sessions are recorded) and Psychodiagnostic sessions are supervised by highly qualified professionals. Candidates are required to attend internship supervision classes throughout three semesters.

**CPY 706:
Statistical Inferences in Psychology**

This is an advanced statistics course at the MPhil. level specially designed for research in psychology. This course focuses on the theoretical as well as practical applications of statistics and has been designed keeping in mind the particular needs of the students who wish to use statistical methods in their own research.

The course aims to help the students:

- To be familiar with the various statistical concepts and methods used in Psychology.
- To develop statistical reasoning .i.e. an understanding about the reason for using the specific test for a specific type of data and sample.

- To develop insights into statistical thinking as it provide strategies and tools for using data to understand different problems in daily life.
- To teach the difference between mathematics and understanding of statistics as a conceptual and theoretical subject rather than only as a system of formula and their solution.
- To solve and compute mathematical operation and later on interpret the results through the use of SPSS Software.

Key topics includes introduction to descriptive statistics – concepts and tabulation, frequency distribution and graphs, Measures of location, Measures of dispersion, Measures of positions, correlation and regression analysis, basic ideas of tests of significance and testing of hypotheses, tests of independence in contingency tables, analysis of variance (ANOVA) and distribution function.

CPY 707: Advanced Psychodiagnosis

It aims to expose students to understand the nature and development of Psychopathology and Psychological disorders. It is a basic requirement to know the Neurophysiologic interaction of human behaviour with psychosocial environment. Students need training to assess and diagnose the psychological disorders before planning the treatment/psychotherapy.

CPY 708: Contemporary Approaches to Psychotherapy

In this course emphasis is on the acquisition of a broad range of intervention skills and case conceptualization. The content includes individual psychotherapies and techniques, standard psychoanalysis (Sigmund Freud), Psychoanalytically oriented psychotherapies and other psychodynamic approaches (Adler, Jung, Sullivan), Brief psychoanalysis

(Alexander & French), Rational-Emotive Behaviour Therapy (Ellis), Behaviour therapy (Dollard & Miller), Multimodal Therapy (Lazarus), Cognitive Approaches (Beck), Client-Centered Therapy (Rogers), Reality Therapy (Glasser), Transactional Analysis (Eric Berne).

CPY 709: Pharmacology

Assessment and diagnosis as conducted by a neurologist, when to make referral to a Neurologist or Psychiatrist, how to understand consultants, treatment and rehabilitation techniques. Different prescribed drugs for psychological illnesses and the effects and side effects of these drugs

CPY 712: Thesis

Thesis maintenance, students meet regularly with their thesis supervisor in small groups to monitor their ongoing progress on the Thesis. The students continue to meet regularly till the completion of the thesis.
M.Phil – Educational Psychology



M Phil - Educational Psychology (Road Map)

Semester 1 (First Year)

Course Code	Course Title	Credit Hours		
		Total	Theory	Lab
EPY 701	Advanced Research Methods in Psychology	3	2	1
EPY 702	Measurement & Assessment I	3	2	1
EPY 703	Theories of Counselling	3	3	-
EPY 704	Patterns of Child Rearing and Development of Personality	3	3	-

Summer Semester

Course Code	Course Title	Credit Hours		
		Total	Theory	Lab
EPY 705	Internship I	6	-	6

Semester 2

Course Code	Course Title	Credit Hours		
		Total	Theory	Lab
EPY 706	Statistical Interferences in Psychology	3	3	-
EPY 707	Measurement & Assessment II	3	2	1
EPY 708	Psychology of Child & Adolescence	3	3	-
EPY 709	Analysis and Treatment of Developmental Disabilities	3	3	-

Semester 3 & 4 (Second Year)

Course Code	Course Title	Credit Hours		
		Total	Theory	Lab
EPY 710	Internship II	12	-	12
EPY 712	Thesis	6	6	-

Course work	:	24 Cr Hrs
Internship	:	18 Cr Hrs
Thesis	:	6 Cr Hrs
Total	:	48 Cr Hrs

M Phil - Educational Psychology (Course Description)

EPY 701: Advanced Research Methods in EPSY EPY 711: Advanced Research Methods in Psychology

This course examines basic approaches to research, including experiments, surveys, and qualitative field methods. It is intended to introduce M.Phil students' ways of conceptualizing problems, designing research, collecting data, and interpreting those data. It also examines implications and consequences of choices among alternative approaches. Step by step throughout the semester, students will work on developing a proposal for research on a topic of their choice. Their efforts will be critiqued as they reach milestones along the way, and they will have a chance to refine the proposal as the semester progresses. The completed proposal will be submitted. On the successful completion of this course students should be able to:

- Acquaint with research processes and assumptions
- Introduce alternative methods and logics of inquiry
- Make students more discriminating consumers of others' research
- Promote the development of their own research; and
- Encourage interdisciplinary discussion and engagement
- Develop research skills required for planning and executing research projects, including conducting literature review, articulating research questions, justifying a research approach and methodology, designing a study and selecting specific methods and techniques appropriate for answering the questions
- Conducting data collection, analyzing

data and presenting research results.

The key topics includes, research methods in psychology, research problems and how to explore them and how to conduct literature search, research paradigms and approaches- assumptions of positivist, interpretivist and critical approach, quantitative research methods, survey based research, statistical modeling techniques, selecting statistical packages tutorials (SPSS etc), qualitative research methods, ethnographic research, cross-paradigm and multi method research, writing the research proposal and structure, from research question to research design- justifying the methodology and writing strategies.

