

## **Course Title: Counselling and Psychotherapy**

**Course Category: PS644**

**Schedule of Offering: 4th Semester**

**Course Credit Structure: 4 Credits**

**Lecture: 4 Hours per week**

**Contact Hours per week: 4 Hours per week**

**Course Instructor: Sarin Dominic**

### **1. Introduction**

The specialization course aims to provide a thorough understanding of the theories and applications of counseling and psychotherapy. The course will enable the students to develop an in-depth study and appreciation of the different methods and approaches to counseling and therapy, identifying the overlaps in techniques and practice as well as distinguishing the two. The course focuses on the requirements of becoming a professional counselor and therapist and interaction with other health care professionals. Each of the counseling and psychotherapeutic approach is introduced with its distinguishing features, assumptions, set of practice methods and outcomes that show the effectiveness of the approach.

### **2. Course Objectives:**

1. To understand theories and techniques of major counseling approaches.
2. To develop a comprehensive understanding of the different methods and approaches to psychotherapy identifying overlaps and distinctions from counselling.
3. To develop an appreciation for the importance of psychotherapy and counseling in research and practice.

### 3. Pre-requisites:

- Post graduate students, who have cleared their first two semesters and have opted for a specialization in clinical and health psychology.

### 4. References:

- Brems, C. (2000). *Dealing with challenges in psychotherapy and counseling*. Singapore: Brooks/Cole.
- Corey, G. (2015). *Theory and practice of counseling and psychotherapy* (10<sup>th</sup> ed.). Boston: Cengage Learning.
- Eisendrath Stuart J. (Ed.) (2016) *Mindfulness Based Cognitive Therapy: Innovative Applications*. San Francisco. Springer
- Feltham, C., & Horton, I. (Eds.) (2012). *The Sage handbook of counseling and psychotherapy*. Los Angeles: Sage.
- Feltham, C. (Ed.) (1999). *Controversies in psychotherapy and counseling*. New Delhi, India: Sage.
- Gelso, C., Williams, E. N., & Fretz, B. R. (2014). *Counseling psychology*. Washington:APA Publication.
- Hecker, J. E., & Thorpe, G. L. (2005). *Introduction to clinical psychology: Science, practice, and ethics* (Low Price Edition). Delhi, India: Pearson Education.
- Ivey, A. E., D'Andrea, M., Ivey, M. B., & Simek-Morgan, L. (2007). *Theories of counseling and psychotherapy: A multicultural perspective* (6<sup>th</sup> ed.). Boston: Allyn & Bacon.
- Miltenberger, R. G. (2001). *Behavior modification: Principles and procedures* (2<sup>nd</sup> ed.). Belmont, CA: Wadsworth/Thomson Learning Nelson-Jones.,R. (2012). *Introduction to counselling skills*. Los Angeles:Sage
- Payne, Helen(ed.) (2008) *Dance Movement Therapy: Theory, Research and Practice*. Oxford, UK. Routledge.
- Parfas, Fernando B.(2004). *Therapeutic Community: A Social Systems Perspective* Lincoln.NE.U.S.A. iUniverse, Inc.
- Prochaska, J. O., & Norcross, J. C. (2003). *Systems of psychotherapy: A trans-theoretical analyses* (5<sup>th</sup> ed.). Pacific Grove, CA: Thomson-Brooks/Cole.
- Sejwal, P., & Arora, M. (2012). *Counseling psychology*. New.Delhi.: Crescent Publishing Corporation.
- Sharf, R. S. (2015). *Theories of psychotherapy and counseling: Concepts and cases* (6<sup>th</sup> ed.). MA, USA. Cengage Learning.
- Simpkins, Annellen; Simpkins, Alexander C(2011) *Meditation and Yoga in Psychotherapy: Techniques for Clinical Practice*. New Jersey, USA. John Wiley& Sons

- Simon, L. (2000). *Psychotherapy: Theory, practice, modern and postmodern influences*. Westport, Connecticut: Praeger.
- Sundel, M., & Sundel, S. S. (2004). *Behavior change in the human services: Behavioral and cognitive principles and applications* (5<sup>th</sup> ed.). Thousand Oaks, CA: Sage Publications.

