


**KARNATAKA STATE  OPEN UNIVERSITY**  
**MUKTHAGANGOTHRI, MYSURU**  
**DEPARTMENT OF STUDIES AND RESEARCH IN**  
**PSYCHOLOGY**  
**M.Sc PSYCHOLOGY**  
**THIRD SEMESTER**  
**COURSE-13 : PSYCHOTHERAPY**

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**BLOCK-1: INTRODUCTION TO PSYCHOTHERAPY**

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**UNIT-1: SCOPE OF PSYCHOTHERAPY**

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**UNIT-2: ETHICS IN PSYCHOTHERAPY**

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**UNIT-3: THERAPEUTIC RELATIONSHIP**

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**UNIT-4: INDIAN PERSPECTIVES**

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**BLOCK-II : TYPES OF PSYCHOTHERAPY**

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**UNIT-5: SUPPORTIVE PSYCHOTHERAPIES**

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**UNIT-6 : RE-EDUCATIVE AND RECONSTRUCTIVE PSYCHOTHERAPIES**

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**UNIT-7 : SPECIAL THERAPIES**

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**UNIT-8 : GROUP THERAPIES**

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**BLOCK - III : PSYCHODYNAMIC AND BEHAVIOURAL  
APPROACHES**

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**UNIT-9 : CLASSICAL PSYCHOANALYSIS**

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**UNIT-10 : NEO-FREUDIAN AND MODERN PSYCHOANALYSIS**

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**UNIT- 11 : COGNITIVE AND BEHAVIOUR THERAPY**

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**UNIT -12 : CLIENT CENTERED THERAPY AND OTHER THERAPIES**

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**BLOCK - IV : SOCIAL AND GROUP THERAPIES**

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**UNIT – 13 : INDIVIDUAL AND GROUP THERAPIES**

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**U NIT – 14 : GROUP EDUCATION**

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**UNIT - 15 : FAMILY THERAPIES**

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**UNIT – 16 : SPECIALIZED GROUP THERAPIES**

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## M.Sc PSYCHOLOGY THIRD SEMESTER

### COURSE-13 : PSYCHOTHERAPY

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## **COURSE-13 PSYCHOTHERAPY**

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### **INTRODUCTION**

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This course Psychotherapy is about using Psychological methods and techniques to treat the individuals suffering from various Psychological problems and disorders. Psychotherapy is the collaborative treatment between an individual and a psychologist. In this process the psychologist helps the individual to develop healthier and effective habits and behaviours to deal with one's own environment. This is done through the use of verbal and psychological techniques where a professional psychotherapist helps a client to handle his general and specific psychological problems.

The first block deals with introduction to psychotherapy, its nature, its goals, the difference between psychotherapy and counselling, classification of psychotherapy its application in different settings. It explains the ethics to be followed in the psychotherapy, the therapeutic relationship, its meaning, purpose, goals, the components, importance of therapeutic relationship. It discusses about the Indian perspectives vs American perspectives.

The second block deals with types of psychotherapies, the supportive psychotherapies like guidance, tension control and release, milieu therapy, sociotherapy, reassurance, prestige suggestion, persuasion, confession ventilation, etc it also explains the importance of these and how they help an individual relieve his psychological tensions. It provides an understanding about reeducative and reconstructive psychotherapies , its applications, the major types like relationship therapy, attitude therapy, hypnotherapy, psychoanalysis, etc. Other than the major therapies there are certain special therapies like: play, art, music, dance, sports, creative therapies, sensory therapies, which are gaining importance nowadays. These are being discussed here. Therapies are done for a single individual as individual therapy, or sometimes group therapy based upon the requirement. The group therapies, its principles, applications, types are discussed here.

The third block deals with the classical psychoanalysis, its nature, process the role of a psychoanalyst, the techniques used in classical psychoanalysis of Sigmund Freud, that is free association, catharsis, dream interpretation, resistance, transference. The neo-Freudian and modern psychoanalysis of Alfred Adler, Eric From, Karen Horney, Harry Stack Sullivan are being discussed in detail. The cognitive therapy and behaviour therapy, its techniques like desensitization, extinction, flooding, aversive conditioning, are being dealt .The importance to the client is the priority in client centered therapy given by Carl Rogers, the psychodrama, role playing, and relaxation therapies are discussed.

The fourth block deals with social and group therapies, the individual therapies, group therapies, different techniques adopted in these, the group education, psychosocial therapies, family therapies and specialized therapies are being discussed in detail.

This course has provided you a detailed understanding about the therapies used in treatment of mental disorders. A thorough knowledge of psychotherapy provides a perspective to look at the psychological treatment in a broader aspect.

Wishing you All the Best

Dr. S. Surma

Course Coordinator M.Sc Psychology  
Assistant Professor, DOS&R in Psychology  
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Mukthagangothri, Mysore.

**M. SC. PSYCHOLOGY FOURTH SEMESTER  
COURSE 19- POSITIVE PSYCHOLOGY**

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## **Credit Page**

**Programme Name** : M.Sc Psychology (CBCS)  
**Year / Semester** : 1st Semester  
**Blocks** : 1- 2  
**Course Name** : Interdisciplinary Open Elective EL-1 Introduction to  
Psychology  
**Credit** : 2 Credits  
**Units** : 1 - 08 Units

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## INTERDISCIPLINARY OPEN ELECTIVE EL- I

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**FIRST SEMESTER**  
**SOFT CORE COURSE PSY B 1.2**  
**SOCIAL AND COMMUNITY PSYCHOLOGY**

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