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**St. Xavier's College (Autonomous), Mumbai**  
**Department of Psychology**

**Programme: M.A. Psychology**

*Programme Specific Outcomes (PSOs) for M.A. Psychology*

Sr. No.	A student completing M.A. Psychology will be able to:
PSO 1	Develop effective skills to practice counselling and psychotherapy.
PSO 2	Draw from a strong theoretical foundation when practicing psychotherapy.
PSO 3	Work with issues of concern associated with all different age groups across the lifespan.
PSO 4	Work with diverse types of populations within every age group across the lifespan.
PSO 5	Use reliable and valid psychological assessments to enhance therapeutic outcomes.
PSO 6	Develop a strong research orientation by which one can both keep up with and contribute to new developments in the field of psychology.
PSO 7	Take biological, psychological, social and cultural factors into account when conceptualising cases for psychotherapy.
PSO 8	Understand both normal and abnormal events in the trajectory of the human developmental lifespan, and the impact these events have on an individual's mental health.
PSO 9	Understand the unique impact of the Indian cultural context, and apply this understanding to make relevant adaptations to increase effectiveness of therapy for Indian clients.



## Course Outcomes (COs): M.A. Psychology

### Semester I

**Course Title: Behavioural Neuroscience**

**Course Code: APSY0701**

Sr. No.	On completing the course, the student will be able to:	PSOs addressed	Cognitive levels
CO 1	Understand the structure and function of the nervous system of the human body.	2	U
CO 2	Understand the physiological mechanisms underlying psychological processes like emotion, motivation and learning.	2	U
CO 3	Explore how biological, psychological and social factors interact to influence these physiological mechanisms.	2, 7	An
CO 4	Analyse how dysfunctions in these mechanisms negatively affect the individual.	3	An
CO 5	Apply the understanding of these mechanisms to working with clients in therapy.	1, 4	Ap

**Course Title: Cultural Context of Counselling**

**Course Code: APSY0702**

Sr. No.	On completing the course, the student will be able to:	PSOs addressed	Cognitive levels
CO 1	Understand how culture is defined and how the process of enculturation takes place.	2	U
CO 2	Understand the ways in which culture influences physical health, mental health and the process of therapy.	2, 7	U
CO 3	Explore the diversity of cultures and indigenous practices in India.	2, 9	An
CO 4	Apply the frame of reference of the Indian cultural context to increase the effectiveness of psychotherapy for the Indian population.	1, 4, 9	Ap



**Course Title: Counselling Process and Microskills**  
**Course Code: APSY0703**

Sr. No.	On completing the course, the student will be able to:	PSOs addressed	Cognitive levels
CO 1	Acquire a deeper understanding of the client-therapist relationship and factors that strengthen the therapeutic alliance.	1	U
CO 2	Understand what is contained in the broad stages that make up the therapeutic process.	1	U
CO 3	Facilitate development of the core conditions of counselling.	1	Ap
CO 4	Develop the basic skills of counselling through classroom training.	1	Ap
CO 5	Promote knowledgeable debate and discussion on the laws, policies and ethics of counselling in India.	3, 9	E

**Course Title: Theoretical Approaches to Psychotherapy**  
**Course Code: APSY0704**

Sr. No.	On completing the course, the student will be able to:	PSOs addressed	Cognitive levels
CO 1	Understand the nature of a theory in counselling and psychotherapy.	2	U
CO 2	Understand the need for theory in counselling and psychotherapy.	2	U
CO 3	Get an orientation to the history, development and theoretical foundations of thirteen evidence-based approaches to psychotherapy.	2	U
CO 4	Evaluate the advantages and limitations of each approach to psychotherapy.	2	E
CO 5	Apply theory to conceptualize cases according to these different approaches.	2	Ap



**Course Title: Research Methods and Statistics in Psychology**  
**Course Code: APSY0705**

Sr. No.	On completing the course, the student will be able to:	PSOs addressed	Cognitive levels
CO 1	Critically evaluate the philosophies underlying both qualitative and quantitative research in psychology.	6	E
CO 2	Develop a thorough grounding in the research process and the scientific method.	6	U
CO 3	Understand concepts, methods and analysis in non-experimental and experimental research.	6	U
CO 4	Understand the reasoning behind statistical hypothesis testing and the application of this reasoning through different inferential statistics.	6	An, Ap
CO 5	Apply this conceptual knowledge to planning and executing research in the field.	6	Ap

