

**JYOTI NIVAS COLLEGE AUTONOMOUS**  
**DEPARTMENT OF PSYCHOLOGY**  
**FOURTH SEMESTER - BA**  
**COMPULSORY PRACTICAL / SKILL - 1**  
**COMMUNITY INTERVENTIONS IN PSYCHOLOGY**  
**2026-27 BATCH AND BEYOND**

**NO. OF CREDITS- 2**

**NO. OF HOURS- 30**  
**(0+1+3 Practical)**

**Course Outcomes (COs)**

By the end of this course, students will be able to:

- CO1. Use basic psychological assessment tools to identify community needs and strengths through field evaluations and visits to institutions. Students will gain practical experience conducting psychological assessments (e.g., needs assessments, surveys, and observational tools) in real-world settings, including NGOs, schools, and health centres.
- CO2. Design, implement, and evaluate evidence-based community intervention programs tailored to diverse populations.

Participants will collaboratively develop small-scale interventions based on field data, pilot them in community settings, and assess outcomes for effectiveness and sustainability.

- CO3. Develop practical skills in community training and psychoeducation for various stakeholders, including educators, caregivers, and health workers.

Through workshops and field assignments, students will learn how to facilitate training sessions and create educational materials for community development and mental health promotion.

- CO4. Participate in structured visits to institutions to understand existing community-based psychological services and analyse their intervention models.

Visits to mental health institutions, rehabilitation centres, and grassroots organisations will help students connect theory with practice and critically evaluate service delivery models.

- CO5. Conduct small-scale research and development (R&D) projects to address specific community psychological issues using participatory and action research methods.

Students will be guided to identify a pressing community concern, gather data, and propose innovative, research-informed solutions that can be practically implemented.

**Module I: Introduction to Community Interventions in Psychology (8 Hours)**

- a. What is Counselling, Importance of counselling skills in community set-up, Meaning of Community Psychology, Fundamental Principles, Respect for Diversity, Importance of Context and Environment, Empowerment, Multiple Levels of Intervention
- b. Difference Between Clinical and Community Psychology, Prevention Instead of Therapy, Social Justice
- c. Case Studies on Community Institutions

**Module II – Counselling Microskills with Communities (12 Hours)**

- a. Community communication skills: listening, attending behaviour, verbal and non-verbal cues Practice: Rapport-building and trust exercises adapted for community contexts, Listening and attending behaviour drills using community-based scenarios
- b. Observation in community contexts: individuals, groups, and environments.  
Practice: Observation tasks in simulated or real community settings (e.g., classroom, neighbourhood, campus groups)
- c. Identifying community needs and strengths; Focus on competencies.  
Practice: Dyads/Triads practice of identifying strengths
- d. Asking questions in community settings (open-ended, respectful, participatory); Clarification and summarising community narratives.  
Practice: Case-based questioning exercises

**Module III – Skills and Ethical practice in Community psychology (10 Hours)**

- a. Reflection of feeling and Goal-setting in community programmes (realistic and context-sensitive).  
Practice: Paraphrasing and reflection-of-feeling practice using community narratives
- b. Influencing skills in communities: psychoeducation, advocacy.  
Practice: Designing a brief psychoeducation/community awareness activity
- c. Ethics in community psychology: confidentiality, consent, boundaries.  
Practice: Mock community-group role-plays, Ethical dilemma case discussions
- d. Self-care and burnout prevention in community work.  
Practice: Preparation of basic self-care plan for community practitioner

**References**

1. Moritsugu, J., Vera, E., & Wong, F. Y. (2019). Community psychology. Routledge.
2. Ivey, Allen E. & Ivey, Mary B. (2007). Intentional Interviewing & Counselling, Thomson: Brooks/Cole.
3. Seligman (2015), Theories of Counseling and Psychotherapy, System Strategies and Skills (4th Edition).