## 5. Module-wise topics:

### 1.Module1: Foundations (10 Sessions)

- Becoming a psychotherapist and Counselor : Training and supervision; personal and interpersonal development and growth of the therapist/counselor
- Distinguishing counseling and therapy; Stages of counseling and therapy;
- Models/levels of therapy and Counseling: Individual, interpersonal, couples, group & family.
- Socio-cultural context of counseling and therapy; Poverty, homelessness, Gender
- Research; Critical/controversial issues in Counseling and psychotherapy; Ethical concerns
- Evidence based practices

### Readings:

- Feltham, C., & Horton, I. (Eds.) (2012). *The Sage handbook of counseling and psychotherapy*. Los Angeles: Sage.
- Feltham, C. (Ed.) (1999). *Controversies in psychotherapy and counseling*. New Delhi, India: Sage.
- Gelso, C., Williams, E. N., & Fretz, B. R. (2014). *Counseling psychology*. Washington:APA Publication.
- Sejwal, P., & Arora, M. (2012). *Counseling psychology*. New.Delhi.: Crescent Publishing Corporation.

### 2.Module2:Traditional Approaches in Counseling (12 Sessions)

- **Theoretical assumptions, methods of practice, effective and evidence/outcomes:**
- Humanistic approaches: Congruence, listening and micro-listening skills, Genuineness, unconditional positive regard; relationality
- Existential counselling: authenticity, meaning of life/absurdity; aloneness
- Indian spiritual/yogic approaches: Personal and Collective growth, well-being, Self-knowledge/realization.

## Readings:

- Brems, C. (2000). *Dealing with challenges in psychotherapy and counseling*. Singapore: Brooks/Cole.
- Corey, G. (2015). *Theory and practice of counseling and psychotherapy* (10<sup>th</sup> ed.). Boston: Cengage Learning.
- Feltham, C., & Horton, I. (Eds.) (2012). *The Sage handbook of counseling and psychotherapy*. Los Angeles: Sage.
- Gelso, C., Williams, E. N., & Fretz, B. R. (2014). *Counseling psychology*. Washington:APA Publication.
- Ivey, A. E., D'Andrea, M., Ivey, M. B., & Simek-Morgan, L. (2007). *Theories of counseling and psychotherapy: A multicultural perspective* (6<sup>th</sup> ed.). Boston: Allyn & Bacon.
- Nelson-Jones.,R. (2012). *Introduction to counselling skills*. Los Angeles:Sage

### 3.Module3:Contemporary Approaches to Counseling (10 sessions)

- **Theoretical assumptions, methods of practice, effective and evidence/outcomes**
- Multi-cultural Counselling
- Movement, Dance and Arts based counselling
- Integrating meditation and counselling

## Readings:

- Ivey, A. E., D'Andrea, M., Ivey, M. B., & Simek-Morgan, L. (2007). *Theories of counseling and psychotherapy: A multicultural perspective* (6<sup>th</sup> ed.). Boston: Allyn & Bacon.
- Payne, Helen(ed.) (2008) *Dance Movement Therapy: Theory, Research and Practice*. Oxford, UK. Routledge.
- Simpkins, Annellen; Simpkins, Alexander C(2011) *Meditation and Yoga in Psychotherapy: Techniques for Clinical Practice*. New Jersey, USA. John Wiley& Sons

### 4 Module4: Classical Approaches to Psychotherapy (14 Sessions)

- **Theoretical assumptions, methods of practice, effectiveness and outcomes, research evidence**
- Classical Psychoanalytic Therapy: Freudian Analysis, Object-relations; Jungian approach.
- Behavioristic approaches: Behavioural therapy, Cognitive therapy (Beck), Rational Emotive behaviour therapy (Ellis).
- Biomedical Pharmacological Approaches: ECT, anti-anxiety, anti-depressants, Anti-

psychotics, surgical procedures.

