



MIT-ADT
UNIVERSITY
PUNE, INDIA

A leap towards World Class Education

School of Vedic Sciences
Department of Psychology

Syllabus

For

Masters in Clinical Psychology
(MSc CP)

(With Effect from Academic Year 2025-26)

FACULTY OF HUMANITIES & SOCIAL SCIENCES

Approved by

Registrar

MIT ADT University, Pune

Vision

The vision of the School of Vedic Sciences is to create a transformative educational system rooted in Indian Knowledge Systems and psychological sciences.

Mission

The mission of the School of Vedic Sciences is to provide a **technologically driven learning environment** that empowers students and faculty to excel in academia and meet global industry standards. Through an **interdisciplinary approach** combining Indian Knowledge Systems and psychological sciences and other allied fields, the school fosters **Evidence based learning**, and moulds **culturally sensitive, and socially responsible students** . The school emphasizes **skill enhancement** by encouraging students to **identify the needs of local and regional communities** and create **job opportunities** for themselves and others.

Nomenclature of the Program: Masters in Clinical Psychology

Program Code: Masters in Clinical Psychology (MSc Clinical Psychology)

About the Program

Background & Preface of the Program:

In June 2017, Maharshi Vedavyas MIT School of Vedic Sciences (MIT SVS) had taken a pioneering step to launch the B.Sc Integral Psychology program at undergraduate level that integrates western perspective of Psychology with the rich knowledge repository of Indic / Vedic perspective. This program is designed to groom the next generation of holistic counsellors, psychotherapists and leadership coaches who will be armed with the best of modern and ancient insights into human behaviour.

Over the past 4 years, MIT SVS has been attracting a steady and growing stream of dedicated students passionate about its novel approach to psychology. To offer the next logical step in terms of professional practice, MIT SVS is launching the M.Sc program in Clinical Psychology starting from the academic year 2022-23. This program will enable the students to become professional in this field with the ability for independent practice as well as further research.

Graduate Attributes:

Graduate attributes for an MSc in Clinical Psychology program at MIT ADT University typically represent the skills, knowledge, and professional behaviors that students are expected to develop by the time they complete the program. Here are some key graduate attributes tailored to MSc Clinical Psychology:

1. Knowledge and Understanding of Clinical Psychology

- Understand a comprehensive understanding of psychological theories, therapeutic models and frameworks, particularly in relation to mental health & well being
- Understand various interdisciplinary psychotherapeutic techniques.

2. Clinical Skills and Application

- Perform and analyze psychological assessments using appropriate clinical tools and techniques.
- Develop treatment plans and provide therapeutic interventions in simulation / under supervision based on relevant psychotherapeutic models.

3. Ethical and Professional Practice

- Demonstrate adherence to the ethical codes and professional standards of clinical psychology in practice, as defined by relevant regulatory bodies (e.g., RCI, American psychological association, British Psychological Society - Health and Care Professions Council).
- Maintain professionalism in interactions with clients, families, and other healthcare professionals.
- Engage in reflective practice, seeking supervision when necessary and actively working on personal and professional development.

4. Research Skills

- Design, conduct, and critically evaluate psychological research pertaining to significant issues in the society.
- Exhibit robust understanding and application of research methodologies and statistical techniques used in psychological research.
- Prepare research reports and publish research findings in reputed journals keeping in line with ethical considerations by relevant regulatory bodies.
- Develop new intervention techniques, psychometric tests through sound research.

5. Cultural Competency and Inclusivity

- Demonstrate sensitivity and awareness of cultural, social, and individual diversity when working with clients from various backgrounds.
- Tailor psychological interventions to the specific needs of diverse populations, addressing issues such as gender, race, ethnicity, socio-economic status, and sexual orientation.

6. Communication, Interpersonal & Collaborative Skills

- Exhibit excellent verbal and written communication skills when interacting with clients, families, and professionals.
- Use empathy and active listening in clinical practice to build strong therapeutic alliances.
- Communicate research findings, clinical insights, and complex psychological concepts to both specialist and non-specialist audiences.
- Work collaboratively with multidisciplinary teams in clinical settings to deliver patient-centered care.

7. Critical Thinking and Problem-Solving

- Apply critical thinking to assess complex clinical problems and develop innovative solutions.
- Integrate theoretical knowledge with practical experience to make sound, evidence-based clinical decisions.
- Critically evaluate new evidence, research, and developments in the field to continuously update clinical practice.

8. Leadership and Management Skills

- Demonstrate leadership in clinical settings, guiding teams in the implementation of psychological interventions.
- Manage time effectively, balancing clinical responsibilities, research, and continued professional development.
- Take initiative in advancing psychological services and advocating for the mental health needs of diverse populations.

9. Self-Management and Resilience

- Display resilience and emotional regulation when managing the demands of clinical work, including dealing with emotionally challenging situations.
- Engage in self-care practices to maintain mental well-being and prevent burnout.

10. Lifelong Learning and Adaptability

- Commit to ongoing professional development, recognizing the need for continuous learning in response to advancements in the field of clinical psychology.