EPY 702: Measurement and Assessment I

This course introduces the principles of individual assessment and its role at workplace. It includes frameworks for conceptualizing the assessment process, specific strategies for assessing individual personality style, cognitive ability and work place relevant behaviour such as job satisfaction, leadership skills, emotional intelligence and interpersonal skills. It further includes choosing appropriate and valid tests for assessment and writing useful plus informative reports for the consumers. Use of Checklists, Scales, psychological tests, Biosocial scales, assessment of emotional problems, Intellectual testing and personality assessment involving administration, scoring, interpretation and report writing of Standard Progressive Matrices (SPM), Wechsler Adult

Intelligence Scale- III (WAIS-III) and Wechsler Intelligence Scale for Children-IV (WISC-IV)

EPY 703: Theories of Counselling

The basic theories, principles, and techniques of counselling are explored in this course. The content includes definition and nature of counselling, core conditions in counselling; the structure of counselling centres; different theories of counselling, basic counselling skills and techniques.

EPY 704: Patterns of Child Rearing and Development of Personality

This course is designed to introduce students with the Importance of pattern of child rearing, Mental health in Pakistan, effects of family, school and society on patterns of child rearing.

EPY 705 and EPY 710: Internship I and II

The students of Organizational group are trained in personnel selection and counselling in organizations. They develop harmony through counselling between the employers and the employees. After PMD, students will be able to work in organizations as professional psychologists. Internship includes the following requirements

- Counselling sessions with personnel
- Testing of personnel
- Testing sessions
- Report writing
- Participation in case conference

During the internship the candidates are required to work at the site identified by the internship supervisor. At the internship sites the students are provided with the opportunity to conduct assessment and counselling sessions which help them understand principles of individual assessment and its role at workplace. It include frameworks for

conceptualizing the assessment process, specific strategies for assessing individual personality style, cognitive ability and work place relevant behaviour such as job satisfaction, leadership skills, emotional intelligence and interpersonal skills. Choosing appropriate and valid tests for assessment and writing useful and informative reports for the consumers is also part of the internship.

The total number of three semester internship is required which is supervised by highly qualified professional psychologists. During internship supervision hours candidates are expected to share their internship experiences. The candidates are expected to write 25 assessment reports, 150 counselling sessions. Students will also select a special organizational project to research or questionnaire development, write a paper summarizing their research and present an oral summary of their work to the class. Students will also be evaluated by their internship supervisors.

EPY 706: Statistical Inferences in Psychology

This is an advanced statistics course at the MPhil. level specially designed for research in psychology. This course focuses on the theoretical as well as practical applications of statistics and has been designed keeping in mind the particular needs of the students who wish to use statistical methods in their own research.

The course aims to help the students:

- To be familiar with the various statistical concepts and methods used in Psychology.
- To develop statistical reasoning .i.e. an understanding about the reason for using the specific test for a specific type of data and sample.
- To develop insights into statistical thinking as it provide strategies and tools

for using data to understand different problems in daily life.

- To teach the difference between mathematics and understanding of statistics as a conceptual and theoretical subject rather than only as a system of formula and their solution.
- To solve and compute mathematical operation and later on interpret the results through the use of SPSS software.

Key topics includes introduction to descriptive statistics – concepts and tabulation, frequency distribution and graphs, Measures of location, Measures of dispersion, Measures of positions, correlation and regression analysis, basic ideas of tests of significance and testing of hypotheses, tests of independence in contingency tables, analysis of variance (ANOVA) and distribution function.

EPY 707: Measurement and Assessment II

Theory, Practice, Analysis and Interpretation of Scales, Checklists and Psychological tests such as achievement and aptitude tests, psychosocial development and its measurement, objective and semi-projective testing It further includes the following tests WRAT-4, Gordon Scales, EPPS, ISB, EPI, SPS, IPAT Scales, Scales on Job Satisfaction, Performance Appraisal and Career Interest Inventories.

EPY 708: Psychology of Child & Adolescence

This class examines normal development from infancy to early adulthood. Areas of study include the development of perceptual and cognitive processes, psychosexual roles, and familiar interpersonal processes. Current clinical approaches are examined from diverse theoretical view points and recent

research findings. Diversity and individual differences are integral to this course.

EPY 709: Analysis and Treatment of Developmental Disabilities

This course builds upon basic principles of learning and applied behaviour analysis. The course will offer advanced coverage of special topics and will include behaviour analysis in school settings, focus on parent training, assessment and treatment procedures for improving functional communication skills of individuals with developmental disabilities, impact of developmental disabilities on families, managing problem behaviours such as self injury or mutilation, food refusal, and non-compliance, and working with special populations such as children with autism.

EPY 712: Thesis:

Thesis maintenance, students meet regularly with their Thesis Supervisor in small groups to monitor their ongoing progress on their Thesis. The students continue to meet regularly till the completion of the Thesis.