**Course Title: Practicum: Group Process and Individual Counselling**  
**Course Code: APSY0706**

Sr. No.	On completing the course, the student will be able to:	PSOs addressed
CO 1	Gain insight into aspects of the self through reflection and introspection.	1
CO 2	Formulate goals and work towards self development.	1
CO 3	Use empathy and active listening to be an effective part of a therapy group.	1
CO 4	Use sharing and responding as a means of genuine bonding with a group.	1



## Semester II

### Course Title: Normal and Abnormal Development in Childhood and Adolescence

Course Code: APSY0801

Sr. No.	On completing the course, the student will be able to:	PSOs addressed	Cognitive levels
CO 1	Understand theoretical models and recent research explaining typical and atypical development in different areas of the lifespan stages of childhood and adolescence.	3, 8	U
CO 2	Evaluate these models and research findings in the current real-world scenario and in the Indian context.	3, 8, 9	E
CO 3	Apply this understanding practically in the context of counselling.	1, 3, 8	Ap

### Course Title: Psychological Assessment in Childhood and Adolescence

Course Code: APSY0802

Sr. No.	On completing the course, the student will be able to:	PSOs addressed	Cognitive levels
CO 1	Develop competence in the administration, scoring and interpretation of common tools of psychological assessment used with children and adolescents.	5	Ap
CO 2	Apply information gained from psychological testing to inform therapeutic intervention recommendations.	5	Ap
CO 3	Develop skills of writing test reports that are clear, informative and meet ethical guidelines.	5	Ap
CO 4	Critically analyse and evaluate ethical and practical issues associated with psychological testing.	5	An, E



**Course Title: Counselling Special Groups in Childhood and Adolescence**  
**Course Code: APSY0803**

Sr. No.	On completing the course, the student will be able to:	PSOs addressed	Cognitive levels
CO 1	Understand the theory behind, and develop skills in counselling techniques specific to the age group of children and adolescents.	4	U, Ap
CO 2	Develop skills for working with distinct population groups within this lifespan stage.	4	Ap
CO 3	Apply the skills learned in the current, real-world, Indian context.	1, 4, 9	Ap

**Course Title: Psychotherapeutic Techniques – I**  
**Course Code: APSY0804**

Sr. No.	On completing the course, the student will be able to:	PSOs addressed	Cognitive levels
CO 1	Develop skills in practicing counselling techniques from diverse therapeutic approaches.	1	Ap
CO 2	Apply these skills to different psychological issues in different populations at any age in the lifespan.	3	Ap
CO 3	Reinforce an in-depth conceptual understanding of the theoretical foundations of these psychotherapeutic techniques.	2	U
CO 4	Understand how to apply these techniques in the real-world, Indian cultural context.	1, 9	Ap



**Course Title: Practicum: Field Work**  
**Course Code: APSY0805**

<b>Sr. No.</b>	<b>On completing the course, the student will be able to:</b>	<b>PSOs addressed</b>
CO 1	Use microskills of counselling when seeing clients in a therapeutic context.	1
CO 2	Conduct a mental status examination through observation of clients.	1
CO 3	Gather a comprehensive case history from clients in a therapeutic setting.	1
CO 4	Conceptualize a client's case from an appropriate psychotherapeutic perspective to make counselling more effective.	2, 9
CO 5	Collaborate with a client to create goals and work to meet those goals in therapy.	3, 4, 9
CO 6	Reflect and introspect on the impact of therapy sessions with clients on their own self-development.	1



### Semester III

#### Course Title: Normal and Abnormal Development in Young and Middle Adulthood

Course Code: APSY0901

Sr. No.	On completing the course, the student will be able to:	PSOs addressed	Cognitive levels
CO 1	Understand theoretical models and recent research explaining typical and atypical development in different areas of the lifespan stages of young and middle adulthood.	3	U
CO 2	Evaluate these models and research findings in the current real-world scenario and in the Indian context.	3, 9	E
CO 3	Apply this understanding practically in the context of counselling.	1, 3	Ap

