



# Indraprastha College for Women

## University of Delhi

### Work Plan for ODD SEMESTER – 2025

|                    |                                |
|--------------------|--------------------------------|
| Course Name:       | BA (H) Psychology              |
| Paper Title:       | Basic Psychotherapeutic Skills |
| Unique Paper Code: |                                |
| Semester:          | VII                            |
| Faculty(s):        | Dr. Surabhika Maheshwari       |
| Year:              | 2025                           |

| <b>Work Plan</b>                            |  |             |  |
|---|--|-------------|--|
| Unit No.                                    | Learning Objective   | Lecture No. | Topics to be Covered                                       |
| Unit 1:<br>Introduction to<br>Psychotherapy | To be able to understand various psychotherapeutic modalities & techniques | 1           | Definition, process, need and scope of Psychotherapy,      |
|   |  | 2           | Definition, process, need and scope of Psychotherapy,      |
|   |  | 3           | Definition, process, need and scope of Psychotherapy,      |
|   |  | 4           | Verbal response modes and intentions,                      |
|   |  | 5           | Verbal response modes and intentions,                      |
|   |  | 6           | Case conceptualization in various settings and Case record |
|   |  | 7           | Case conceptualization in various settings and Case record |
|   |  | 8           | Case conceptualization in various settings and Case record |
| Unit 2:<br>Psychotherapeutic<br>Techniques  | Develop an understanding of psychotherapeutic techniques                   | 9           | Psychoanalytic psychotherapy (Nancy McWilliams),           |

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|--|--|----|---|
|  |  | 10 | Psychoanalytic psychotherapy (Nancy McWilliams),            |
|  |  | 11 | Psychoanalytic psychotherapy (Nancy McWilliams),            |
|  |  | 12 | Psychoanalytic psychotherapy (Nancy McWilliams),            |
|  |  | 13 | Logotherapy,  |
|  |  | 14 | Logotherapy,  |
|  |  | 15 | Logotherapy,  |
|  |  | 16 | Logotherapy,  |
|  |  | 17 | Acceptance and commitment therapy,                          |
|  |  | 18 | Acceptance and commitment therapy,                          |
|  |  | 19 | Acceptance and commitment therapy,                          |
|  |  | 20 | Acceptance and commitment therapy,                          |
|  |  | 21 | Interpersonal therapy,                                      |
|  |  | 22 | Interpersonal therapy,                                      |
|  |  | 23 | Interpersonal therapy,                                      |
|  |  | 24 | Narrative therapy   |
|  |  | 25 | Narrative therapy   |
|  |  | 26 | Narrative therapy   |
|  |  | 27 | Narrative therapy   |
| Unit 3:<br>Psychotherapy in diverse settings | To develop nuanced understanding of cultural underpinnings and clinical contexts | 28 | Group psychotherapy,  |
|  |  | 29 | Group psychotherapy,  |
|  |  | 30 | Psychotherapy in multicultural settings,                    |
|  |  | 31 | Psychotherapy in multicultural settings,                    |
|  |  | 32 | Expressive therapy (Play therapy/Art therapy/dance therapy) |
|  |  | 33 | Expressive therapy (Play therapy/Art therapy/dance therapy) |
|  |  | 34 | Expressive therapy (Play therapy/Art therapy/dance therapy) |

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|----------------------------------|---|----|--|
| Unit 4: Ethics and Psychotherapy | To be aware of ethical and legal frameworks to work as a professional therapist | 35 | Need for ethics  |
|                                  |   | 36 | PWD Act 2016,  |
|                                  |   | 37 | National Commission for Allied Healthcare Professions Act, 2021, |
|                                  |   | 38 | Mental Health Care Act 2017                                      |
|                                  |   | 39 | Ethical Dilemmas   |
|                                  |   | 40 | Revision   |

| Unit   | Contents/Syllabus  |
|--------|--|
| I      | Unit 1: Introduction to Psychotherapy (10 hours)<br>Definition, process, need and scope of Psychotherapy, Verbal response modes and intentions, Case conceptualization in various settings and Case record |
| II     | Unit 2: Psychotherapeutic Techniques (15 hours)<br>Psychoanalytic psychotherapy (Nancy McWilliams), Logotherapy, Acceptance and commitment therapy,<br>Interpersonal therapy, Narrative therapy            |
| III    | Unit 3: Psychotherapy in diverse settings (12 hours)<br>Group psychotherapy, Psychotherapy in multicultural settings, Expressive therapy (Play therapy/Art therapy/dance therapy)                          |
| IV     | Unit 4: Ethics and Psychotherapy (8 hours)<br>Need for Ethics in Psychotherapy, PWD Act 2016, National Commission for Allied Healthcare Professions Act, 2021, Mental Health Care Act 2017                 |
| S. No. | Name of Authors/Books/Publishers   |
| 1.     | Nelson-Jones, R. (2013). Practical counselling and helping skills: Text and activities for the life-skills counselling model Sage Publications.  |
| 2.     | Sharf, R. S. (2004). Theories of psychotherapy and counseling: Concepts and cases. Thomson/Brooks/Cole.  |

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|----|---|
| 3. | Clark, K. M. (2014). Play therapy: A comprehensive guide to theory and practice. Guilford Publications. University Press. |
| 4. | Consoli, A. J., Beutler, L. E., & Bongar, B. (Eds.).(2017). Comprehensive textbook of psychotherapy. Oxford               |

\*rest of the readings as per syllabus content

| <b>Paper Components</b>  |  |                       |                      |
|--------------------------|--|-----------------------|----------------------|
| <b>Credits</b>           | <b>Lecture (L)</b>   | <b>Tutorial (T)</b>   | <b>Practical (P)</b> |
| <b>4</b>                 | <b>3</b>   | <b>0</b>              | <b>1</b>             |
| <b>Assessment Scheme</b> |  |                       |                      |
| <b>S.No.</b>             | <b>Component</b>   | <b>Marking Scheme</b> | <b>Total Marks</b>   |
| 1                        | Internal Assessment <ul style="list-style-type: none"> <li>• Assignment/Quiz/Project/Presentation</li> <li>• Class Test</li> <li>• Attendance</li> </ul> | 12<br>12<br>6         | <b>30</b>            |
| 3.                       | Practical <ul style="list-style-type: none"> <li>• Continuous Assessment</li> <li>• End Term Written/Practical Exam</li> <li>• Viva</li> </ul>           | 10<br>20<br>10        | 40                   |
| 4.                       | End Semester Examination   |                       | 90                   |