

Stein : Thematic Apperception Test, Massachusetts, Addison)Wesley, 1955.

Wolberg : Techniques of Psychotherapy, New Youk, Gurn and Stration, 1967.

Lezak, M.D. : Neuropsychological Assessment, London, Oxford University Press, 1976.

Golden, C.J. Diagnosis and Rehabilitation in Clinical Neuropsychological Springfield, Charles Thomas, 1978.,

Singh, A.K. (2001). Advanced Clinical Psychology. Motilal Banarasi Dass, Varanasi.

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**PAPER-IX-B  
PSYCHOLOGICAL THERAPIES**

**UNIT-I**

Concept of Behaviour Modification: Its Origin, Development, Basic Assumption and Importance in various fields.

Behaviour modification in natural environment, its theory, principles and assumptions.

**UNIT-II**

Operant Methods in Self-Control: Background, Application of operant procedure in obesity, study behaviour, self-control principles, empirical findings.

Aversion Therapy: Meaning, Technique, Electrical Stimulation, narcotic Addiction, Drugs, Covert sensitisation, Practical guide uses for A.T.

**UNIT-III**

Background of Systematic Desensitisation; Its theory applicability and some empirical findings. Nature and Methods of Assertive Training; Its implementation and experimental studies; Behaviour Rehearsal - the minimal effective response Escalation passive, Aggressive Techniques.

Concept and procedures of modelling; Acquisition and Facilitation of new Behaviour Patterns by modelling; Disinhibition and the Vicarious Extinction of fear and Anxiety by Modelling.

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#### UNIT-IV

Psycho therapy assumptions and conduction.

Group therapy; Psycho-analytical techniques, Phenomenological Methods, Client-centered therapy.

#### UNIT-V

Cognitive Methods in Behaviour Modification; Rational Emotive Therapy, Thought stopping, Sex therapy. Family therapy, Hypnosis.

Bio-feed back techniques: Concept, assumption, types of techniques, application of techniques, medical and behavioural problems.

#### BOOKS RECOMMENDED :

1. Rim & Masters : Behaviour therapy:  
Academic Press.
2. Wolpe, Joseph : The Practice of behaviour  
(1982) Therapy, Pergamon Press.
3. Dobson, K.S. : Handbook of cognitive  
(1988) Behaviourat Therapies,  
Hutshinson, London.
4. Tharp, G.R.& : Modification in Environment,  
Wetzel, J.R. Academic Behaviour Press.  
(1968)
5. Krasner & : Researches in Behaviour  
Ullman Modification

6. Eandura : Principles of Behaviour  
Modification.
7. Ullman & : Case Studies in Behaviour  
Krasner Modification.
8. Mc Laughlin : Leaming and Social  
Behaviour
9. Eysenck : Behaviour Therapy and  
Neurosis.
10. Henry C. Richard : Behavioural Intervention  
in Human Problems.
11. Kanfer and Philips : Leaming Foundations of  
Behaviour Therapy.
12. Skinner : Contingencies of  
Reinforcement.