



Integral University, Lucknow

Effective from Session:2022-2023							
Course Code	DHS 408	Title of the Course	Psychotherapy	L	T	P	C
Year	I	Semester	II	4	0	0	4
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	This course will enable students to construct and standardize the psychological test						

Course Outcomes	
CO1	To enable student to understand Basic of Psychotherapies and its Process.
CO2	To enable them to learn Psychotherapy and develop skill on Indian context ,Spirituality and psychotherapy ,Yoga and Meditation
CO3	To enable students to understand Specifics Psychotherapies
CO4	To enable students to understand various Therapeutic Approaches and crisis Interventions
CO5	To enable to students for Therapeutic Intervention

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Introduction	Psychotherapy: Meaning, Nature & Scope ,Variables affecting Psychotherapy I: Specific Variables ,Social & Client Variable , Therapist Variables ,Variables affecting Psychotherapy II: Process Variables ,Social & Environmental Variable , Placebo Effect ,Future Trends of Psychotherapy	10	CO1
2	Psychotherapy in India	Counselling vs. Psychotherapy ,Psychotherapy in the Indian context ,Spirituality and psychotherapy ,Yoga and Meditation	6	CO2
3	Therapeutic Approaches-I	Freud's Psycho -analytic Therapy, Adlerian Psychotherapy, Brief Dynamic therapies ,Client-Centered Therapy, Existential Therapy and Gestalt Therapy ,Behavioral therapy, Cognitive Behavior therapy, Rational Emotive Behavior Therapy (Ellis) ,Family, Marital and Interpersonal Therapy	10	CO3
4	Therapeutic Approaches-II	Transactional Analysis ,Supportive therapy and Crisis Intervention ,Therapies with Children and Adolescents Group Therapy	6	CO4
5	Therapeutic Interventions	Therapeutic Intervention, Life Skills Training, Play Therapy, Training Parents of Children/Adolescents with Disabilities, Counseling for Trauma and Abuse in Childhood, Cognitive Behavioral Therapy for Childhood/Adolescent Disorders	8	CO5

- 1- Kirt S.H. & Clark: Cognitive Behavior Therapy for Psychiatric Problems.
- 2- Gurman & Kniskern: Handbook of Family Therapy
- 3- Kahn M., Between Therapist and client- The New Relationship- Revised Edition

e-Learning Source:

- <https://www.counseling.org/aca-community/learn-about-counseling/what-is-counseling/overview>
- <https://positivepsychology.com/types-of-therapies/>
- E Pathshala
- Egvankosh

3- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

CO	PO-PSO	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1		2	3	2	2	5	1	2	4	3	2
CO2		4	2	2	4	3	2	3	2	2	1
CO3		3	3	4	3	2	4	2	4	3	3
CO4		3	1	2	2	3	1	3	1	2	4
CO5		4	2	3	4	2	3	2	2	1	3

Name & Sign of Program Coordinator	Sign & Seal of HoD
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