

**SES's L.S. RAHEJA COLLEGE OF ARTS and  
COMMERCE (AUTONOMOUS)**



**BOARD OF STUDIES: Psychology**

**PROGRAMME: MA Psychology (with Clinical  
Specialization)**

**SEMESTER: III**

**NOMENCLATURE OF THE COURSE:  
PSYCHOTHERAPUTIC TECHNIQUES**

**NEP Vertical: MAJOR**

**Credit: 2**

(As Per Choice Based Credit System (under NEP 2020) with  
effect from the academic year 2025-26)



<b>Programme:</b>	<b>MA Psychology (with Clinical Specialization)</b>
<b>Nomenclature of the Course</b>	<b>Psychotherapeutic Techniques</b>
<b>Total Marks</b>	<b>50</b>
<b>Semester:</b>	<b>III</b>
<b>Academic year</b>	<b>2025-26</b>

**LEARNING OBJECTIVES:**

**Understand Crisis Intervention Models** – Explain the phases of a crisis, intervention techniques, and their applications in various clinical settings.

**Apply Short-Term Psychotherapy** – Assess and implement brief psychotherapy techniques based on client needs and selection criteria.

**Analyze Group Therapy Processes** – Evaluate the principles, models, and effectiveness of group interventions in clinical practice.

**COURSE OUTCOMES:**

1. Demonstrate Competency in Crisis and Group Intervention
2. Apply Advanced Group Therapy Techniques
3. Integrate Cultural and Ethical Considerations in Psychotherapy
4. Understand and apply different aspects of person-centered therapy, gestalt therapy and existential therapy

<b>Unit</b>	<b>Course Content</b>	<b>Andragogy</b>	<b>No of Lectures</b>
<b>1</b>	<p><b>1.1 Crisis Intervention:</b> Definition of Crisis, phase of Crisis, techniques, stages of crisis work, applications.</p> <p><b>1.2 Brief/ Short-term Psychotherapy:</b> characteristics, selection criteria, goals and process</p> <p><b>1.3 Group interventions:</b> processes, applications and intervention models</p> <p><b>1.4 Stages in Group Therapy</b></p>	<p>Interactive lectures</p> <p>PowerPoint presentations</p> <p>Observation and Analysis</p> <p>Case studies</p>	<b>15</b>
<b>2</b>	<p><b>2.1 Person-Centered Therapy:</b> Concepts, Process, Techniques, Applications &amp; Evaluation</p> <p><b>2.2 Gestalt Therapy:</b> Concepts, Process, Techniques, Applications &amp; Evaluation</p> <p><b>2.3 Existential Therapy:</b> Concepts, Process, Techniques, Applications &amp; Evaluation</p>	<p>Interactive lectures</p> <p>PowerPoint presentations</p> <p>Observation and Analysis</p> <p>Case studies</p>	<b>15</b>

## **SUGGESTED READINGS**

Corey, G. (2012). *Theory and Practice of Counseling and Psychotherapy*. California: Brooks/ Cole Publishing.

Faiver, C., Eisengart, S., Colonna, S. (2003). *The counselor intern's handbook*. Pacific Grove, CA: Brooks/Cole Publishing Company.

Martin, D. G. (2011). *Counseling and Therapy Skills*. NY: Waveland Pr In

Moursund, J., & Kenny, M. C. (2002). *The Process of Counseling and Therapy* (4th ed.). Upper Saddle River, New Jersey: Prentice Hall.

Greenstone, J., & Leviton, S. (2010). *Elements of crisis intervention: Crisis and how to respond to them* (3rd ed.). Brooks/Cole.

Kleinberg, J. (2012). *The Wiley Blackwell handbook of Group psychotherapy*. NY: Wiley Blackwell.

Sandoval, J. H. (Ed.). (2001). *Handbook of Crisis Counseling, intervention, and Prevention in the Schools* (2nd ed.). Routledge Member of the Taylor and Francis Group.

Yalom, I. D. (2005). *Theory and Practice of Group Psychotherapy*. NY: Basic Books.

Yeager, K., & Roberts, A. (Eds.). (2015). *Crisis intervention handbook: Assessment, treatment, and research* (4th ed.). Oxford University Press.

Wolberg, L. R. (2005). *The Technique of Psychotherapy Part I and II*. NJ: Jason Aronson Inc

Keeran, D. (2009). *Effective Counseling Skills: The practical wording of therapeutic statements and processes*. CreateSpace Independent Publishing Platform.

Neukrug, E.S. (2010). *Counseling Theory and Practice*. Brooks/Cole, Brooks/Cole, Cengage Learning

## QUESTION PAPER PATTERN

### (A) FOR CONTINUOUS EVALUATION

<b>10 MARKS CLASS TEST</b>	<b>(MCQ/QUIZ) ----- 10 MARKS</b>
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### (A-1)

### (A-1) RUBRICS FOR CONTINUOUS EVALUATION

<b>10 MARKS</b>	<b>ASSIGNMENT ----- 5 MARKS</b>
	<b>VIVA-VOCE ----- 5 MARKS</b>

### (B)

## QUESTION PAPER PATTERN FOR SEMESTER END EXAMINATION

60 MARKS	Q1. Answer in brief (1/2)----- 15 marks
	Q2. Answer in brief (1/2)----- 15 marks
	Q3. Answer in brief (1/2)----- 15 marks
	Q4. Answer in brief (1/2)----- 15 marks