M Phil - Organizational Psychology (Road Map)

Semester 1 (First Year)

Course Code	Course Title	Credit Hours		
		Total	Theory	Lab
OPY 701	Advanced Research Methods in Psychology	3	2	1
OPY 702	Measurement & Assessment I	3	2	1
OPY 703	Vocational Guidance	3	3	-
OPY 704	Personal Selection	3	3	-

Summer Semester

Course Code	Course Title	Credit Hours		
		Total	Theory	Lab
OPY 705	Internship I	6	-	6

Semester 2

Course Code	Course Title	Credit Hours		
		Total	Theory	Lab
OPY 706	Statistical Interferences in Psychology	3	3	
OPY 707	Measurement & Assessment II	3	2	1
OPY 708	Training Theory, Design and Evaluation	3	3	-
OPY 709	Organizational Leadership & Marketing	3	3	-

Semester 3 & 4 (Second Year)

Course Code	Course Title	Credit Hours		
		Total	Theory	Lab
OPY 710	Internship II	12	-	12
OPY 712	Thesis	6	6	-

Course work	:	24 Cr Hrs
Internship	:	18 Cr Hrs
Thesis	:	6 Cr Hrs
Total	:	48 Cr Hrs

MPhil – Organizational Psychology (Course Description)

OPY 701: Advanced Research Methods in Psychology

This course examines basic approaches to research, including experiments, surveys, and qualitative field methods. It is intended to introduce M.Phil students' ways of conceptualizing problems, designing research, collecting data, and interpreting those data. It also examines implications and consequences of choices among alternative approaches. Step by step throughout the semester, students will work on developing a proposal for research on a topic of their choice. Their efforts will be critiqued as they reach milestones along the way, and they will have a chance to refine the proposal as the semester progresses. The completed proposal will be submitted. On the successful completion of this course students should be able to:

- Acquaint with research processes and assumptions
- Introduce alternative methods and logics of inquiry
- Make students more discriminating consumers of others' research
- Promote the development of their own research; and
- Encourage interdisciplinary discussion and engagement
- Develop research skills required for planning and executing research projects, including conducting literature review, articulating research questions, justifying a research approach and methodology, designing a study and selecting specific methods and techniques appropriate for answering the questions
- Conducting data collection, analyzing data and presenting research results.

The key topics includes, research methods in

Psychology, research problems and how to explore them and how to conduct literature search, research paradigms and approaches-assumptions of positivist, interpretivist and critical approach, quantitative research methods, survey based research, statistical modeling techniques, selecting statistical packages tutorials (SPSS etc), qualitative research methods, ethnographic research, cross-paradigm and multi method research, writing the research proposal and structure, from research question to research design-justifying the methodology and writing strategies.

OPY 702: Measurement & Assessment I

This course covers the selection, administration, scoring and interpretation of cognitive, personality, and educational tests, as well as behaviour rating scales commonly used in psychological assessment. Assessment in schools involving Checklists, Scales and Psychological tests, Biosocial scales, assessment of emotional problems, Intellectual testing and personality assessment. Administration, scoring, interpretation and report writing of Standard Progressive Matrices (SPM), Wechsler Adult Intelligence Scale-III (WAIS-III) and Wechsler Intelligence Scale for Children-IV (WISC-IV)

OPY 703: Vocational Guidance

The basic theories, principles, and techniques of counselling are explored in this course. The content includes definition and nature of counselling, core conditions in counselling, and structure of counselling centre, different theories of counselling, basic counselling

skills and techniques.

**OPY 704:
Personnel Selection**

The content of the course include job satisfaction and modification, job analysis, Recruitment and selection, job evaluation, creating a legally definable selection system, fair employment practices, Personnel Selection and law, Management of change, performance appraisal. Test selection, test construction and validation are explored with an emphasis on understanding and reducing test biases that could result in disparate impact.

**OPY 705 and OPY 753:
Internship I and II**

The students of educational group are trained in educational and vocational counselling. They learn to apply test batteries on school children and students of other educational institutions who have academic, emotional & behavioural problems. They also learn to diagnose and counsel the students, patients and teachers.

Internship includes the following requirements

- Counselling sessions with students and families
- Testing of students and families
- Testing sessions
- Report writing
- Participation in case conferences

During internship the candidates are required to work with children and adults coming to institute with academic difficulties and concerns. Students are also required to work at educational centres identified by the supervisor. Our internees get the opportunity to provide their serves at the Pakistan Naval

School Defence, Karachi & Training School of Nurses and Paramedical Staff, PNS SHIFA.

The students are expected to complete 25 assessment batteries (out of 25 assessments 15 should be children & adolescents) and 250 counselling (100 with school children “primary & secondary level both” 100 with university and college students and rest with the parents, teachers or other family members.

**OPY 706:
Statistical Inferences in Psychology**

This is an advanced statistics course at the MPhil. level specially designed for research in psychology. This course focuses on the theoretical as well as practical applications of statistics and has been designed keeping in mind the particular needs of the students who wish to use statistical methods in their own research.

The course aims to help the students:

- To be familiar with the various statistical concepts and methods used in Psychology.
- To develop statistical reasoning .i.e. an understanding about the reason for using the specific test for a specific type of data and sample.
- To develop insights into statistical thinking as it provide strategies and tools for using data to understand different problems in daily life.
- To teach the difference between mathematics and understanding of statistics as a conceptual and theoretical subject rather than only as a system of formula and their solution.
- To solve and compute mathematical operation and later on interpret the results through the use of SPSS Software.

Key topics includes introduction to descriptive statistics – concepts and tabulation, frequency distribution and graphs,

Measures of location, Measures of dispersion, Measures of positions, correlation and regression analysis, basic ideas of tests of significance and testing of hypotheses, tests of independence in contingency tables, analysis of variance (ANOVA) and distribution function.

