



# **P. G. DEPARTMENT OF PSYCHOLOGY**

## **UNIVERSITY OF KASHMIR**

**NAAC Accredited Grade 'A++'**

### **Entrance Test Syllabus for Admission in Diploma in Addiction Psychology and rehabilitation Counselling-2025**

#### **Instructions:-**

- ❖ **The entrance syllabus contains fifteen (15) units with a weight age of four (04) marks to each unit.**
  - ❖ **There will be sixty (60) questions with four (04) questions from each unit.**
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#### **I General psychology**

- Psychology as a Science; Methods of Psychology; Schools of Psychology.
- Theories of Learning: Classical Conditioning, Operant Conditioning, Cognitive Learning, Social Learning.
- Concepts of Personality: Psychoanalytic, Behaviouristic, Cognitive, Humanistic, and Evolutionary Approaches: Determinants of Personality.
- Motivation and Behavior: Theories of Motivation; Biological Motivation; Social Motives.
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#### **II Cognitive Psychology**

- Theories, and Models of Attention; Factors Influencing Attention.
- Perceptual process, Factors influencing perception, perceptual laws.
- Models of Memory; STM, LTM, Working memory.
- Thinking, problem solving and Decision making.

#### **III Biopsychology**

- Central Nervous System: Structure & Functions.
- Peripheral Nervous System: Structure & Functions.
- Neurotransmission and brain structures critical to emotion, cognition, and behavior.
- Neurobiological mechanisms underlying stress, trauma, addiction, and major psychological disorders.

#### **IV Life Span Development:**

- Life-span perspective on human development from infancy to old age.
- Essential physical development aspects: brain maturation, motor functioning, sensory changes, and health across the lifespan.
- Core cognitive development theories (Piaget, Vygotsky)
- Socio-emotional frameworks (Erikson's psychosocial theory, Bowlby's attachment theory).

#### **V Clinical Psychology**

- History, contemporary issues and challenges in the field of Clinical Psychology.
- Work settings and skills of clinical psychologist.
- Client therapist relationship and APA Code of ethics.
- Types of clinical assessment, Psycho diagnostics, Interviews, Personality, Behavioral and intelligence assessment.



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#### **VI Psychopathology**

- Concept of Normality and Abnormality; Purpose of Diagnosis and Classification.
- Evolution of Diagnostic Systems; Current Paradigms in Psychopathology.
- Overview of Anxiety Disorders; Obsessive-Compulsive and Related Disorders; Bipolar and Related Disorders; Depressive Disorders; Schizophrenia Spectrum and Other Psychotic Disorders.
- Personality Disorders; Neurocognitive Disorders (Delirium, Alzheimer's Disease, and Parkinson's Disease).

#### **VII Behavior Modification:**

- Fundamental learning theories: classical and operant conditioning. Behavioral assessment and goal-setting.
- Core behavior modification techniques: reinforcement, punishment, shaping, extinction, and habit reversal.
- Relaxation methods: progressive muscular relaxation. Systematic desensitization. Modeling procedures.
- Applications in clinical and rehabilitation counselling. Ethical considerations in behavior therapy.

#### **VIII Psychotherapeutics**

- Psychotherapy; Therapy Environment;
- Psychodynamic Psychotherapy; Adlerian Psychotherapy; Analytical Psychotherapy.
- Cognitive Behavior Therapy; Rational Emotive Behavior Therapy.
- Group and Family Therapy.

#### **IX Health Psychology**

- Concept, emergence and current trends.
- Psychosocial determinants of Health.
- Negative personality traits influencing health: Type A, Neuroticism and Hostility.
- Psychosocial impact of cardiovascular diseases, diabetes and Obesity.

#### **X Stress Management:**

- Types and sources of stress, Coping mechanisms.
- Models of stress.
- Stress Management: Coping and types of coping strategies (proactive coping, religious coping techniques, and Jacobson's Progressive Muscle Relaxation).
- Burnout; Interventions for Stress and Burnout.

#### **XI Counselling Psychology:**

- Historical background of Counselling Psychology: Concept, Purpose and types.
- Stages of Counselling: Initial Disclosure, In-Depth Exploration, Commitment to Action, Termination and Follow Up.
- Approaches: Psychoanalytic, cognitive behavioural and humanistic.
- Skills of a counsellor; Ethical issues in counselling; ACA code of Ethics.



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#### **XII    Addiction Psychology**

- Addiction and its types- substance and behavioural.
- Basic Psychological models of addiction: Disease model, Biopsychosocial model, Social learning theory and stages of change model.
- Concept of craving, tolerance and withdrawal.
- Advocacy and de-stigmatization.

#### **XIII    Forensic Psychology**

- Historical aspects governing contemporary Forensic Psychology
- Relationship between Psychology and Law
- Criminal behavior: psychological theories and factors influencing crime
- Substance abuse and crime: psychological perspectives.

#### **XIV    Psychological Testing**

- Nature and scope of psychological testing.
- Principles of test construction: Standardization and norms; reliability and validity.
- Types of psychological tests: intelligence, personality, aptitude, achievement
- Applications of psychological testing in clinical and counselling settings

#### **XV    Research Methodology:**

- Research: Purpose, types and Steps of research. Ethics in research.
  - Research Designs: Experimental, Co relational, Quasi-experimental.
  - Sampling: sample size, methods and data Collection techniques.
  - Data: Sources, types (raw and standard data), data analysis procedure.
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