

**P.G. DEPARTMENT OF PSYCHOLOGY**

**Session 2022-23**

**Certificate Course in Psychotherapies**

**Number of Credits: 2**

**Course Code: CPTL-1441**

**Marks: 50**

**Number of Hours: 30**

**Eligibility:** Graduate and Post- Graduate students of any streams.

**Course Objective:** This course offers a solid grounding in psychotherapy and counselling theory and skills. It combines academic, practical and experiential components within a supportive and challenging environment.

In this course students will explore the practical and ethical issues of working with clients in a variety of situations, and develop essential communication and counselling skills. Students will be able to learn to apply academic theory through skills practice sessions and group work.

**Unit-I**

**Counselling:** Nature of counselling, goals of counselling, counselling process.

**Counsellor:** Role of a counsellor and characteristics of a good counsellor.

**Unit-II**

**Counselling Skills:** Building rapport, attending behaviour, observation, Interview and Listening skills.

**Unit- III**

**Psychotherapies:** Psychodynamic approaches, Behavioural approaches, Cognitive Behaviour Therapy, Rational emotive Behaviour Therapy, Dialectic Behaviour Therapy, Family Therapy and Group Therapy.

**Unit-IV**

**Coping Techniques:** Emotion focused, Problem focused, Time management.

**Relaxation Techniques:** Progressive Muscle Relaxation, Yoga, Meditation, Mind-fullness and Biofeedback Relaxation Technique.

**References:**

Corey, G.(2009). Theory and Practice of Counselling and Psychotherapy, 8<sup>th</sup> Edition, Wadsworth, USA.

Douglass, R.G., & David, C. (2007). Counselling and Psychotherapy. New Delhi: Pearson Education.

Nystul, M.S. (2001). Introduction to Counselling. New Mexico State University: Allyn andBacon.

Orlans, V., & Scoyoc, S.V. (2009). Short Introduction to Counselling Psychology. New York:Sage Publishers Ltd.

Patterson, L.E. & Welfel, E.R. (2000). The Counselling Process. Wadsworth, USA.