OPY 702: Measurement & Assessment II

The course content is based on current state of the art procedures in applied behaviour analysis. It Includes methods of classroom such as precision teaching and curriculum based measures. Theory, Practice, Analysis and Interpretation of scales checklists and tests such as achievement and aptitude tests, psychosocial development and its measurement; Objective and Semi-Projective tests; QNST, VSMS, WRAT-4, Gordon Scales, EPPS, ISB, MMPI, EPI, SPS, IPAT Scales and Dyslexia Tests.

OPY 708: Training: Theory, Design and Evaluation

This course provides an examination of the design and implementation of effective training programs in organizations. It addresses critical areas such as conducting Training Need Analysis (TNA) of the organization, the job, and the individuals performing the job. Students will learn and

apply modern learning theories, principles of adult training and cross cultural issues. They will develop their ability to evaluate trainings, especially the transfer of training to the workplace.

OPY 709: Organizational Leadership & Marketing

The course reviews the principal theories of leadership and how leadership is developed. It examines leadership in the context of managing continuous change, emphasizing the challenges of multinational corporations working across cultures. It supports self assessment as students gain knowledge in the key theories and principles of the management/leadership continuum. It also provides student with the basic knowledge of marketing principles and the ability to solve marketing problems and implement marketing strategies within a global environment. Finally it reviews practices that organizational psychologists are using to develop organizational leaders.

OPY 712: Thesis

Thesis maintenance, students meet regularly with their Thesis Supervisor in small groups to monitor their ongoing progress on their thesis. The students continue to meet regularly till the completion of the thesis.

Ph D - Clinical Psychology (Road Map)

Semester 1 (First Year)

Course Code	Course Title	Credit Hours		
		Total	Theory	Lab
CPY 801	Research Paper writing and Professional Ethics I	3	3	-
CPY 802 CPY 803	Choose One: • Child Psychology I • Cognitive Behavioural Therapy I	3	3	-
CPY 804 CPY 805	Choose One: • Group Psychotherapy I • Psychological Rehabilitation I	3	3	-

Summer Semester

Course Code	Course Title	Credit Hours		
		Total	Theory	Lab
CPY 810	Internship I	9	-	9

Semester 2

Course Code	Course Title	Credit Hours		
		Total	Theory	Lab
CPY 807	Research Paper Writing and Professional Ethics - II	3	3	-
CPY 808 CPY 809	Choose One: • Child Psychology II • Cognitive Behavioural Therapy II	3	3	-
CPY 810 CPY 811	Choose One: • Group Psychotherapy II • Psychological Rehabilitation II	3	3	-

Semester 3 & 4 (Second Year)

Course Code	Course Title	Credit Hours		
		Total	Theory	Lab
CPY 812/815	Internship II - III	9	-	9
CPY 813	Didactic Analysis	3	-	3
CPY 814	Dissertation	36	36	-

Course Work	:	18 Cr Hrs
Internship	:	18 Cr Hrs
D.A	:	3 Cr Hrs
Dissertation	:	36 Cr Hrs
Total	:	75 Cr Hrs

PhD - Clinical Psychology (Course Description)

CPY 801, 807

Research Paper Writing and Professional Ethics I, II

This course is designed to introduce students with research proposal writing styles and explore research methodology, professional ethics related to conducting research. The content includes generating research design, selecting variables for study, critique design in psychological research, introduction to APA research paper writing style, understanding conceptual and applied level of Experimental, Correlation and Quasi-Experimental designs.

Ethical principles related to research publication, paper writing and data collection. Ethical and religious issues related to practice of professional psychology.

CPY 802:

Child Psychology I

The course is designed to help student explore developmental and psychological Phases of child and Adolescent and the therapeutic skills used to deal with the psychological concerns of the individual of this age. The course content includes the Biological basis of psychosocial behaviour, theories of child development, phases of development: Prenatal, Infancy, Early, Middle and Late Childhood; Parenting behaviour, Early intervention and preventive measures. Psychopathology, Early child problems, Mental Retardation, Fear and Anxieties, sleep problems, Tics, mannerisms, Aggression, Hyperactivity, Toilet training, Eating problems, Learning Disabilities; speech difficulty and communication, Depression and suicide; Destructive behaviour, Autism, Child Abuse and substance Abuse.

CPY 803, 809:

Cognitive Behavioural Therapy I, II

The topics include principles of Cognitive Therapy, Experiential Approach, Behavioural Approach, Targets of Cognitive Therapy, Tangible Distortions of Reality, and Illogical Thinking. The Therapeutic Collaboration, Establishing Credibility, Problem Reduction, learning techniques of Cognitive Therapy Ellis (1962), the Paradoxes of Depression (Beck), the Cognitive Therapy of Depression, outcome studies of Cognitive and Behaviour Therapy, Concepts of Behaviour Modification and Practice.

CPY 804:

Group Psychotherapy I

Definition of Group Therapy, introduction to Group Psychotherapy, Ethical considerations and using group techniques, forming a group, developing a proposal for a group, attaching and screening members, how do we prepare for a Group, Group Size, Group Composition, frequency and duration, the theory and practice of group therapy, 11 Curative Factors; basic ground rule, advantages, misconception, types of group therapies and clinical interventions, introduction to Psychoanalytic group psychotherapy, Psychoanalysis in a Group Analytic orientation, techniques for the initial stage in Group Therapy, Psychodrama and Group Psychotherapy, the Techniques of Group Therapist, Group Therapy as a specialized Psychotherapeutic Technique, Simultaneous Treatment of Parent and child.

