

M.SC. II YEAR (PSYCHO NEUROBICS)

LATERAL ENTRY

For those who have passed PG Dip (MDPN)

PAPER – I

Applied Psycho Neurobics

Unit - 1 Hypnosis and Psychology

Definition of Hypnosis--History of Hypnosis--Types of Hypnosis--Psychology--Indian Psychology--Feelings--Emotions--Stress-Stressors--Types of Ego--Psychological Games People Play--Theory of Mind--Message Unit--Fight or Fight

Unit - 2 Applied Psychology

Psychological Approaches to Learning--Methods of Psychology--Model--Psychoanalytic Model--Behavioristic Model--Humanistic Model--Existential Model--Interpersonal Model--Cognitive Model--Medical Model--Gestalt Therapy--The Concept of Attention--Learning--Motivation--Frustration and Conflicts--Personality--Brain and Nervous System--Psychometrics--Sports Psychology--Reality--Eye Accessing Cues--Internal Dialogue--Modalities--Sub Modalities--Meta Model--Information gathering--Three Universal Modeling Process--Milton H. Erickson Model--Meta Model and Milton Model--Suggestions--Laws of Suggestibility--Delta State--Visualization and Imagery--Right and Left Brain--Types of Relaxation

Unit – 3 Psychosomatic Disease and Relationship Counselling

Psychosomatic Diseases--Psycho Social Factors--Socio-Cultural Factors--Psychobiosocial Factors--Pre-induction Interview--Modalities--Defense Mechanisms--Family Systems--Roles of Children in Dysfunctional Families--Hypno Diagnostic Tools--Emotional and Physical Sexuality--Development of Sexuality--Physical and Emotional Female Traits--Physical and Emotional Male Traits--Honeymoon Stage--Familiarity--Priorities for a Physical--Priorities for an Emotional--Psychodrama--Empty Chair Technique

Unit - 4: Influence of Thoughts and Clinical Hypnosis

Influence of Thoughts--Causes of Discomforts in Physical and Mental Body--Mind Scan--Colours--Catharsis--Dream Analysis--Dynamic Symbols--Sleep Cycles--Sleep Deprivation Studies--Drugs and REM Deprivation--Sleep Disorders--Hand Writing Analysis--Neuropathways--Hypnodrama and Sports--Phobia--Psychoneurosis--Anxiety Neurosis--Low Blood Sugar--Eating Disorders--Substance Abuse--Private Violence--Self Protection-Introduction--Self Efficacy and Health Behaviour--Exercises Versus Stress--Explosive Personality Disorder and Treatment--Habit Control--Examination Anxiety--General Self Improvement--Memory Improvement--Motivating Clients--Stress Management and Sports--Applications

Unit – 5: Psychoneuroimmunology

History--The Immune-Brain Loop--Psychoneuroimmunological Effects--Link between Stress and Disease--Communication between the Brain and Immune System-- Communication between the Neuroendocrine and Immune System--Connections between Glucocorticoids and Immune System--Corticotropin-Releasing Hormone(CRH)-Pharmaceutical Advances-Current Research in the Field-Conclusion

PAPER – II

SCIENCE OF HEALING

Unit – I Alternative Medical Systems-- Allopathy - An Introduction--Ayurveda--Homeopathy--Naturopathic medicine--Traditional Chinese medicine--Environmental medicines--Chelation Therapy

Unit – II Mind-Body Interventions-- Biofeedback--Dance Therapy--Music Therapy--Guided Therapy--Humor Therapy--Hypnotherapy--Meditation--Prayer Therapy--Yoga--Bio Energetic Devices--Applied Kinesiology--Mind-Body Techniques--Casual Video Games--Hydrotherapy

Unit – III Biology-based Therapies-- Vitamins, Minerals and Other Dietary Supplements –Herbal products--Apitherapy--Aroma Therapy--Flower Essence--Oxygen and Ozone Therapy --Baleno therapy--Bio Chemic Tissue Salts--Allergy --Sun Care – Skin Care--Poison Ivy and Oak Allergy

Unit – IV Manipulative and Body-Based Methods- - Acupressure -- Acupuncture --Alexander Technique--Chiropractic--Feldenkrais Method--Reflexology --Osteopathy--Rolfing--Therapeutic Touch--Neurotherapy --

Craniosacral therapy--Heller work – bodywork--Shiatsu – Japanese finger pressure--Remedies for Back pain relief

Unit V - Energy Therapies Psychoneurobics--Reiki--Magnetic fields--Colour therapy--Light therapy--Neuro emotional therapy--Qigong and Tai Chi

PAPER – III

RESEARCH METHODOLOGY

Unit – I - Introduction to Research

Meaning and scope of research - Need, Nature and Scope of Research in Psycho Neurobics - Types of Research-Fundamental , Applied and Action - Tools and techniques of research – Sampling - Mechanics of research reporting.

