

## Psychology offers new career avenues to understand & manage human behaviour

Bhavani Srinivasan

Mumbai: As the focus on mental health increases and psychology becomes more relevant each day, it has also become popular as a career choice for students who want to pursue this branch of humanities.

"There's a need for competent practitioners who can help people cope with their problems in our increasingly complex society," said Ruby Pavri, head of psychology department at St Xavier's College. "Trained professionals can help people overcome depression, conflicts in relationships and in general, better manage their stress. The goal is not just to overcome problems but to thrive. Being equipped with knowledge of psychology helps to understand, predict and manage human behaviour."

While clinical and counselling psychology continue to attract students, there are several emerging branches which involve applying psychology to different settings or populations and are gaining ground. "Everyone thinks that once you study psychology you have to become a counsellor. However, I didn't want to choose this path. I'm interested in working with criminals and victims and hence, chose forensic psychology," said Krupa Nishar (22), who is pursuing MSc in Forensic Psychology from Gujarat Forensic Sciences University. "In India, people are not aware that this field exists and hence, the scope is quite limited. My enthusiasm was often met with scepticism. But I'm happy with my choice... While the scope for forensic psychology may be limited, it is constantly growing—it just takes time."

### FUTURE IN MENTAL HEALTH CARE

Most arts colleges offer BA in psychology, including St Xavier's, Ruia, Jai Hind, Sophia & Vaze. Students can specialise in clinical or counselling psychology at masters level from Mumbai University

#### NEW SPECIALISATIONS ON OFFER

2-year masters in Life Span Counselling at St Xavier's College, which provides training to help people cope with problems that arise at each stage of life

Cost ₹92k pa  
Intake 30

Eligibility | Any bachelor's degree but with at least one paper in psychology

Entrance test. Online applications open till May-end

#### FORENSIC PSYCHOLOGY

2-year MSc in Forensic Psychology, Gujarat Forensic Sciences Univ

Cost ₹60k/sem  
Intake 90

Eligibility | Bachelor's in science / forensic science / medicine/engineering/pharmacy/psychology

Advanced Forensic Psychology Elective at Christ University, Bengaluru (45-hr course)

Eligibility | Final-year undergraduate psychology, psychology honours, postgraduate psychology

Intake | 40

#### MONTHLY SALARY\*

₹15,000-₹30,000 in public or non-profit organization. Up to ₹1 lakh in private practice

Job opportunities | Can work with police to train personnel, use psychological interrogation techniques or family reconciliation in court. Can provide expert testimony in criminal cases

PG Diploma in Sports Psychology, SNDT Univ, Mumbai

Earlier a three-month course, it is being extended to a year-long programme, starting Sept. Details yet to be finalized

Cost ₹22,015 pa  
Intake 16

Eligibility: BA psychology or BA with psychology as one of the subjects

Entrance test

PG Diploma in Sports Psychology, SNDT Univ, Mumbai

Job opportunities

Can work with professional athletes individually or with a team or with a sporting organization. Can work with children to train them in a new sport

Monthly Salary\*: ₹16,000 onwards, depending on organization

#### EXPRESSIVE ARTS THERAPY

1-yr part-time PG Diploma in Expressive Arts Therapy, St Xavier's College

Eligibility: Graduation in any discipline

Entrance: Candidates must submit CV & SOP. Those selected have to submit audition video showcasing their skills in any art form like art, drama, music

Job opportunities | Can work with hospitals to rehabilitate people with mental and physical disabilities like cerebral palsy, or those suffering from chronic illnesses like cancer, or with firms to organize wellness programmes

#### Application in sports

Sports psychology involves study of how psychological factors affect performance in sports. "Sports psychologists aim at improving physical wellbeing and performance by focusing on psychological factors. Most of my time is spent on the training ground with athletes," said Manjiv D'Sa, sports psychologist & co-founder of GRIT Sport & Exercise Psychology Consultancy.

#### Forensic psychology

Involves applying psychology to criminal justice. It's a mix of psychology, law, criminology among others. "As a counsellor, one needs to be empathetic and understanding, but as a forensic psychologist, one has to distinguish between normal and abnormal behaviour and be able to critically analyze a situation," said Janvi Doshi, a forensic psychologist.

#### Expressive arts therapy

It uses movement as a treatment modality for physical and psychological rehabilitation. Expressive artists work with Parkinson's disease, dementia, autism and cerebral palsy patients. "We also help people suffering from chronic diseases, like cancer, with their body image issues," said Devika Mehta, co-founder of Synchrony which provides dance movement psychotherapy

#### Industrial psychology

Also known as industrial-organizational psychology, it involves application of psychology to the workplace, particularly in HR, recruitment, selection, training, management of personnel. An industrial psychologist seeks to improve working environment by focusing on the enterprise, the human factor & relationship between employer and employee.

'I want to make a difference in people's lives through dance'

Devika Mehta

I have pursued dance since I was a child and it is my greatest passion.



I'm a trained Bharatanatyam dancer and also have an MA in Indian folk dance. Even while I was undergoing training in various dance forms, I studied psychology and did my masters in clinical psychology from Mumbai University.

I decided that I wanted to combine my knowledge of psychology with my belief in dance as being an extremely transformative and healing art form. I did an MSc in Dance Movement Psychotherapy (DMP) from Queen Margaret University, Edinburgh, and this is where my journey began. Unfortunately, there are hardly any DMP courses offered in India. But this is a constantly growing field and more opportunities will be available in the near future.

#### FIRST PERSON

I decided that I wanted to combine my knowledge of psychology with my belief in dance as being an extremely transformative and healing art form. I did an MSc in Dance Movement Psychotherapy (DMP) from Queen Margaret University, Edinburgh, and this is where my journey began. Unfortunately, there are hardly any DMP courses offered in India. But this is a constantly growing field and more opportunities will be available in the near future.

I decided that I wanted to combine my knowledge of psychology with my belief in dance as being an extremely transformative and healing art form. I did an MSc in Dance Movement Psychotherapy (DMP) from Queen Margaret University, Edinburgh, and this is where my journey began. Unfortunately, there are hardly any DMP courses offered in India. But this is a constantly growing field and more opportunities will be available in the near future.