



**M.A., Psychology**  
**Semester-II**

Course Code	PA02EPSY54	Title of the Course	Clinical Techniques & Psychotherapy
Total Credits of the Course	4+1	Hours per Week	5

Course Objectives:	<ol style="list-style-type: none"><li>1. To provide knowledge of clinical aspects of psychology.</li><li>2. To acquaint the students with the methods, treatment therapeutic aspects of clinical Psychology.</li><li>3. To provide information regarding advance research in clinical Psychology.</li><li>4. To prepare the student for research to enable the welfare of society.</li></ol>
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**Course Content**

Unit	Description	Weightage* (%)
1.	<b>Projective Techniques</b> 1.1 Meaning of projective techniques and its characteristics 1.2 Projective Techniques 1.3 Rorschach Ink Blot Test 1.4 Thematic Apperception Test 1.5 Meaning of Projection 1.6 Meaning & Content of TAT 1.7 Interpretation of Rorschach Ink Blot Test 1.8 Introduction and Special Characteristics of Rorschach Ink Blot Test 1.9 Scoring method of Rorschach Ink Blot Test 1.10 Interpretation of Rorschach Ink Blot Test 1.11 Classification of responses 1.12 Evaluation of Rorschach Ink Blot Test	25 %
2.	<b>Goals and Strategies of Psychotherapy</b> 2.1 Meaning and Nature of Psychotherapy 2.2 Goals of Psychotherapy 2.3 Varieties of Psychotherapy 2.4 Objectives of Psychotherapy 2.5 Strategies of Psychotherapy 2.6 Behavior Psychotherapy 2.7 Humanistic Psychotherapy	25 %
3.	<b>Hypnotism and Dream interpretation</b> 3.1 Catharsis 3.2 Suggestion	25 %





	3.3 Hypnotism 3.4 Desensitization 3.5 Free association 3.6 Dream interpretation 3.7 Cognitive behavior therapy.	
4.	<b>Group and Family Therapy</b> 4.1 Group therapy 4.2 Psycho Drama 4.3 Play therapy 4.4 Occupational Therapy 4.5 Family Therapy 4.6 Marital Therapy 4.7 Encounter Group therapy 4.8 Yoga and Meditation	25 %

Teaching-Learning Methodology	Assignment method, -Group discussion, Lecture method, -Power point presentation, -Seminar.
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<b>Evaluation Pattern</b>		
Sr. No.	Details of the Evaluation	Weightage
1.	Internal Written / Practical Examination (As per CBCS R.6.8.3)	15%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance (As per CBCS R.6.8.3)	15%
3.	University Examination	70%

<b>Course Outcomes: Having completed this course, the learner will be able to</b>	
1.	The students will be comprehended and acquired with psychological assessment and techniques used in clinical setting like Rorschach Ink blot test & TAT.
2.	Acquired with basic of psychotherapy and uses of different psychotherapeutic intervention.
3.	Developed an understanding of therapies like group therapy, behavioural therapy, marital therapy .Use of medication & yoga.





Suggested References:	
Sr. No.	References
1.	Bhatt, K. K. (2001), Chikitsa Manovigyan Part 1-2, University Granth Nirman Bord, Gujarat rajya, Ahmedabad.
2	Hecker & Thorpe, (2011).Introduction to Clinical Psychology science, practice and Ethics, Droling Kindersley (India) Pvt. Ltd.
3.	Irvin D. Yalom, (2005), Theory and Practice of Group Psychotherapy, A member of the perseus books group, New York.
4.	Kahn, Theodore, Geffen & Martin, (1960), Psychological Techniques in Diagnosis and Evaluation, New York .
5	Kumar, (2012), Ucharar Naidanik Manovigyan: Advanced Clinical Psychology, Shree jainendra press, fez-9, New Delhi
6	Mathur, S. S. (1985), Clinical Psychology, Vinod Pustak Mandir, Agra.
7	Shaffer, G. W. & Lazarus, R. S. (1952), Fundamental Concept of Clinical Psychology.
8	Singh, A., (2012), Advanced Clinical Psychology (Hindi), Motilal Banarasidas, Bangalo Road, New Delhi.
9	Sundtrag, N. D. & Taylor, L. E. (1963), Clinical Psychology, Mechurts, London.
10	Watson, R. I. (1949), The Clinical Methods in Psychology, Harper, New York.

On-line resources to be used if available as reference material

On-line Resources

<http://www.nhmrc.gov.au/>

<http://www.agpa.org/home/practice-resources/practice-guidelines-for-group-psychotherapy>

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