

COURSE TITLE	PSYCHOTHERAPY
COURSE CODE	10PY0803
COURSE CREDITS	4

Objective:

- 1 To introduce the foundational concepts of psychotherapy and the essential ingredients for its success
- 2 To equip students with skills for developing a treatment plan that includes building a therapeutic alliance and setting collaborative goals.
- 3 To understand the processes of facilitating and evaluating change during therapy and the principles of effective session planning.
- 4 To provide an overview of various psychotherapeutic techniques.

Course Outcomes: After completion of this course, student will be able to:

- 1 To be able to understand the fundamental concepts of psychotherapy and identify the essential components for successful therapeutic outcomes.
- 2 To gain competence in developing case conceptualizations and treatment plans, understanding their importance in therapy
- 3 To be able to design and implement effective therapeutic sessions
- 4 To demonstrate knowledge of different psychotherapeutic approaches and apply them appropriately

Pre-requisite of course: • Foundational knowledge of core psychological principles • Knowledge of psychometric theory and ethical considerations in counselling and therapy

Teaching and Examination Scheme

Theory Hours	Tutorial Hours	Practical Hours	ESE	IA	CSE	Viva	Term Work
3	1	0	50	30	20	0	0

Contents : Unit	Topics	Contact Hours
1	Introduction to Psychotherapy Definition and Objectives of Psychotherapy, Essential Ingredients for Successful Psychotherapy: Effect of Common Factors, Promoting self-awareness in Therapists, Self-assessment of burnout, distress, and daily hassles in therapists, Ethics, impairment, personal problems, and burnout among therapists	10

Contents : Unit	Topics	Contact Hours
2	Building Therapeutic Understanding Developing a Case Conceptualization: What Is Case Conceptualization?; Functional Purpose of a Case Conceptualization; Conceptual Approaches; The Conceptualization Process, Developing a Treatment Plan: Therapeutic Alliance and Collaborative Goals - Roles of Patient and Therapist; Goals and Tasks of Treatment; Building and Maintaining the Therapeutic Relationship	10
3	Execution of therapy framework Understanding, Facilitating, and Evaluating Change: Understanding Change; Facilitating Change; Evaluating Change, Effective Termination: Rationale for a Termination Strategy; Effective Termination Strategy; Competence and Professional Standards of Care; Applied Skills for a Sound Strategy	10
4	Psychotherapies and its Specific Applications Modes of Therapy: Individual Therapy; Group Therapy, Family and Marital Therapy, Psychodynamic Psychotherapy: Freudian Psychoanalysis, Play therapy (Therapy for children), Logotherapy – Viktor Frankl (Therapy for older adults), Client – Centered Therapy (Carl Rogers), Rational Emotive Behavior Therapy (Albert Ellis), Behavior Therapy Techniques (All Behaviorists), Cognitive Therapy (Aaron T. Beck), Ancient Indian practices of psychotherapies	15
Total Hours		45

Suggested List of Experiments:

Contents : Unit	Topics	Contact Hours
1	Issues Related to Psychotherapy Issues Related to Psychotherapy	15
Total Hours		15

Textbook :

- 1 Clinical Handbook of Psychological Disorders: A step-by-step Treatment Manual (5th ed.), Barlow, D. H. , Guilford Press., 2014

References:

- 1 Systems of psychotherapy: A transtheoretical analysis (9th ed.), Systems of psychotherapy: A transtheoretical analysis (9th ed.), Prochaska, J. O., & Norcross, J. C., Oxford University Press, 2018
- 2 Cognitive Behavior Therapy: Basics and Beyond (3rd ed.), Cognitive Behavior Therapy: Basics and Beyond (3rd ed.), Beck, J. S., Guilford Press., 2020

Suggested Theory Distribution:

The suggested theory distribution as per Bloom's taxonomy is as follows. This distribution serves as guidelines for teachers and students to achieve effective teaching-learning process

Distribution of Theory for course delivery					
Remember / Knowledge	Understand	Apply	Analyze	Evaluate	Higher order Thinking / Creative
10.00	15.00	20.00	20.00	20.00	15.00