

INTERNSHIP PROGRAMME FOR UG DEGREE (SEMESTER-V)

(For the students admitted under New Curriculum and Credit Framework from the academic session 2023-24)



Course Title: Psychology and Mental Health	
Internship Providing Organization (IPO):	Department of English, Bankura Sammilani College
Category of Course:	For UG DEGREE (SEM-V)
Duration:	60 Hours
Course Coordinator and Contact Details:	Mr. Dinabandhu Ghosh Mob: 9434999899
Mentors:	Dr. Shrabani Hembram Mrs. Nabanita Paul Mr. Saptarshi Roy Mr. Pradyot Ghanteswari Mrs. Debarati Mondal
Intake Capacity:	140 Students
Course Fees:	Rs. 100/- (Students from Host Institution) Rs. 400/- (Students from Other Institution)

SYLLABUS

Course Title: Psychology and Mental Health [50 Marks/2 Credits/60 Hours]

Learning Outcomes (LO)

- Improved clinical skills: Develop competence in assessment, diagnosis, and treatment.
- Increased confidence: Gain confidence in working with clients or patients.
- Professional networking: Establish relationships with professionals in the field.
- Research experience: Gain experience in research design, data collection, and analysis.
- Career clarity: Gain insight into career options and specializations.
- Enhanced employability: Increase chances of employment in psychology-related fields.
- Personal growth: Develop self-awareness, empathy, and cultural competence.

- 1) INTRODUCTION
- 2) IVAN PAVLOV
- 3) B. F. SKINNER
- 4) SIGMUND FREUD
- 5) ANNA FREUD
- 6) LAWRENCE KOHLBERG
- 7) STANLEY MILGRAM
- 8) ALFRED ADLER
- 9) BASIC THEORIES ON GROUPS
- 10) PHILIP ZIMBARDO
- 11) SOLOMON ASCH
- 12) JOHN B. WATSON
- 13) HERMANN RORSCHACH
- 14) VISUAL PERCEPTION
- 15) GESTALT PSYCHOLOGY
- 16) COGNITIVE PSYCHOLOGY
- 17) COGNITIVE DISSONANCE THEORY
- 18) DRIVE REDUCTION THEORY
- 19) HARRY HARLOW
- 20) JEAN PIAGET
- 21) ALBERT BANDURA
- 22) CARL ROGERS
- 23) ABRAHAM MASLOW
- 24) THEORIES OF INTELLIGENCE
- 25) KURT LEWIN
- 26) CARL JUNG
- 27) HENRY MURRAY
- 28) LEFT AND RIGHT BRAIN
- 29) LOVE
- 30) KAREN HORNEY
- 31) JOHN BOWLBY
- 32) ATTRIBUTION THEORY

- 32) EMOTION
- 33) PERSONALITY
- 34) LEADERSHIP THEORIES
- 35) DREAMS
- 36) ART THERAPY
- 37) HYPNOSIS
- 38) ALBERT ELLIS
- 39) COGNITIVE BEHAVIORAL THERAPY
- 40) HEURISTICS
- 41) HARRY STACK SULLIVAN
- 42) THE MAGICAL NUMBER SEVEN, PLUS OR MINUS TWO
- 43) ERICH FROMM
- 44) THE GOOD SAMARITAN EXPERIMENT
- 45) PERSONALITY DISORDERS
- 46) DISSOCIATIVE DISORDERS
- 47) THE ROSENHAN EXPERIMENT
- 48) DAVID KOLB'S LEARNING STYLES
- 49) ANXIETY DISORDERS
- 50) MARY AINSWORTH AND STRANGE SITUATIONS
- 51) MOOD DISORDERS
- 52) LEV VYGOTSKY'S SOMATOFORM DISORDERS
- 53) FALSE CONSENSUS AND UNIQUENESS EFFECTS
- 54) STRESS
- 55) SELF-DISCREPANCY THEORY

Suggested Books:

- a. Psych 101 – Paul Kleinman
- b. Super Simple Psychology: The Ultimate Bitesize Study Guide --DK
- c. How Psychology Works --Laurence Bouvard (Reader), Jo Hemmings (Consultant Editor)
- d. Simply Psychology – DK