

Course Type	Course Code	Name of Course	L	T	P	Credit
OE	HSO 407	Experience Psychology	3	0	0	9

Course Objective

The central objective of the course is to experience psychology by understanding its applications across different aspects of life and be able to use the psychological knowledge for better adjustment in life.

Learning Outcomes

Upon successful completion of this course, students should:

- have an understanding of the applications of psychology across various domains of life and be able to apply the same for better adjustment to challenges in modern life.
- be able to understand and experience their own behaviours and develop deeper insights into the behaviours of the others in varied contexts.

Unit No.	Topics to be Covered	Lecture Hours	Learning Outcome
1	Introduction to Psychological disorders: A Glimpse into the Classification systems of Psychological disorders: DSM & ICD , Theoretical Perspectives to Psychological Disorders – Biological, Behavioural, Cognitive and Humanistic	7	Understanding the historical origins and theoretical perspectives to psychological disorders. Understanding classification systems of psychological disorders
2	Psychological disorders Anxiety disorders, Mood disorders, Dissociative disorders, Childhood disorders , Somatoform disorders , late-onset disorders	8	Understanding the psychological disorders and their causes and effects.
3	Stress and Coping Nature of stress, sources and effects of stress, concept of coping, different coping strategies	5	Understanding stress and coping for better adjustment with stressors in life
4	Psychotherapies Cognitive Behaviour Therapy, Rational Emotive Behaviour Therapy, Psychodynamic therapy, Person-centred Therapy, Gestalt Therapy, Transactional analysis	12	Understanding the different therapies and their applications
5	Interpersonal relationships Friendship, love, marriage and intimate relationships	5	Understand the concept of friendship, love and relationships in an increasingly dynamic world.
6	Political Psychology The moral foundations of politics, Post-truth politics and discursive psychology	5	Understanding the basics of political psychology.
	Total Lecture Hours	42	

Text Books:

King, L. A. (2012). *Experience psychology* (Second Edition). New York: McGrawHill Education.

Weiten, W., Dunn S., Hammer, E Y. (2015) *Psychology Applied to Modern Life: Adjustment in the 21st Century* (Eleventh Edition). USA: Cengage Learning.

Reference book:

Rieger, E. (Ed.) 2017, *Abnormal psychology: Leading researcher perspectives*, 4th edition, McGraw Hill, Sydney