Unit – II Research Proposal

Identification of Research Topic in Psycho Neurobics - Research proposal: Its Meaning and Need--Identification of Research Topic: Sources and Need--Review of Related Literature--Rationale and Need for the Study--Definition of Terms--Variables--Research Questions, Objectives and Hypotheses--Assumption if Any--Scope, Limitations and Delimitations--Method, Sample and Tools--Significance of Study--Bibliography--Chapterisation

Unit III - Research Methodology

Descriptive Research-Causal Comparative, Correlational, Case Study, Ethnography, Content Analysis - Historical Research- Meaning, Scope of Historical Research, Steps of Doing Historical Research, Types of Historical Sources. Historical Criticism – Internal and External - Experimental Research- Pre Experimental Design, Quasi-Experimental Design and True Experimental Design - Factorial Design - Nesting Design - Single Subject Design - Internal and Experimental Validity - Controlling Extraneous and Intervening Variables.

Unit – IV - Variables and Hypotheses

Variables-Meaning of Variables, Types of Variables - Hypotheses- Concept of Hypotheses, Sources of Hypothesis, Types of Hypotheses, Characteristics of a Good Hypotheses

Unit – V - Data Analysis

Descriptive Data analysis- Measures of central Tendency – Measures of Variability and graphical representation of data - Use of excel in data analysis - Inferential data analysis – statistical techniques, correlation, t-test, z-test, ANOVA, critical ratio for comparison, normal probability curve, testing of hypotheses, type I and type II Errors, level of significance.

PAPER – IV

HUMAN ANATOMY AND PHYSIOLOGY

Unit – I Introduction to Human Body--Human Body Structure--Body Functions--Life Process--Cell Structure--Cell Functions --Body Tissues--Body Membranes

Respiratory System-- Introduction to the Respiratory System-- Mechanics of Ventilation-- Conducting Passages

Unit – II Skeletal System-- Functions of the Skeletal System--Structure of Bone Tissue--Bone Development--Bone Growth--Classification of Bones-- Divisions of the Skeleton--Articulations

Muscular System--Functions of the Muscular System--Structure of Skeletal Muscle--Muscle Types--Skeletal Muscle Groups

Unit – III Urinary System--Functions for the Urinary System--Components of the Urinary System

Reproductive System--Functions of the Reproductive System--Organs of the Male Reproductive System--Male Sexual Response and Hormonal Control-- Organs of the Female Reproductive System--Female Sexual Response and Hormonal Control

Unit IV- Digestive System--Functions of the Digestive System--General Structure of the Digestive System--Organs of the Digestive System--Alimentary Tract-- Accessory Organs

Cardio - Vascular System Introduction to the Cardiovascular System-- Structure of the Heart--Physiology of the Heart--Blood--Classification & Structure of Blood Vessels--Physiology of Circulation--Circulatory Pathways

Unit V - Nervous System--Functions of the Nervous System--Nerve Tissue--Organization of the Nervous System--The Central Nervous System--The Peripheral Nervous System

Endocrine System--Introduction to Endocrine System--Characteristics of Hormones
--Endocrine Glands

**PAPER – V
(PRATICAL)**

PSYCHO NEURO THERAPY & DELTA HEALING

Unit – 1 Pre Induction and Inductions

Client Interview Guideline--Mind--Cognitive Session--Hypnotic Modalities--Indirect Approach--Gathering Information--Healing Procedure--Primary Inductions--Deepening Techniques--Muscle Testing

Unit – 2 Delta Sessions

Goals of Psycho Drama - Hypno Drama--Regressions--Script for Age Regression--Inner Child Sessions--Mind Scan--Dream Interpretation

Unit -3 : Syndromes and Applications

Script for Anxiety--Desensitization Script--Models and Therapy--General Syndromes

Unit – 4 – Empowering Scripts

Circle of Excellence--Crisis--Habit Control--Inductions--Healing Scripts--Past Life Therapy--Incompatible Energy

Unit – 5 – Psycho Analysis And Personality Test

Emotional Intelligence Test-- Myer Briggs Type Indicator --Beck Depression Inventory--State Trait Anger Expression Inventory (STAXI)

PAPER - VI

Thesis & Viva – Voce

Objectives of the Project

1. To acquire Practical knowledge.
2. To acquire skills in the Administration of Yogic Practices in the Real life
3. To Identify Some common problems found among people
4. To do a systematic investigation into such problems
5. To suggest remedial measures to make life more meaningful, and purposeful.

To learn the clinical method, case history writing, measurement of clinical symptoms.

Psychological Parameters, Application of Statistics on the initial and final data recorded.