Course code: CP-401

Course title: Psychotherapies

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| 1. **Course Learning Outcomes: (CLO’s)** | |
| CLO-1 | Comprehend the knowledge about the theoretical background of different therapies (C2) |
| CLO-2 | Illustrate different therapeutic techniques based on theoretical rationale (C4) |
| CLO-3 | Formulate clinical problems under different therapeutic model (C5) |
| CLO-4 | Demonstrate therapeutic techniques based on ethical standards (C3) |

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|  | | CLO 1 | CLO 2 | CLO  3 | CLO 4 |
| PLO-1 | **Psychology Knowledge:** Graduates will be able to comprehend the fundamental concepts of Clinical Psychology. An ability to describe the manifestation of psychological problems in cultural perspectives. |  |  |  |  |
| PLO-2 | **Problem Functional Analysis:** Graduates will be able to formulate and conceptualize the psychological problems according to Bio-Psych-Social and Spiritual Model. |  |  |  |  |
| PLO-3 | **Basic Clinical Skill Development**: An ability to identify the need specific psychological assessment tools, its demonstration and interpretation |  |  |  |  |
| PLO-4 | **Therapeutic Techniques and Implementation**: Graduates will be able to utilize the therapeutic skills and construct the intervention plan |  |  |  |  |
| PLO-5 | **Communication:** Demonstrate effective verbal and written skills. Able to communicate mindfully and respectfully to individuals and professionals of diverse ethnic, religious, and cultural backgrounds. An ability to communicate effectively, orally as well as in writing, on various social events held by the Psychologists’ community, including conferences, seminars, workshops etc |  |  |  |  |
| PLO-6 | **Case studies**: An ability to synthesized and integrate the assessment and intervention skills in managing clinical case, evaluating its progress and report professionally. |  |  |  |  |
| PLO-7 | **Ethical considerations**: Ensuring professional ethical principles and practices |  |  |  |  |
| PLO-8 | **Research:** An ability to articulate research methodologies, operationally define problems, its literature review and process to conduct research |  |  |  |  |
| PLO-9 | **Community Work**: Graduates will able to engage with different organizations to provide community services including recognition and bridging different of resources to fulfill the psychological needs of communities such marginalized population |  |  |  |  |
| PLO-10 | **Self-Analysis:**  Analyze their different professional roles as clinician, supervisor, supervisee, consultant, teacher and researcher. |  |  |  |  |
| PLO-11 | **Mental Health Awareness:** Graduates will be able to design Programs for prevention and promotion of mental health wellness and quality of life in general population. |  |  |  |  |
| PLO-12 | **Lifelong Learning**: Able to develop significant professional goal for life after being graduate. An ability to recognize the importance of psychology and its adaptability in their personal and professional lives. |  |  |  |  |

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| 1. **Assurance of Learning and Assessment Items:**   *Specify Assessment Items that will assure student learning through application and achieve objectives of specific PLOs / CLOs* | |
| **Assessment Item** | **Application/ Outcomes**  **PLO / CLO** |
| Assignment 1 | **CLO 1/ PLO1** |
| Assignment 2 | **CLO 2 /PLO4** |
| Quiz 1 | **CLO 1/PLO1** |
| Quiz 2 | **CLO 3/PLO2** |
| Midterm | **CLO 1,2,3** |
| Presentation | **CLO 2, 3 ,PLO4** |
| Final Exam | **CLO 2 ,3 ,4 /PLO7** |

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| 1. **Assessment Structure and Grading Policy\*:** | | |
| **Assessment Item(s)** | **Weight (%)** | **When will be assessed** |
| Quiz | 20 | 2 times of semester |
| Assignments | 10 | Twice in a Semester |
| Presentation | 20 | Once in a semester |
| Class Participation | 10 | Throughout in semester |
| Final exam | 40 | One-time assessment |
| **Total** | **100** |  |
| **Notes – Norms and Important Class Policies:**  *(such as submission guidelines, academic honesty, make-up policy, code of conduct)*   * Attendance below 80% will result in Short-Attendance grade. The participant will not be allowed to sit in the final examination. * All assignment submission is subject to plagiarism check. Plagiarism score above 15% will render the submission void. | | |

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| 1. **Weekly Sessions Plan:** | | | | |
| Week | Course Contents | CLO | Bloom’s Taxonomy Levels | Reference Chapter(s) |
| 1 | Overview of the Course Introduction definition of psychotherapy  Differentiate between psychologist, psychotherapist and psychiatrist  understand the ways and approaches of psychotherapy | 1 | C2 | Overview handout |
| 2 | The Nature and Goals of Psychotherapy  Characteristics of patient and the therapist  Phases of psychotherapy | 1 | C2 | Thompson & Hederson. (2015). *Couselling Children Book (9th Ed).* United states of America |
| 3 | Continuation of phases of therapy | 2 | C4 | Thompson & Hederson. (2015). *Couselling Children Book (9th Ed).* United states of America |
| 4 | History and Evolution of CBT  Theory and practice (core beliefs, Rules and assumptions , cognitive errors ,Negative Triad , CBT model for depression and anxiety )  Indigenous context | 1, | C2 | Thompson & Hederson. (2015). *Couselling Children Book (9th Ed).* United states of America |
| 5 | CBT lecture 4 continued  Verbal  techniques | 3 | C5 |  |
| 6 | Behavioral techniques of CBT (Preparation of management plan) | 3 | C5 | Miltenberger, R. G. (2016). Behavior Modification: Principles and Procedures. Brooks/Cole Publishing Company, Inc |
| 7 | REBT | 4 | C3 | Notes |
| 8 | REBT(Continued) | 4 | C3 | Notes |
| 9 | MIDTERM | 1,2,3 |  |  |
| 10 | Group Therapy | 3 | C5 | Notes |
| 11 | Family Therapy | 3 | C5 |  |
| 12 | Addiction | 3 | C5 | Miltenberger, R. G. (2016). Behavior Modification: Principles and Procedures. Brooks/Cole Publishing Company, Inc |
| 13 | Play therapy | 3 | C5 | Miltenberger, R. G. (2016). Behavior Modification: Principles and Procedures. Brooks/Cole Publishing Company, Inc |
| 14 | Different therapeutic models of family therapy | 4 | C3 |  |
| 15 | Revision |  |  |  |
| 16 | Final Term |  |  |  |