#### Course Title: Psychological Assessment in Young and Middle Adulthood

Course Code: APSY0902

Sr. No.	On completing the course, the student will be able to:	PSOs addressed	Cognitive levels
CO 1	Develop competence in the administration, scoring and interpretation of common tools of psychological assessment used with young and middle adulthood population.	5	Ap
CO 2	Apply information gained from psychological testing to inform therapeutic intervention recommendations.	5	Ap
CO 3	Develop skills of writing test reports that are clear, informative and meet ethical guidelines.	5	Ap
CO 4	Critically analyse and evaluate ethical and practical issues associated with psychological testing.	5	An, E





**Course Title: Counselling Special Groups in Young and Middle Adulthood**  
**Course Code: APSY0903**

Sr. No.	On completing the course, the student will be able to:	PSOs addressed	Cognitive levels
CO 1	Understand the theory behind, and develop skills in counselling techniques specific to the age group of young and middle adulthood.	4	U, Ap
CO 2	Develop skills for working with distinct population groups within this lifespan stage.	4	Ap
CO 3	Apply the skills learned in the current, real-world, Indian context.	1, 4, 9	Ap

**Course Title: Psychotherapeutic Techniques – II**  
**Course Code: APSY0904**

Sr. No.	On completing the course, the student will be able to:	PSOs addressed	Cognitive levels
CO 1	Develop skills in practicing counselling techniques from diverse therapeutic approaches.	1	Ap
CO 2	Apply these skills to different psychological issues in different populations at any age in the lifespan.	3	Ap
CO 3	Reinforce an in-depth conceptual understanding of the theoretical foundations of these psychotherapeutic techniques.	2	U
CO 4	Understand how to apply these techniques in the real-world, Indian cultural context.	1, 9	Ap



### Semester IV

#### Course Title: Normal and Abnormal Development in Late Adulthood

Course Code: APSY1001

Sr. No.	On completing the course, the student will be able to:	PSOs addressed	Cognitive levels
CO 1	Understand theoretical models and recent research explaining typical and atypical development in different areas of the lifespan stages of late adulthood.	3	U
CO 2	Evaluate these models and research findings in the current real-world scenario and in the Indian context.	3, 9	E
CO 3	Apply this understanding practically in the context of counselling.	1, 3	Ap

#### Course Title: Psychological Assessment in Late Adulthood

Course Code: APSY1002

Sr. No.	On completing the course, the student will be able to:	PSOs addressed	Cognitive levels
CO 1	Develop competence in the administration, scoring and interpretation of common tools of psychological assessment used with the late adulthood population.	5	Ap
CO 2	Apply information gained from psychological testing to inform therapeutic intervention recommendations.	5	Ap
CO 3	Develop skills of writing test reports that are clear, informative and meet ethical guidelines.	5	Ap
CO 4	Critically analyse and evaluate ethical and practical issues associated with psychological testing.	5	An, E



**Course Title: Counselling Special Group in Late Adulthood**  
**Course Code: APSY1003**

Sr. No.	On completing the course, the student will be able to:	PSOs addressed	Cognitive levels
CO 1	Understand the theory behind, and develop skills in counselling techniques specific to the age group of young and middle adulthood.	4	U, Ap
CO 2	Develop skills for working with distinct population groups within this lifespan stage.	4	Ap
CO 3	Apply the skills learned in the current, real-world, Indian context.	1, 4, 9	Ap

**Course Title: Psychotherapeutic Techniques – III**  
**Course Code: APSY1004**

Sr. No.	On completing the course, the student will be able to:	PSOs addressed	Cognitive levels
CO 1	Develop skills in practicing counselling techniques from diverse therapeutic approaches.	1	Ap
CO 2	Apply these skills to different psychological issues in different populations at any age in the lifespan.	3	Ap
CO 3	Reinforce an in-depth conceptual understanding of the theoretical foundations of these psychotherapeutic techniques.	2	U
CO 4	Understand how to apply these techniques in the real-world, Indian cultural context.	1, 9	Ap