

SEMESTER-IV		CODE: MPY -C412	PAPER TITLE: CLINICAL INTERVENTIONS	
Credit	Time	Internal Assessment	End Semester Examination	Total Marks
05	03 Hours	20+10=30 Marks	70 Marks	30+70=100 Marks
LEARNING OUTCOMES: <ol style="list-style-type: none"> 1. Acquire basic skills of clinical intervention 2. Learn psychotherapeutic techniques used in clinical interventions 3. Explain issues faced by a psychotherapist 4. Evaluate applicability of clinical intervention in various settings 				
UNIT-I	Intervention Goals and Process	<ul style="list-style-type: none"> • Nature, goals and course of interventions, Objective and approaches. • Basic Psychotherapeutic technique - Guidance, Catharsis, Reassurance and Persuasion. • Common Features of Interventions. 		
UNIT-II	The Helping Process	<ul style="list-style-type: none"> • Clinical Psychologist and Counsellor as a person and professional, Counsellor Characteristics. • Skills of a therapist - Listening, leading, confronting 		
UNIT-III	Issues Faced by Therapists and Clinical Intervention	<ul style="list-style-type: none"> • Issues faced by therapist, learning our limits, • transference and counter transference, • establishing realistic goals. • Intervention - Group therapy, Family therapy, Creative Art therapies. 		
UNIT-IV	Interventions	<ul style="list-style-type: none"> • Psychodrama, • Yoga and Meditation, • Placebo effect, • Biofeedback, • Assertion Training, • Self instructional training 		
UNIT-V	Skill Training Programme	<ul style="list-style-type: none"> • For anger management, Persons suffering from Psychological Problems, Children with intellectual disability. 		
Books Recommended: <ol style="list-style-type: none"> 1. M.S. Bhatia (2008) Textbook of Clinical Psychology. New Age International Private Limited. ISBN-13: 978-8122422467 2. S.J. Korchin (2004). Modern Clinical Psychology. CBS Publishers and Distributors. ISBN-13: 978-8123909479 3. Jeffrey E. Hecker and Geoffrey L. Thorpe (2004) Introduction to Clinical Psychology Pearson ISBN-13: 978-0205277742 4. Leroy G. Baruth and M. Lee Manning (2016) Multicultural Counseling and Psychotherapy: A Lifespan Approach Routledge ISBN-13: 978-1138953536 5. E.Jerry Phares, Timothy Trull, Timothy J. Trull (2000) Clinical Psychology: Concepts, Methods and Profession Wadsworth Publishing Co Inc ISBN-13: 978-0534548612 6. Gerald Corey (2019) Theory and Practice of Counseling and Psychotherapy Cengage Learning India ISBN-13: 978-9353502072 				
Pattern of Theory Question Paper: The theory paper will consist of two sections. Section-A will be of 30 marks in which 10 short answer type questions will be asked and the student will have choice to answer any five questions, each question will carry 06 marks. The Section-B shall be of 40 marks and will contain 08 questions of long answer type and the student will have a choice to answer any four questions. Each question will carry 10 marks. The examiner will be required to set up a question paper covering the entire syllabus uniformly.				