- Adapt to new challenges, technologies, and emerging best practices in clinical psychology to improve patient outcomes.

These attributes are essential for graduates of an MSc Clinical Psychology program to excel in clinical, academic, and research-oriented roles within the field.

Program Outcomes:

The program is intended to prepare graduates to be competent, ethical, and culturally sensitive clinical psychologists capable of making meaningful contributions to the field.

After completion of MSC Clinical Psychology program, the candidates will be able to:

1. Demonstrate a comprehensive understanding of concepts of the clinical psychology field.
2. Demonstrate advanced skills in conducting clinical interviews, psychological assessments, and interpreting assessment results for treatment planning.
3. Acquire proficiency in a range of therapeutic techniques, such as Individual, couple, family and group.
4. Effectively communicate clinical findings, treatment plans, and other relevant information through comprehensive and clear written reports.
5. Understand and adhere to ethical principles and standards in clinical psychology, including confidentiality, informed consent, and professional boundaries.
6. Develop proficiency in critically evaluating and integrating research literature into clinical practice.
7. Conduct research in the area of clinical psychology

Program Outcomes	Relevant to Local National / Regional / Global needs
PO1: Demonstrate a comprehensive understanding of concepts of clinical psychology.	Global
PO2 : Demonstrate a comprehensive understanding of concepts from the Indian knowledge system applicable in the field of clinical psychology.	National
PO3: Demonstrate advanced skills in conducting clinical interviews, psychological assessments, and interpret assessment results for treatment plans.	National
PO4: Acquire proficiency in a range of therapeutic techniques used in clinical psychology for individual, couple, family and group.	National
PO5: Effectively communicate clinical findings, treatment plans, and other relevant information through comprehensive and clear written reports to stakeholders.	Local
PO6: Understand and adhere to ethical principles and standards in clinical psychology as per norms of governing agencies.	National
PO7: Identify contemporary mental health issues and local needs to integrate it into research and clinical practice	Local
PO8: Develop proficiency in research methodology and clinical assessment.	National
PO9: Conduct research in the area of clinical psychology	Regional

Program Specific Outcomes (PSOs)

1. Demonstrate a deep understanding of cognitive processes such as perception, attention, memory, language, and problem-solving, and apply this knowledge to understand and assess mental health conditions.
2. Critically analyze and evaluate cognitive theories and models, and utilize them in clinical practice to inform assessment and intervention strategies.
3. Gain a comprehensive knowledge of the major theories of personality, including psychodynamic, humanistic, cognitive-behavioral, and trait theories, and apply them to assess, diagnose, and treat personality disorders in clinical settings.
4. Evaluate the influence of personality theories on therapeutic interventions and develop tailored interventions for individuals with various personality types.

5. Acquire expertise in the classification, etiology, and diagnosis of adult psychological disorders, including mood, anxiety, psychotic, and personality disorders.
6. Utilize evidence-based assessment tools and diagnostic frameworks (such as the DSM-5) to 7. Develop a deep understanding of the psychological and developmental issues faced by children and adolescents, including mood disorders, anxiety disorders, and behavioral disturbances.
8. Design and implement developmentally appropriate therapeutic interventions for children and adolescents dealing with mental health issues.
9. Master various therapeutic modalities, including Cognitive Behavioral Therapy (CBT), Psychodynamic Therapy, Humanistic Therapy, and Family Therapy, and apply these techniques in clinical practice.
10. Conduct evidence-based psychotherapeutic interventions with clients across the lifespan, tailoring therapy to individual needs and cultural contexts.
11. Understand the therapeutic potential of yoga and mindfulness practices in promoting mental health and managing psychological disorders.
12. Integrate yoga and mindfulness techniques with traditional psychotherapeutic interventions to enhance emotional regulation, stress management, and overall well-being in clients.
13. Demonstrate the ability to conduct independent, high-quality research on a clinical psychology topic, contributing to the existing body of knowledge.
14. Develop a dissertation that applies rigorous research methodologies, including data collection, analysis, and interpretation, and presents findings that contribute to the field of clinical psychology. assess and diagnose adult mental health issues effectively.

15. Participate actively in research labs, gaining hands-on experience in experimental design, data collection, and statistical analysis relevant to clinical psychology.

16. Develop a strong foundation in research ethics and best practices for conducting research in mental health settings.

17. Design, conduct, and present original research projects that explore clinical psychological issues, utilizing appropriate research methods and addressing relevant clinical problems.

18. Develop skills in collaborating with peers and mentors on large-scale research projects, integrating theoretical knowledge with practical experience to investigate mental health topics.

