

(003-A&H-03-02) DIGITAL PSYCHOLOGY

Significance of the Program:

The Clinical Psychology program is designed to equip students with the knowledge and skills needed to address the complex challenges individuals face in their personal, familial, and community lives. The program imparts skills like decision-making, time management, and values-based living. The course aims to empower individuals to lead stress-free lives and plan which in turns help leading a healthy future.

Career Options:

Upon completion of this program, graduates can pursue various career paths in the field of mental health, catering to the diverse needs of individuals and communities

1. School Counselling:

- School counsellors in central and state government schools, guide students through academic, personal, and social challenges.

2. Hospital Counselling:

- Hospital counsellors providing mental health support in healthcare settings.

3. Rehabilitation Counselling:

- Rehabilitation counsellors in special schools, assisting individuals with special needs.

4. Organizational Counselling:

- Organizational counsellors in personal offices, addressing workplace stress and mental health concerns.

5. Personality Development Training:

- Personality development trainers working with students and individuals to enhance personal growth.

6. Therapy Training:

- Therapy trainers specializing in Cognitive Behavioural Therapy (CBT) and mindfulness for addressing various psychological issues.

7. IQ and Personality Testing:

- Trained IQ testers and personality assessors, contributing to psychological assessments.

8. Palliative Care Counselling:

- Palliative care counsellors providing emotional support and guidance for individuals facing serious illnesses.

Outcomes of the Program:

Upon completion of the program, students will achieve the following outcomes:

1. **Effective Time Management:**
 - Mastery of time management skills for planning and achieving career goals.
2. **Holistic Life Habits:**
 - Awareness and implementation of healthy habits for a balanced and fulfilling life.
3. **Behavioural Analysis:**
 - Analysing and understanding socio-economic behaviours, community-based behaviours, and individual lifestyles.
4. **Personality Assessment:**
 - Assessing others' behaviours and personalities, contributing to a deeper understanding of human dynamics.
5. **Quality of Life Improvement:**
 - Enhancing the quality of life through lifestyle modifications and stress reduction strategies.

Major Course Outline:

1. **Psychopathology:**
 - Study of abnormal behaviour and mental disorders.
2. **Counselling Psychology:**
 - Techniques and principles of counselling for individuals facing psychological challenges.
3. **Positive Psychology:**
 - Exploration of factors that contribute to human well-being and flourishing.
4. **Cognitive Behaviour Therapy (CBT):**
 - Application of CBT techniques for addressing thought patterns and behaviours.
5. **Personality Development:**
 - Understanding and fostering personal growth and development.
6. **Developmental Psychology:**
 - Study of psychological development across the lifespan.