

**ELECTIVE COURSE 3**

Course Code	Course Name	Credits	L-T-P	CIA	ESE
PSY7236	Principles and Practices of Psychotherapy	4	3-1-0	50%	50%

**Module1: Foundations of psychotherapy (12Hrs)**

Understanding psychotherapy: principles and practice, how does psychotherapy work?  
Becoming a psychotherapist: Training and supervision; personal and interpersonal development and growth of the therapist, Models and settings of therapy: Individual, interpersonal, couples, group & family. Socio-cultural context of psychotherapy: gender, ethnicity, age, culture, Critical issues psychotherapy; Ethical frameworks, Research and evidence-based practices.

**Module 2: The Generic Model and dimensions of Therapy (12Hrs)**

The unity in diversity: the generic model of psychotherapy, The therapeutic contract: goals and roles of client and therapist, The therapeutic operations: client's presentations, therapist's expert evaluation, treatment approaches. The therapeutic bond: the interpersonal aspects of the client/therapist relationship: rapport, trust, engagement; therapist's presence and client's openness. The therapeutic interventions and effects: therapist interventions and client's gain of insights, emotional relief; beginnings and endings. The psychotherapeutic journey: Inputs, process and outputs of psychotherapy.

**Module 3: Models of Psychotherapy I (12Hrs)**

Psychodynamic therapies: principles and practices. Cognitive and behavioural therapies: principles and practices. Humanistic therapies: principles and practices. Existential and Gestalt therapies: principles and practices

**Module 4: Classical Approaches to Psychotherapy (12Hrs)**

Interpersonal Psychotherapy: principles and practices. Systemic Therapies: principles and practices. Integrative Psychotherapies: principles and practices. EFT; EMDR; MBCT; DBT; REBT approaches

**Module 5. Psychotherapy: Modalities and Populations; Challenges and Issues (12Hrs)**

Psychotherapy modalities: Group therapy; family therapy; digitally based therapy. Psychotherapy for specific groups: Children and adolescents. Older adults; Men and Women; LGBT+; racial and minority groups. Psychotherapy for specific conditions: Depression, Anxiety; Trauma; PTSD; Phobias; OCD; Eating disorders; pain management, insomnia, Challenges and Opportunities in Psychotherapy;

**Readings**

1. Brems, C. (2000). Dealing with challenges in psychotherapy and counselling. Singapore: Brooks/Cole.
2. Consoli, A. J., Beutler, L. E., & Bongar, B. (Eds.). (2016). Comprehensive textbook of psychotherapy: Theory and practice. Oxford University Press.

3. Corey, G. (2015). *Theory and practice of counselling and psychotherapy* (10th ed.). Boston: Cengage Learning.
4. Eisendrath Stuart J. (Ed.) (2016) *Mindfulness Based Cognitive Therapy: Innovative Applications*. San Francisco. Springer
5. Feltham, C. (Ed.) (1999). *Controversies in psychotherapy and counselling*. New Delhi, India: Sage.
6. Frank, J. D. (1961). *Persuasion and healing: A comparative study of psychotherapy*. New York, NY: Schocken Books.
7. Gelso, C., Williams, E. N., & Fretz, B. R. (2014). *Counselling psychology*. Washington:APA Publication.
8. Hecker, J. E., & Thorpe, G. L. (2005). *Introduction to clinical psychology: Science, practice, and ethics* (Low Price Edition). Delhi, India: Pearson Education.
9. Ivey, A. E., D'Andrea, M., Ivey, M. B., & Simek-Morgan, L. (2007). *Theories of counselling and psychotherapy: A multicultural perspective* (6th ed.). Boston: Allyn & Bacon.
10. Miltenberger, R. G. (2001). *Behaviour modification: Principles and procedures* (2nd ed.). Belmont, CA: Wadsworth/Thomson Learning
- Nelson-Jones, R. (2012). *Introduction to counselling skills*. Los Angeles: Sage
12. Parfas, Fernando B.(2004). *Therapeutic Community: A Social Systems Perspective* Lincoln.NE.USA. iUniverse, Inc.
13. Payne, Helen(ed.) (2008) *Dance Movement Therapy: Theory, Research and Practice*. Oxford, UK. Routledge.
14. Prochaska, J. O., & Norcross, J. C. (2003). *Systems of psychotherapy: A trans-theoretical analyses* (5th ed.). Pacific Grove, CA: Thomson-Brooks/Cole.
15. Sejwal, P., & Arora, M. (2012). *Counselling psychology*. New.Delhi.: Crescent Publishing Corporation.
16. Sharf, R. S. (2015). *Theories of psychotherapy and counselling: Concepts and cases*(6<sup>th</sup> Edition). MA, USA. Cengage Learning.
17. Sharf, R. S. (2015). *Theories of psychotherapy and counselling: Concepts and cases* (6th ed.). MA, USA. Cengage Learning.
18. Simon, L. (2000). *Psychotherapy: Theory, practice, modern and postmodern influences*. Westport, Connecticut: Praeger.
19. Simpkins, Annellen; Simpkins, Alexander C (2011) *Meditation and Yoga in Psychotherapy: Techniques for Clinical Practice*. New Jersey, USA. John Wiley& Sons
20. Sundel, M., & Sundel, S. S. (2004). *Behaviour change in the human services: Behavioural and cognitive principles and applications* (5th ed.). Thousand Oaks, CA: Sage Publications.
21. Truscott, D. (2010). *Becoming an effective psychotherapist: Adopting a theory of psychotherapy that's right for you and your client*. American Psychological Association. <https://doi.org/10.1037/12064-000>
22. Wampold, B. E., & Imel, Z. (2015). *The great psychotherapy debate: The evidence for what makes psychotherapy work* (2nd ed.). New York, NY: Taylor & Francis.