



Integral University, Lucknow

Effective from Session: 2023-2024							
Course Code	CP 508	Title of the Course	Psychotherapeutic Techniques	L	T	P	C
Year	II	Semester	IV	4	0	0	4
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	The student will understand the meaning and procedure of psychotherapy and the basic ingredients of psychotherapy.						

Course Outcomes	
CO1	The student will understand the Scope, Types and Principles of Psychotherapy
CO2	The student will be able to understand the meaning and procedure of psychotherapy and the basic ingredients of psychotherapy.
CO3	The student will be able to Describe the psychotherapeutic process, Re-educative therapy
CO4	The student will be able to understand Re-constructive therapy and different therapeutic approaches
CO5	The student will be able to understand how to use psychotherapeutic formulations using different therapeutic approaches practices specific to particular mental health conditions.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Introduction	Meaning and definition of psychotherapy - Limitations of medical model – Psychotherapy vs. Psychoanalysis -Types of psychotherapy.	8	CO1
2	Introduction to Psychotherapy	Psychotherapeutic relationships - Effectiveness of psychotherapy. Therapeutic improvement in relation to goals, treatment phases and therapists personality - The measurement of therapeutic progress supportive therapy. Creative arts therapies - Reassurance - Presurge suggestion - Pressure and coercion - Persuasion -Confession and ventilation - Somatic therapies - Psychoactive drugs - Electro narcosis and electro sleep - Psycho surgery - Inspirational group therapy.	12	CO2
3	Re-educative therapy	Behavior therapy - Cognitive behavior therapy -Behavioral medicine – Behavioral prostheses - Practice of behavior therapy - Behavior therapy Vs. Psychoanalysis criticisms. Cognitive learning - Therapeutic counseling -Directive approaches relationship therapy and attitude therapy – Re educative group therapy - Philosophical and religious approaches.	10	CO3
4	Re-constructive therapy	Freudian psychoanalysis - Klenian psychoanalysis -Ego analysis - Neo and non-Freudian psychoanalysis -Individual psychology - Analytical psychology Therapeutic modification of Sandor Ferenczi - Will therapy -Active psychoanalysis of Wilhelm Stekel – Dynamic cultural school of psychoanalysis - Existential analysis - Object relations approaches - TA models of psychotherapy Analytic group therapy.	9	CO4
5	Other therapies	Emotive release (Body therapies) - Guided imagery -Eriksonian psychotherapy – Life spring - Trans normal approaches - Other electric methods. Indian Therapies: Yoga, Meditation, Positive Behavior Therapy.	6	CO5

Reference Books:

1. Wolberg, L.R. The Techniques of Psychotherapy (4th Edn). New York : G&S Harcourt Brace Joranorich Publishers, 1988.
2. Master, J.C. Burish, J.G. Hollen, S.D. & Rimm. D.C. Behavior Therapy Techniques and Empirical Finding Sandieys : (3rd Edn), 1987.
3. Bhatia, M.S. Essentials of Psychiatry-Clinical Sciences. New Delhi: CBS Publishers and Distributors, 1992.
4. Lazarus, A.D. The Practice of Multi Model Therapy. New York : McGraw Hill Book Co.,1975

e-Learning Source:

- <https://www.psychologytoday.com/us/blog/convergence-and-integration-in-psychotherapy/202101/8-universal-principles-psychotherapy>
- <https://psycnet.apa.org/doiLanding?doi=10.1037%2Fh0035619>

Course Articulation Matrix: (Mapping of COs with POs and PSOs)												
PO-PSO CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	2	3	3	3	2	1	2	2	1	3	2	1
CO2	3	2	1	2	2	2	3	3	2	2	3	2
CO3	2	3	2	3	1	3	2	1	1	1	2	3
CO4	1	2	1	3	2	3	1	2	3	2	3	2
CO5	2	2	1	2	3	2	3	1	3	2	3	2

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

Name & Sign of Program Coordinator	Sign & Seal of HoD
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