

DISCIPLINE SPECIFIC ELECTIVE COURSE - 18: BASIC PSYCHOTHERAPEUTIC SKILLS

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre- requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
DSE 18 Basic Psychotherapeutic Skills	4	3	0	1	Passed Class 12 th	Nil

Learning Objectives

The Learning Objectives of this course are as follows:

- To be able to understand various psychotherapeutic modalities & techniques
- To be aware of ethical and legal frameworks to work as a professional therapist
- To develop clinical skills through experiential learning
- To learn how to do assessment & psychotherapy of complex disorders
- To integrate knowledge of theory with practice

Learning Outcomes

After completing this course, the students will be able to:

- Develop an understanding of various therapeutic modalities & psychotherapeutic techniques
- Learn to avoid malpractice as a psychotherapist by abiding by ethical and legal requirements
- Enhance the ability to assess and treat complex psychological issues
- Acquire skills to practice different therapeutic approaches

Syllabus of DSE 18

Unit 1: Introduction to Psychotherapy

(10 hours)

Definition, process, need and scope of Psychotherapy, Verbal response modes and intentions, Case conceptualization in various settings and Case record

Unit 2: Psychotherapeutic Techniques

(15 Hours)

Psychoanalytic psychotherapy (Nancy McWilliams), Logotherapy, Acceptance and commitment therapy, Interpersonal therapy, Narrative therapy

Unit 3: Psychotherapy in diverse settings

(12 Hours)

Group psychotherapy, Psychotherapy in multicultural settings, Expressive therapy (Play therapy/Art therapy/dance therapy)

Unit 4: Ethics and Psychotherapy

Need for Ethics in Psychotherapy, PWD Act 2016, National Commission for Allied Healthcare Professions Act, 2021, Mental Health Care Act 2017
(8 Hours)

Practical Component-

(30 Hours)

A suggestive list of practical:

- Case conceptualisation and formulation
- Case study review
- Analysis of therapist-client session
- Interview techniques for psychotherapy
- Analysis of movies/text/art
- Intersection of psychotherapy and technology
- Exploration of multicultural issues in psychotherapy
- Understand the nuances of play therapy with children
- Visit to clinics/hospitals/NGOs

Essential/recommended readings:

- Clark, K. M. (2014). *Play therapy: A comprehensive guide to theory and practice*. Guilford Publications.
- Consoli, A. J., Beutler, L. E., & Bongar, B. (Eds.). (2017). *Comprehensive textbook of psychotherapy*. Oxford University Press.
- Dalal, A. (2007). Folk wisdom and traditional healing practices: Some lessons for modern psychotherapies. *Foundations of Indian Psychology*, 5–4.
- Frank, E., Swartz, H. A., & Kupfer, D. J. (2019). Interpersonal and social rhythm therapy: managing the chaos of bipolar disorder. *Bipolar Disorder*, 257-268.
- Lev, A., McKay, M., Steven C. Hayes, Dennis Tirch, Matthieu Villatte, Russ Harris, Jill Stoddard, Kirk Strosahl, Russell Kolts, Georg H. Eifert, & Laura Silberstein-Tirch. (n.d.). ACT for Couples: A Therapist's Guide to Using Acceptance and Commitment Therapy and Schema Awareness to Help Couples Overcome Relationship Struggles.
- Malchiodi, C. A. (2023). *Handbook of expressive arts therapy*. The Guilford Press.
- Ministry of Law and Justice. (2021). The national commission for allied and healthcare professions act. Ministry of Health and Family Welfare.
- Nelson-Jones, R. (2013). *Practical counselling and helping skills: Text and activities for the lifskills counselling model*. Sage Publications.
- Sharf, R. S. (2004). *Theories of psychotherapy and counseling: Concepts and cases*. Thomson/Brooks/Cole.
- Young, J. E., Klosko, J. S., & Weishaar, M. E. (2006). *Schema therapy: A practitioner's guide*. Guilford press.

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.