CPY 805:

Psychological Rehabilitation I

The topics in this course include

Rehabilitation Programming Model, exploring the client's unique programming needs, understanding the specific program steps, implementation of the specific program steps, evaluating the effectiveness of Rehabilitation Programming, Rehabilitation of emotionally disturbed patients, Rehabilitation of Mentally Retarded, Rehabilitation of specific brain disorders, Rehabilitation of Physically Handicapped children, Rehabilitation of Substance Abusers, Management and Administration of Rehabilitation, Vocational Development Problems of the handicapped, Law for the Protection of Handicapped in Pakistan.

**CPY 806, 812, 815:
Internship I, II, III**

The aim of Internship is to train the student to work with the patient to acquire knowledge necessary for practice of Professional Psychology. As the patient with psychological problems comes to IPP throughout the academic year, so the supervised internship becomes an ongoing process throughout the year.

During the Internship students learn

- To conduct clinical interview
- To take Psychodiagnostic sessions and psychotherapy
- To write Psychodiagnostic reports
- Participate in case conference
- To analyze the contents of each therapeutic session through the method of Content Analysis, which is a Research technique

During the internship the candidates are send on rotation to PNS Shifa Psychiatry ward where students get the opportunity to attend ward rounds, conduct counselling, psychotherapy and psychological assessment sessions. By the end of the year the students are expected to complete 500 psychotherapy sessions (with adults or children) using

Eclectic approach & 50 psychodiagnostic batteries out of which at least 20 should be of children or adolescents assessment.

All the psychotherapy (psychotherapy sessions are recorded) and Psychodiagnostic sessions are supervised by highly qualified professionals. Candidates are required to attend internship supervision classes throughout three semesters.

**CPY 808:
Child Psychology II**

Assessment, evaluation and Observation: using Direct, Indirect and Systematic observation. Interview both structured and un-structured; Clinical Scales and Checklists measuring biosocial development; Neuro-Perceptual testing, Psychological testing for intelligence, emotional and social behaviour, Play as a diagnostic technique. It further includes Therapeutic Measures, Counselling, Treatment Plan, Goal of Treatments and limits Setting involving Parents; Play as a Therapeutic Techniques; Cognitive and Supportive therapy, Behaviour Management using behaviour modification techniques for children.

**CPY 810:
Group Psychotherapy II**

The course content includes technical issues



in Group Therapy, Group Therapy with special Patient Population, Group for Children, Group for Adolescents, Group for Adults, Group for Elderly, Therapeutic Issues in Family Group Therapy, Family Therapy in the Treatment with Psychosomatic Issues, Family therapy in the treatment of severely disturbed Patient, Psychotic Patient, Schizoid Patient, Narcissistic Patient, Manic Depressive, Techniques for Ending a session, Techniques in Terminating a Group, Techniques used after terminating a Group and Group Evaluation.

CPY 811: Psychological Rehabilitation II

The topic in this course include: Introduction to occupational therapy: a) History of the Development of Occupational Health Programmes b) Scope c) An overview of the future, Stress management in occupational settings, Short term occupational therapy with psychiatric patients (individual and group), Changing the role expectation of psychiatric occupational therapists, Occupational Therapy Instruments - Work Skills Assessment – work adjustment and vocational placement check list, Occupational Therapy for chronic pain, Short term occupational therapy of schizophrenic patients, Diagnostic

Medical and Surgical aspects of stroke management, Motor learning in stroke Rehabilitation and therapeutic strategies for Rehabilitation of Motor Deficits, Assessment and Treatment of Locomotion deficits, Vocational development, problems of the handicapped, Law for the protection of handicapped in Pakistan.

CPY 813: Didactic Analysis

A total of 50 sessions of didactic analysis sessions are required. These self reflective sessions promote self growth and understanding in the candidate.

CPY 814: Dissertation

Dissertation maintenance, students meet regularly with their dissertation supervisor in small groups to monitor their ongoing progress on their dissertations. Specific deadlines are set for the completion of committee approval of the proposal. The student continues to meet regularly till the completion of dissertation, or defence of dissertation.

Ph D - Educational Psychology (Road Map)

Semester 1 (First Year)

Course Code	Course Title	Credit Hours		
		Total	Theory	Lab
EPY 801	Research Paper writing and Professional Ethics I	3	3	-
EPY 802 EPY 803 EPY 804	Choose One: • Child Psychology I • Cognitive Behavioural Therapy I • Vocational Guidance and Counselling I	3	3	-
EPY 805 EPY 806	Choose One: • Group Psychotherapy I • Rehabilitation Psychology I	3	3	-

Summer Semester

Course Code	Course Title	Credit Hours		
		Total	Theory	Lab
EPY 807	Internship I	9	-	9

Semester 2

Course Code	Course Title	Credit Hours		
		Total	Theory	Lab
EPY 808	Research Paper writing and Professional Ethics II	3	3	-
EPY 809 EPY 810 EPY 811	Choose One: • Child Psychology II • Cognitive Behavioural Therapy II • Vocational Guidance and Counselling II	3	3	-
EPY 812 EPY 813	Choose One: • Group Psychotherapy II • Rehabilitation Psychology II	3	3	-

Semester 3 & 4 (Second Year)

Course Code	Course Title	Credit Hours		
		Total	Theory	Lab
EPY 814/818	Internship II - III	9	-	9
EPY 815 EPY 816	Choose One: • Psychotherapy with Children and Adolescents • Biological Basis of Behaviour	3	-	3
EPY 817	Dissertation	36	36	-

Course Work	:	18 Cr Hrs
Internship	:	18 Cr Hrs
D.A	:	3 Cr Hrs
Dissertation	:	36 Cr Hrs
Total	:	75 Cr Hrs

PhD - Educational Psychology (Course Description)

EPY 801, 808: Research Paper Writing and Professional Ethics I, II

This course is designed to introduce students with research proposal writing styles and explore research methodology, professional ethics related to conducting research. The content includes generating research design, selecting variables for study, critique design in psychological research, introduction to the APA research paper writing style, understanding of conceptual and applied level of Experimental, Correlation and Quasi-Experimental designs.

