

## SEMESTER-VII

**CPSY-411**

### CLINICAL PSYCHOLOGY- II

**Credit Hour: 4**

Type: Major

#### Course Objectives

This Course is designed to familiarize Students with the theoretical bases of various therapeutic modalities. There will be an emphasis on approaches that are most commonly used in the field of clinical Psychology. Lectures will stress theory and case conceptualization and exercises will address both theory and application of various therapeutic interventions.

#### Course Contents

- Rational Emotive Behavior Therapy
- Post Disaster Management
- Family Therapy

#### Rational Emotive Behavior Therapy

- Postmodern Philosophy and REBT
- Philosophic Emphasis of REBT
- Multicultural Aspects of REBT
- How does REBT define Rational and Irrational?
- Healthy and Unhealthy Negative Feelings in REBT
- Biology and Human Rationality and Irrationality
- **The REBT Theory of Personality Disturbance and Change**
  - Why and How People Become Psychologically Disturbed
  - The REBT Revealing of Irrational Beliefs
  - Helping Clients See the Connection Between their Beliefs, Feelings, and Actions The Use of Insight in REBT
  - The Advantages of Active-Directive REBT
- **The Process of Assessment in REBT**
- **Cognitive Techniques in REBT**
  - Disputing

- Functional Disputing
- Empirical Disputing
- Logical Disputes
- Philosophical Disputes
- Rational Coping Statements
- Modeling
- Referencing
- Cognitive Homework
- Bibliotherapy / Psycho-educational Assignments
- Proselytizing
- Recording therapy sessions
- Reframing
- Stop and Monitor
- **Emotive/Experiential Techniques in REBT**
  - Rational Emotive Imagery
  - Forceful Coping Statements
  - Forceful Taped Disputing
  - Role playing
  - Reverse role playing.
  - Humor
  - Unconditional Acceptance by Therapist
  - Teaching Unconditional Self-Acceptance (USA) and Unconditional Other Acceptance (UOA)
  - Encouragement
  - Encounter Exercises
- **Behavioral Techniques in REBT**
  - Reinforcements
  - Penalties
  - Shame Attacking Exercises
  - Skill Training
  - Paradoxical Homework
  - Relapse Prevention
  - In Vivo Desensitization

Staying in Difficult Situations

## **Post Disaster Management**

- **The Effects of Trauma across the Developmental Spectrum**

Describe the effects of trauma on the emotional, cognitive, neurological and physical human systems.

Discuss neurophysiological and neurochemical changes and the efficacy of medication. Examine the short and long term effects of trauma across the life span (infancy, child, adolescent, adult).

Identify the differences between normal grief and grief resulting from trauma.

- **Foundations and Models of Crisis Intervention**

Examine the history and evolution of crisis intervention and trauma response over the past century.

Describe the different models and techniques currently used with different populations and discuss their effectiveness.

Identify public and private resources within the community available to clinicians and individuals affected by trauma.

Review the international psychosocial intervention programs and lessons learned from these efforts.

- **Self-Care for Clinicians Treating Trauma**

Discuss secondary or vicarious traumatization among clinicians who work with trauma. Explore the issues of transference and countertransference as it pertains to working with trauma.

Identify practical skills/methods for self-awareness/self-care.

- **Differences and Diversity in the Experience, Effects and Treatment of Trauma**

Examine how culture and ethnicity influence the experience, effects and treatment of trauma.

Explore how pre-incident mental health and pre-existing mental health conditions (e.g. substance abuse, affective disorder) influence the experience, effects and treatment of trauma.

Identify special populations (e.g. refugees, children of war, etc.).

- **Responding to Disaster**

- **Ethical Considerations in Crisis Intervention and Trauma Response**

- **Family Treatment Approaches in Working with Trauma**
- **Group Treatment Approaches in Working with Trauma**
- **Individual Treatment Approaches in Working with Trauma**

### **Family Therapy**

- Difference between individual and family therapy.
- Relationships/Boundaries
- Transitions
- Punctuations
- Models of Family Therapy
- Assessment and Management Techniques: A systemic model
  - Genogram: Assessment, Planning and Management.
  - Interviewing through circular questioning etc
- Techniques of Family Therapy
- Enactment
- Sculpturing
- Application of family Therapy in clinical and social work practice

### **Course Outcomes**

The Students will be able to critically evaluate the application and effectiveness of various therapeutic modalities that are being used in clinical Psychology.

### **Recommended Books:**

ADB. (1992). Disaster mitigation in Asia and the Pacific. Manila: ADB

Blakie, P. et al. (1994). risk: Natural hazards, people's vulnerability and disasters. London: Rutledge.

Burnham, J.B. (2002). Family therapy: First step towards a systemic approach. London: Taylor and Francis.

Carter, W. N. (2008). Disaster management: A disaster manager's handbook. Manila: Asian Development bank.

Dallos, R., & Draper. R. (2004). An Introduction to family therapy: Systemic theory and practice. U.K: McGraw Hill.

- Ellis, A., & Maclaren, C. (2005). Rational emotive behavior therapy: A therapist's guide (2nd ed.) USA: Impact Publishers.
- Ellis, A., & Becker, M. I. (1982). A guide to personal happiness. USA: Melcin Powers.
- Goldenberg, I., & Goldenberg, H. (1991). Family therapy: An overview. California, Brooks/Cole Publishing Company.
- Inter Works (1998). Model for national disaster management structure, preparedness plan and supporting legislation. Madison: Inter Works.
- Nichols, M.P. (2010). Family therapy: Concepts and methods. New York: Allyn Bacon
- Nizamuddin, K. (2001). Disaster in Bangladesh. Dhaka: Disaster Research Training and Management Centre.
- Piercy, F.P., & Sprenkle, D.H. et al. (1996). Family Therapy source book. London: The Guilford Press.
- Smith, P., Dyregrov, A., & Yule, W. (2008). Children and Disaster: Teaching Recovery Techniques. Bergen, Norway: Children and War Foundation.
- Stoner, J. A. F., & Freeman, R. E. (2000). Management. New Delhi: Prentice-Hall
- Wehrich, H., & Koontz, H. (2004). Management: A global perspective (11th ed.). New York: McGraw Hill.
- Latest Research articles should be included in Teaching