University of Management and Technology

Course Outline

Course code **CP610**   Course title **Psychological Interventions**

Program	MS Clinical Psychology
Credit Hours	3
Duration	15 weeks
Prerequisites	BS Psychology
Resource Person	Halima Khurshid
Counseling Timing (Room#)	Thursday 02:00 pm – 03:00 pm Library Building Level 5
Contact	halima.khurshid@umt.edu.pk

Chairman/Director signature…………………………………

Dean's signature…………………………   **Date**………………………………………

Learning Objective:

- Trainees will be able to learn the key intervention strategies that can be used with multiple clients in multiple settings.
- Demonstrate the effectiveness of intervention plan.

Learning Methodology:

- Individual Tasks (Assignments & Presentations)
- Cooperative Learning (Group Activities & Demonstrations)
- Inquiry-based instruction (Open-ended questions & discussions during lecture)
- Use of technology (sending video clips)

Grade Evaluation Criteria

Following is the criterion for the distribution of marks to evaluate final grade in a semester.

Marks Evaluation	Marks in Percentage
Quizzes	20 %
Assignments	10 %
Mid Term	
Attendance & Class Participation	10 %
Term Project	
Presentations	20 %
Final exam	40%
Total	100%

Recommended Text Books:

- Behavior Modification: Principles and Procedures – Raymond G. Miltenberger
- Cognitive Therapy Techniques – Robert L. Leahy

Calendar of Course contents to be covered during semester

Course code CP-610   **Course Title Psychological Interventions**

Week	Course Contents	Reference Chapter(s)
1	Orientation to the Course & Resource Person	
2	History of Madness	
3	• Therapeutic Relationship • Therapeutic Factors (Specific / Non-specific Factors)	
4	Evolution of Psychological Intervention - Contributors Discussion on Transference, Counter-transference and Multicultural Identities	

5	Behaviour Modification (Recording of Behaviour) *Dimensions of Recording a Behaviour* - Frequency - Duration - Intensity - Latency	
6	- Reinforcement - Factors that Influence the Effectiveness of Reinforcement - Schedules of Reinforcement	
7	Shaping	
8	Cognitive Behavior Therapy	
9	Cognitive Behavior Therapy - II - Demonstrations	

10	Prompting & Fading	
11	Relaxation Exercises & Systematic Desensitization	
12	Chaining • Backward Chaining • Forward Chaining • Total Task Presentation	
13	Thought Stopping	
14	Before & After – Single Case Study	

15	Review & Feedback	