Ethical principles related to research publication, paper writing and data collection. Ethical and religious issues related to practice of professional psychology.

EPY 802: Child Psychology I

The course is designed to help student explore developmental and Psychological Phases of child and Adolescent and the therapeutic skills used to deal with the psychological concerns of the individual of this age. The course content includes Biological basis of psychosocial behaviour, theories of child development, Phases of development: Prenatal, Infancy, Early, Middle and Late Childhood, Parenting behaviour, early interventions and preventive measures. Psychopathology,

Early child problems; Mental Retardation, Fear and Anxieties, sleep problems, Tics mannerisms, Aggression, Hyperactivity, Toilet training, Eating problems; Learning Disabilities; speech difficulty and communication, Depression and suicide; Dest-

ructive behaviour, Autism, Child Abuse and Substance Abuse.

EPY 803, 810: Cognitive Behavioural Therapy I, II

The topics include principles of Cognitive Therapy, Experiential Approach, Behavioural Approach, targets of Cognitive Therapy, Tangible Distortions of Reality, and Illogical Thinking. The Therapeutic Collaboration, establishing Credibility, Problem Reduction, Learning techniques of Cognitive Therapy Ellis (1962), the Paradoxes of Depression, the Cognitive Therapy of Depression, Outcome Studies of Cognitive and Behaviour Therapy, Concepts of Behaviour Modification and Practice.

EPY 804, 811: Vocational Guidance & Counselling I, II

The topics in this course include Educational behaviour in psychological perspective, Basic dimensions: Learner, Teacher and the educational system, Cognitive and societal bases of Learner development and teachers potential, Basic Aspects of Mental, Emotional and Social development, Learning Attitude, Interests and specific Abilities, Problem solving and creative thinking, Levels of Education: Primary, Middle and Higher Secondary; Parental outlook of Education and career planning, Developmental Educational Problems, Learning Difficulties, Perceptual, Cognitive, Emotional, Social and Vocational, Learning Disabilities, Achievement and Communication, IQ and EQ discrepancy, Curriculum and Career problems, Evaluation and Testing Methods, Observation and Recording, the Interview, Situational Tests, Evaluation of Intelligence, Achievement, Personality, Aptitude, Specific abilities

testing, the progress reports of the learners, interpretation of test battery, Managing Educational difficulties and Problems, Coping strategies; issues and researches, Setting goal; Acquisition of skills; Problem-Solving strategies, Creative thinking, Career development Programs, Consultation with Planners / Counselor and parent; Major Theories of Counseling, Effectiveness of Counseling, Skills of Counseling, Behavioural Vocational Guidance, Comprehensive methods and material used in vocational guidance, special applications, Effectiveness of Counseling with special reference to Pakistani cultural factors.

**EPY 805:
Group Psychotherapy I**

Definition of Group Therapy, introduction to Group Psychotherapy, ethical considerations and using group techniques, forming a Group, developing a proposal for a group, attaching and screening members, how to prepare for a Group, Group Size, Group Composition, frequency and duration, the theory and practice of group therapy, 11 Curative Factors; Basic Ground Rule, Advantages, Misconception, Types of Group Therapies and the clinical Interventions, introduction to Psychoanalytic Group Psychotherapy, Psychoanalysis in a Group Analytic orientation, techniques for the initial stage in the Group Therapy, Psychodrama and Group Psychotherapy, the techniques of Group Therapist, Group Therapy as a specialized Psychotherapeutic Techniques, Simultaneous Treatment of Parent and child.

**EPY 806:
Rehabilitation Psychology I**

The topics in this course include Rehabilitation Programming Model, exploring the client's unique programming needs, understanding the specific program steps,

implementation of the specific program steps, evaluating the effectiveness of Rehabilitation Programming, Rehabilitation of emotionally disturbed patients, Rehabilitation of Mentally Retarded, Rehabilitation of specific brain disorders, Rehabilitation of Physically Handicapped children, Rehabilitation of Substance Abusers, Management and Administration of Rehabilitation, Vocational Development Problems of the handicapped, Law for the Protection of Handicapped in Pakistan.

**EPY 807, 814, 818:
Internship I, II, III**

The students of educational group are trained in educational and vocational counselling. They learn to apply test batteries on school children and students of other educational institutions who have academic, emotional & behavioural problems. They also learn to diagnose and counsel the students, patients and teachers.

Internship includes the following requirements

- Counselling sessions with students and families
- Testing of students and families
- Testing sessions
- Report writing
- Participation in case conferences

During internship the candidates are required to work with children and adults coming to institute with academic difficulties and concerns. Students are also required to work at educational centres identified by the supervisor. Our internees get the opportunity to provide their services at the Pakistan Naval School Defence, Karachi & Training School of Nurses and Paramedical Staff, PNS SHIFA.

