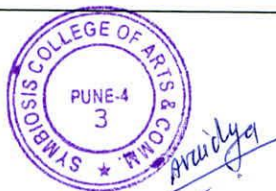




Symbiosis College of Arts and Commerce

(An Autonomous College Affiliated to University of Pune)

Subject code	Semester	I	II	III	IV	V	VI	M.A.	I	II	III	IV
Title of Subject (For M.A. Part-I I as per the approval of BOS)		PSYCHOTHERAPIES										
Objectives	To acquaint the students with 1. Various Psychotherapies and its basic procedure 2. Effectiveness of specific psychotherapy in solution of particular problem 3. Different psychotherapeutic skills.											
Detailed syllabus												
Unit	Contents of the syllabus											Number of Lectures
1	1. INTRODUCTION TO PSYCHOTHERAPIES 1.1 Nature and Definition of Psychotherapies 1.2 Psychotherapeutic Basic Skills 1.3 Psychoanalytic Therapies: Classical & Modern 1.4 Transactional Analysis											10
2	2. BEHAVIOR THERAPY 2.1 Basic assumptions & various forms of behavior therapies 2.2 Systematic Desensitization & Flooding, Implosive Therapy, Aversive Therapy 2.3 Bio-Feedback Technique 2.4 Assertiveness Training											10
3	3. COGNITIVE, HUMANISTIC AND EXISTENTIAL THERAPIES 3.1 Cognitive Therapies: A) REBT, B) Mind-fullness & REBT C) Beck's Cognitive Therapy 3.2 Roger's Client Centered Therapy 3.3 Gestalt Therapy 3.4 Logo Therapy & Reality Therapy											10
4	4. MULTIMODAL AND EASTERN THERAPIES 4.1 Lazarus Multimodal Therapy 4.2 Eastern Therapies: A) Vipashyana & Zen Buddhism, B) Islam & Sufism, C) Yoga Therapy 4.3 Art Based Therapies , Narrative, Play, Music & Dance Therapies 4.4 Family Therapy											10
	Total Number of Lectures											40
Suggested Reference Books: 1. Capuzzi, D., & Gross, D.R. (2008). Counseling and Psychotherapy: theories and interventions 4thEdn. Pearson Education: India. 2. Corey, G. (2008). Theory and practice of group counseling. Thomson Brooks/Cole: Belmont CA 3. Prochaska, J.O., & Norcross, J.C. (2007). Systems of psychotherapy: a transtheoretical analysis. 6th Edn. Thomson Brooks/Cole: Belmont, CA : USA. 4. Corsini, R.J. & Wedding, D. (Eds.) (1995). Current psychotherapies. Itasca, Ill.: F.E. Peacock. 5. Gelso, C. J. & Fretz, B.R. (1995). Counselling psychology Bangalore: Prism books. 6. Woolfe, R. & Dryden, W. (Eds.) (1996). Handbook of counseling psychology. New Delhi: Sage. 7. Stewart, I. (2000). Transactional analysis counseling in action. London: Sage. 8. Beck, A.T. (1976). Cognitive therapy and behavior disorders.												



9. Rimm, D.C. & Masters, J.C. (1987). Behavior therapy: Techniques and empirical findings. New York: Harcourt, Brace, Jovanich.
10. Watts, A. W. (1973). Psychotherapy: East and West. London: Penguin books.
11. Rama, S. & Ballentine, R. & Ajaya, S. (1976). Yoga and psychotherapy. Hinsdale, PA: Himalayan International Inst.
12. Ajay, S. (1989). Psychotherapy: East and West. Hinsdale, Penn.: Himalayan International Inst.
13. Ellis, A. & Harper, A. (1975). A new guide to rational living. Englewood.
14. Cliffs, N.J.: Prentice-Hall.
15. Verma, L. (1990). The management of children with emotional and behavioral difficulties. London: Routledge.
16. Veereshwar, P. (2002). Indian systems of psychotherapy. Delhi: Kalpaz publications
17. Brown, C & August-Scott, T (2007) "Narrative Therapy". Sage Publications.
18. Nelson R., Jones (2009) Theory and Practice of Counselling and Therapy (4th Ed) Sage Publication.
19. Butcher J.N; Mineka Susan; and Hooley Jill M. (2014) Abnormal Psychology (15th Ed.) Dorling Kindersley (India) Pvt.Ltd. of Pearson Education.

