

School of Human Studies
Ambedkar University Delhi
Course Outline

Time Slot-_____

Course Code:

Title: Psychotherapeutics

Type of Course: core course (Psychology)

Cohort for which it is compulsory: MA Psychology

Cohort for which it is elective: All other Majors

No of Credits: 4

Semester and Year Offered: 3rd Semester (Monsoon Semester 2017)

Course Coordinator and Team: Neetu Sarin

Email of course coordinator: Neetu@aud.ac.in

Pre-requisites: completion of courses from first two semesters

Aim: This course has been designed to familiarize students with various schools and models of psychotherapy other than the psychoanalytic kind.

Brief description of modules/ Main modules:

1. An introduction to psychotherapy: the idea of therapy as a relational process, a communicative process geared at symptom relief, the significance of ego in therapy, the first few sessions, can everyone benefit from therapy?

2. Essentials of psychotherapy: empathy, understanding, communication. Distinguishing therapy from identification, elaborating the significance of developmental psychological work in psychotherapeutic work. eg the diff between self and object oriented empathy, the ability of a therapist to see the patient as a separate person.

3. The traditions of psychotherapy: Insight oriented, reeducative, supportive psychotherapy etc

3. antecedents of modern psychotherapy(briefly): pastoral counselling, vedic understanding of mental illness, sufi pirs, judeo christian influence on Freud , shamans and mystics . the idea is to deglorify psychotherapy as the enterprise of the elite.

4. schools of psychotherapy: Thinking of taking up

a) schema(CBT) therapy with borderline states,

b) Humanistic school of psychotherapy through the work of Carl Rogers

c) an introduction to existential therapy through Laing and Yalom

1. Assessment Details with weights:

1. Book review : 40 percent
2. group presentation: 40 percent
3. class participation and attendance : 20 percent

Reading List:

1. Bluie, E. 'On empathy'
2. Laing, R.D. (1955) 'The Divided Self'
3. Kellog and Young (2006). Schema therapy with borderline adults
4. Stern, A (1935). Psychoanalytic investigation of Borderline states
5. Yalom, I. (2002)'Gift of Therapy'
6. Rogers, C.(1961) On Becoming a person'