The students are expected to complete 50 assessment batteries (out of 50 assessments

25 should be children and adolescents) and 500 counselling sessions (200 with school children “primary & secondary level both” 200 with university and college students and rest with the parents, teachers or other family members)

EPY 809: Child Psychology II

Assessment, evaluation and Observation: Direct, Indirect and Systematic. Interview structured and un-structured; Clinical Scales and Checklist measuring biosocial development; Neuro-Perceptual testing, Psychological testing for intelligence, emotional and social behaviour, Play as a diagnostic technique; Aptitude tests and personality tests. It further includes Therapeutic Measures, Counselling, Treatment Plan,

Goals of Treatments and limits Setting involving Parents, Play as a Therapeutic Techniques; Cognitive and Supportive therapy, Behaviour Management using behaviour modification techniques.

EPY 812: Group Psychotherapy II

The course content includes technical issues in group therapy, group therapy in educational settings, with special children, group for children, group for adolescents, group for adults (patients, teachers) Therapeutic issues in family group, family therapy, leaving disabilities, techniques for ending session, techniques in terminating a group, techniques after terminating a group and group evaluation.



EPY 813: Rehabilitation Psychology II

The topic in this course include: Introduction to occupational therapy: a) History of the Development of Occupational Health Programmes b) Scope c) An overview of the future, Stress management in occupational settings, Short term occupational therapy with psychiatric patients (individual and group), Changing the role expectation of psychiatric occupational therapists, Occupational Therapy Instruments - Work Skills Assessment – work adjustment and vocational placement check list, Occupational Therapy for chronic pain, Short term occupational therapy of schizophrenic patients, Diagnostic Medical and Surgical aspects of stroke management, Motor learning in stroke Rehabilitation and therapeutic strategies for Rehabilitation of Motor Deficits, Assessment and Treatment of Locomotion deficits, Vocational development, problems of the handicapped, Law for the protection of handicapped in Pakistan.

EPY 815: Psychotherapy with Children and Adolescents

This course examines the relevant therapeutic and developmental considerations encountered in psychotherapy with children and adolescents. In addition to a survey of the basic techniques of child and adolescent psychotherapy, topics considered include

brief therapy, working with parents and schools, the importance of the context of referral and treatment and the relationship between a child's developmental stage and therapeutic activities and goals.

EPY 816: Biological Basis of Behaviour

The course introduces students to the structure and functions of the central nervous system, the autonomic nervous system, and the endocrine system. Areas covered include introduction to the structure of cell, action potential, structure and function of Brain & spinal cord, introduction to autonomic and endocrine system, familiarization with sensory and perceptual processes, physiological regulation of motivation, sleep and waking cycle and affect. The etiology and major focus of psychopathology will be considered from a biological perspective.

EPY 817: Dissertation

Dissertation maintenance, Students meet regularly with their dissertation supervisor in small groups to monitor their ongoing progress on their dissertations. Specific deadlines are set for the completion of committee approval of the proposal. The student continues to meet regularly till the completion of dissertation, or defence of dissertation.

Ph D - Organizational Psychology (Road Map)

Semester 1 (First Year)

Course Code	Course Title	Credit Hours		
		Total	Theory	Lab
OPY 801	Research Paper writing and Professional Ethics I	3	3	-
OPY 802 OPY 803	Choose One: • Cognitive Behavioural Therapy I • Vocational Guidance and Counselling I	3	3	-
OPY 804 OPY 805	Choose One: • Group Psychotherapy I • Crisis Management I	3	3	-

Summer Semester

Course Code	Course Title	Credit Hours		
		Total	Theory	Lab
OPY 810	Internship I	9	-	9

Semester 2

Course Code	Course Title	Credit Hours		
		Total	Theory	Lab
OPY 807	Research Paper writing and Professional Ethics II	3	3	-
OPY 808 OPY 809	Choose One: • Cognitive Behavioural Therapy II • Vocational Guidance and Counselling II	3	3	-
OPY 810 OPY 811	Choose One: • Group Psychotherapy II • Crisis Management II	3	3	-

Semester 3 & 4 (Second Year)

Course Code	Course Title	Credit Hours		
		Total	Theory	Lab
OPY 812/816	Internship II-III	9	-	9
OPY 813 OPY 814	Choose One: • Work Team Dynamics • Data Management	3	3	-
OPY 815	Dissertation	36	36	-

Course Work : 18 Cr Hrs
 Internship : 21 Cr Hrs
 Dissertation : 36 Cr Hrs
Total : 75 Cr Hrs

PhD - Organizational Psychology (Course Description)

OPY 801, 807: Research Paper Writing and Professional Ethics I, II

This course is designed to introduce students with research proposal writing styles and explore research methodology, professional ethics related to conducting research. The content includes generating research design, selecting variables for study, critique design in psychological research, introduction to APA research paper writing style, understanding conceptual and applied level of Experimental, Correlation and Quasi-Experimental designs.

Ethical principles related to research publication, paper writing and data collection. Ethical and religious issues related to practice of professional psychology.

OPY 802, 808: Cognitive Behavioural Therapy I, II

The topics include Principles of Cognitive Therapy, Experiential Approach, Behavioural Approach, Targets of Cognitive Therapy, Tangible Distortions of Reality, and Illogical Thinking. The Therapeutic Collaboration, Establishing Credibility, Problem Reduction, learning techniques of Cognitive Therapy Ellis (1962), the Paradoxes of Depression (Beck), the Cognitive Therapy of Depression, outcome studies of Cognitive and Behaviour Therapy, Concepts of Behaviour Modification and Practice.