Unique Features of the MSc Clinical Psychology Program:

Here are the salient features of the M.Sc program at SVS

Skill-oriented Pedagogy:

- Case studies, independent thinking and critical analysis training given throughout the program. Honing of the ability for independent study via flipped classroom method: prior self-study by students followed by classroom discussion with faculty.
- Rigorous hands on training for psychometric tests
- Prepares for a career in clinical psychology with hands-on experience at inhouse counselling centre.
- Dedicated practice courses for inner development via self-awareness, empathic counselling and keen, non-judgemental observation – critical skills for any psychology professional.
- A full semester of immersion in hands-on research projects and internship to prepare the student for Doctoral research or independent practice.
- A special emphasis on familiarising the students with the eastern (especially Indian) socio-cultural context for psychology practice.

Eligibility:

- B.Sc in Integral Psychology at MIT SVS, Or BA/BSc with psychology.
- Screening by an entrance exam followed by a Face-to-face Interview

Procedure of Admission:

- Apply through an online application form with the payment of registration fees.
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Duration: 2 years - Full time

Pattern: Semester pattern

Minimum & Maximum Age Limit: Minimum age required -21yrs ; Maximum age - submission of relevant gap certificate with sound background in psychology.

Potential Scope after completion of the program:

Candidates after completing the Master's in Clinical Psychology will be able to

- Participate in clinical practice and counselling.
- Pursue teaching and Doctoral research in Psychology.

Program Structure:

- The Programme is structured with a common core curriculum that lays the foundations and a set of electives based on student preferences.
- Program will be divided into three groups of courses spread over 2 years. The groups of courses are as follows:
 - Core courses
 - Elective Course
 - Skill Based course- Hands-on-training
 - **Core Courses:** Core courses are compulsory for all the candidates. They help the candidates to understand the historical background of modern psychology as well

as Vedic psychology. Special emphasis is given to introduce the recent advances and trends in the field of psychology.

- **Elective Courses:** Elective courses are offered in semester II and III. Candidates are expected to select any one elective from the list provided based on their area of interest. Electives will be of 2 credits. This kind of selection of electives provides candidates with a specialisation which is the USP of the program.
- **Skill Training Courses:** Aim of skill based courses is to develop the necessary practical skills required as a future professional working in the psychology sector. There are many pathways through which skills can be developed amongst the candidates.

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Course Structure

Semester	Course Title	Credits	Course Type	Internal Assessment	External Assessment
Sem 1	25MCP5011 Cognitive Psychology	4 (4-0-0) 60 hrs	Core	60	40
	25MCP5012 Theories of Personality	4 (4-0-0) 60 hrs	Core	60	40
	25MCP5013 Research Methods – Quantitative	4 (4-0-0) 60 hrs	Core	60	40
	25MCP5014 Child Psychopathology	4 (0-2-2) 90 hrs	Core	60	40
	25MCP5015 Psychological testing lab 1	4 (0-2-2)	Practical	60	40
	25MCP5016 Basics of Indian Mind Sciences	2 (2-0-0) 30 hrs	Skill training	50	-
	25MCP5017 Behaviour Modification	2 (2-0-0) 30 hrs	Skill training	50	
	Total	24			
Sem 2	25MCP5021 Cognitive Psychology - II	4 (3-1-0) 60 hrs	Core	60	40
	25MCP5022 Adult Psychopathology	4 (4-0-0) 60 hrs	Core	60	40
	25MCP5023 Research Methods – Qualitative	4 (4-0-0) 60 hrs	Core	60	40
	25MCP5024 Theories of counselling	4 (4-0-0) 60 hrs	Core	60	40
	25MCP5025 Psychological Testing Lab 2	4 (0-2-2) 90 hrs	Practical	60	40
	25MCP5026 Indian Mind Sciences 2	2 (2-0-0) 30hrs	Skill training	50	

	Electives a. 25MCP5027A Rehabilitation for Severe Mental Illnesses b. 25MCP5027B School Psychology c. 25MCP5027C Therapy for Sexual Dysfunctions	2 30 hrs	(2-0-0)	Elective (Skill training course)	50	-
	Total	24				
Sem 3	25MCP6031 Research Methods Lab	4 90 hrs	(2-0-2)	Core	60	40
	25MCP6032 Counselling in Clinical Practice	4 90 hrs	(0-0-4)	Core	60	40
	25MCP6033 Geriatric Counselling	4 60 hrs	(4-0-0)	Core	60	40
	25MCP6034 Indian mind sciences 3	2 30 hrs	(2-0-0)	Core	60	40
	25MCP6035 Psychotherapy	4 60 hrs	(4-0-0)	Core	60	40
	25MCP6036 Psychopharmacology	2 30 hrs	(2-0-0)	Core	50	-
	25MCP6037 Psychological Testing Lab 3	4 60 hrs	(0-0-4)	Practical	60	40
	Elective 3: a. 25MCP6038 A Crisis and Trauma Counselling b. 25MCP6038 B Career Counselling c. 25MCP6038 C Psychometric Test Construction	2 30 hrs	(2-0-0)	Elective (Skill training course)	50	-

	Total	26			
Sem 4	25MCP6041 Supervised Internship	10 (0-4-6) 240 hrs	Training	60	40
	25MCP6042 Dissertation	10 (0-4-6) 240 hrs	Practical	60	40
	Total	20			

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