### **Readings:**

- Hecker, J. E., & Thorpe, G. L. (2005). *Introduction to clinical psychology: Science, practice, and ethics* (Low Price Edition). Delhi, India: Pearson Education.
- Miltenberger, R. G. (2001). *Behavior modification: Principles and procedures* (2<sup>nd</sup> ed.). Belmont, CA: Wadsworth/Thomson Learning.
- Sharf, R. S. (2015). *Theories of psychotherapy and counseling: Concepts and cases* (6<sup>th</sup> ed.). MA, USA. Cengage Learning.
- Sundel, M., & Sundel, S. S. (2004). *Behavior change in the human services: Behavioral and cognitive principles and applications* (5<sup>th</sup> ed.). Thousand Oaks, CA: Sage Publications.

### **5.Module5. Contemporary Approaches to Psychotherapies (14 Sessions)**

- Psychodynamic Therapies: Brief analytic therapies; Interpersonal approaches, Transactional analysis
- Gestalt therapies, Psycho-drama
- Mindfulness based therapies, Yoga and Psychotherapy
- Therapeutic Community

### **Readings:**

- Eisendrath Stuart J. (Ed.) (2016) *Mindfulness Based Cognitive Therapy: Innovative Applications*. San Francisco. Springer
- Parfas, Fernando B.(2004). *Therapeutic Community: A Social Systems Perspective* Lincoln.NE.USA. iUniverse, Inc.
- Prochaska, J. O., & Norcross, J. C. (2003). *Systems of psychotherapy: A trans-theoretical analyses* (5<sup>th</sup> ed.). Pacific Grove, CA: Thomson-Brooks/Cole.
- Simon, L. (2000). *Psychotherapy: Theory, practice, modern and postmodern influences*. Westport, Connecticut: Praeger.
- Simpkins, Annellen; Simpkins, Alexander C(2011) *Meditation and Yoga in Psychotherapy: Techniques for Clinical Practice*. New Jersey, USA. John Wiley& Sons

### **6.Module6:Looking towards Future: Challenges and issues in counselling and Psychotherapy (12 Sessions)**

- Counseling for specific groups: HIV Counselling, Counselling for Rape and survivors of trauma, PTSD –refugees, survivors of child and women trafficking, Counselling for obesity, eating disorders, counselling for children and adults with special needs, counseling for drugs and substance abuse. Grief Counselling

- Counselling in health contexts: Cancers and terminal illnesses, pain management, insomnia,
- Group counselling, Family Counseling, Systems approach to counseling groups; peer counseling, co-counseling; career counselling
- Developments in counselling and therapy: Use of technology - challenges and opportunities

### Chapter wise Readings:

- Eisendrath Stuart J. (Ed.) (2016) *Mindfulness Based Cognitive Therapy: Innovative Applications*. San Francisco. Springer
- Feltham, C., & Horton, I. (Eds.) (2012). *The Sage handbook of counseling and psychotherapy*. Los Angeles: Sage.
- Simpkins, Annellen; Simpkins, Alexander C(2011) *Meditation and Yoga in Psychotherapy: Techniques for Clinical Practice*. New Jersey, USA. John Wiley& Sons
- Sharf, R. S. (2015). *Theories of psychotherapy and counseling: Concepts and cases(6<sup>th</sup> Edition)*. MA, USA. Cengage Learning.

### 6.Pedagogy

- 1..1. Teaching methods are expected to encourage proactive involvement of students and high level of participation, thus, shall involve interactive lectures (40%), independent learning (40%), and cooperative learning (20%). The interactive learning component will consist of lecture sessions, classroom exercises, and discussions. The independent learning component, on the other hand, shall include such exercises as independent reading and doing individual assignments. Finally, the cooperative learning component involves doing assignments in groups.
- 1..2. It is envisaged that students will be guided to read, think, solve problems and actively participate in the learning process. This shall be attained through a mix of teaching methods, such as, lectures, projects, assignments, case studies, individual and group presentations, discussion, and fieldwork.

## 7.Evaluation Pattern

Both formative (periodic assignments and projects) and summative (mid semester and final examinations) evaluation will be used. The breakdown of the evaluation shall be as follows:

Class Participation and Attendance .....	5%
Term Paper .....	10%
Individual Assignment (including Presentations) .....	10%
Group Assignments (including Presentation) .....	5%
Mid semester Examination .....	20%
Final Examination .....	50%
Total .....	100%