OPY 803, 809: Vocational Guidance & Counselling I, II

The topics in this course include Educational behaviour in psychological perspective, Basic dimensions: Learner, Teacher and the

educational system, Cognitive and societal bases of Learner development and teachers potential, Basic Aspects of Mental, Emotional and Social development, Learning Attitude, Interests and specific Abilities, Problem solving and creative thinking, Levels of Education: Primary, Middle and Higher Secondary; Parental outlook of Education and career planning, Developmental Educational Problems, Learning Difficulties, Perceptual, Cognitive, Emotional, Social and Vocational, Learning Disabilities, Achievement and Communication, IQ and EQ discrepancy, Curriculum and Career problems, Evaluation and Testing Methods, Observation and Recording, the Interview, Situational Tests, Evaluation of Intelligence, Achievement, Personality, Aptitude, Specific abilities testing, the progress reports of the learners, interpretation of test battery, Managing Educational difficulties and Problems, Coping strategies; issues and researches, Setting goal; Acquisition of skills; Problem-Solving strategies, Creative thinking, Career development Programs, Consultation with Planners / Counselor and parent; Major Theories of Counseling, Effectiveness of Counseling, Skills of Counseling, Behavioural Vocational Guidance, Comprehensive methods and material used in vocational guidance, special applications, Effectiveness of Counseling with special reference to Pakistani cultural factors.

OPY 804: Group Psychotherapy I

Definition of Group Therapy, introduction to Group Psychotherapy, Ethical considerations and using group techniques, forming a group, developing a proposal for a group, Attaching and Screening members, how to prepare for a group, Group Size, Group Composition;

Frequency and Duration, the theory and practice of group therapy, 11 Curative Factors; Basic Ground Rule, Advantages, Misconception, Types of Group Therapies and clinical Interventions, introduction to Psychoanalytic Group Psychotherapy, Psychoanalysis in a Group Analytic orientation, techniques for the initial stage in the Group Therapy, Psychodrama and Group Psychotherapy, the techniques of Group Therapist, Group Therapy as specialized Psychotherapeutic Techniques, Simultaneous Treatment of Parent and child.

OPY 805: Crisis Management-I

The topic in this course includes Crisis Intervention Theory and Methodology, Practical Issues in crisis intervention, Maturation crisis, Separation and Loss; Concepts of Separation, Loss, Divorce, Death, Violence; factors of crisis intervention and Drug abusers in crisis.

OPY 806, 812, 816: Internship I, II, III

The students of Organizational group are trained in personnel selection and counselling in organizations. They develop harmony through counselling between the employers and the employees. After PMD students will be able to work in organizations as professional psychologist. Internship includes the following requirements

- Counselling sessions with personnel
- Testing of personnel
- Testing sessions
- Report writing
- Participation in case conference

During the internship the candidates are required to work at the site identified by the internship supervisor. At the internship sites the students are provided with the opportunity

to conduct assessment and counselling sessions which help them understand principles of individual assessment and its role at workplace. It include frameworks for conceptualizing the assessment process, specific strategies for assessing individual personality style, cognitive ability and work place relevant behaviour such job satisfaction, leadership skills, emotional intelligence and interpersonal skills. Choosing appropriate and valid tests for assessment and writing useful and informative reports for the consumers is also part of the internship.

The total number of three semester internship is required which is supervised by highly qualified professional psychologists. During internship supervision hours candidates are expected to share their internship experiences. The candidates are expected to write 30 assessment reports, 250 counselling sessions. Students will also select a special organizational project to research or questionnaire development, write a paper summarizing their research and present an oral summary of their work to the class. Students will also be evaluated by their internship supervisors.

OPY 810: Group Psychotherapy-II

The course content includes technical issues in group therapy, group therapy in organizational settings, groups for adults, groups for elderly, therapeutic issues in employee, employer communication styles and decision – making, focus groups and personal growth groups involving behaviour modifications for gambling, alcoholism, addiction, relationship building, labour issues negligence, and absenteeism, understanding about group dynamics; Techniques for ending a session, techniques in terminating a group, techniques used after terminating a group and group evaluation.

**OPY 811:
Crisis Management-II**

The topic in this course includes the family approach to Crisis Intervention, Crisis intervention with special cases, Crisis intervention with psychotic outpatients, Crisis intervention with hospitalized patients and Crisis intervention with abused children.

**OPY 813:
Work Team Dynamics**

Most organizations use team-based processes to leverage individual strengths and to maximize productivity. Often, these teams have fairly complex reporting relationships and no formal leadership structure. The most productive teams are facilitated by skilled process managers who understand how to build teams and to keep them productive over their life span, both as informal and formal leaders; learn how to create effective, productive work teams; manage meetings; and get things done while building long-term mutually beneficial relationships. This course is designed to give the participant the skills needed to manage team processes in a way that helps the organization reach its objectives.

**OPY 814:
Data Management**

This course is an intensive, hands-on lab using current and commonly available statistical and database software packages. Students will learn to work with data in each program, as well as between programs. Students will also learn how researches on applied questions drive data collection and management, and how to answer questions using data. Skills developed in this class include building relational databases, manipulating data, analyzing data and reporting data.

**OPY 815:
Dissertation**

Dissertation maintenance, Students meet regularly with their dissertation supervisor in small groups to monitor their ongoing progress on their dissertations. Specific deadlines are set for the completion of committee approval of the proposal. The student continues to meet regularly till the completion of dissertation, or defence of dissertation.



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M.Phil in Computer Sciences

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M.Sc Economics

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M. Phil

SOBIA SHUJAAT

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