

SEMESTER-IV		CODE: MPY –E413	PAPER TITLE: THERAPEUTIC TECHNIQUES	
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. Become sensitized to the ethical issues and code of conduct of a psychologist engaged in application of principles of psychology for dealing with abnormal behavior 2. Acquire principles and procedures of various psychotherapies 3. Develop skills of applications of psychotherapies to deal with abnormal behaviours 				
UNIT-I	Psychotherapies	<ul style="list-style-type: none"> • Concept, Roles and responsibilities, • The Client - Therapist Relationship, • Ethical issues, • Codes of Conduct. 		
UNIT-II	Psychodynamic Therapy	<ul style="list-style-type: none"> • Freudian Psychoanalysis, • Alfred Adler and • Erik Erikson 		
UNIT-III	Behaviour Therapy	<ul style="list-style-type: none"> • Guided Exposure, • Systematic desensitization, • Aversion therapy, • Assertion training, • Modeling, • Biofeedback. 		
UNIT-IV	Cognitive Behaviour Therapy	<ul style="list-style-type: none"> • Beck's Cognitive Therapy, • Rational emotive behaviour therapy, • Michenbaum's cognitive behaviour therapy 		
UNIT-V	Humanistic Therapies	<ul style="list-style-type: none"> • Person centered therapy, • Gestalt Therapy, • existential therapy, • Transactional therapy. • Interpersonal Relationship Therapy - Marital and Family Systems Therapy. 		
Books Recommended: <ol style="list-style-type: none"> 1. अरुण कुमार सिंह (2016) उच्चतर नैदानिक मनोविज्ञान ISBN-13: 978-8120824027 2. G.D. Rastogi (1991). Psychopathology and Treatment. New Delhi : Wiley Eastern Ltd. 3. M.B. Ghorpade and V.B. Kumar (1988). Introduction to Modern Psychotherapy. New Delhi : Himalaya Publishing House 4. Gerald Corey (2019) Theory and Practice of Counseling and Psychotherapy Cengage Learning India ISBN-13: 978-9353502072 5. Mei-whei Chen and Nan J. Giblin (2017) Individual Counseling and Therapy: Skills and Techniques. Routledge. ISBN-13 : 978-0415417334 6. Linda Seligman and Lourie W. Reichenberg (2015) Theories of Counseling and Psychotherapy: Systems, Strategies, and Skills. Pearson ISBN-13 : 978-0134391052 				
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.				