

Semester – III
OPTIONAL GROUP
GROUP - B: CLINICAL
Paper – IV B

PSYCHOLOGICAL THERAPIES -I

UNIT-I

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

UNIT-II

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

UNIT-III

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

UNIT-IV

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

UNIT-V

Evaluation of Psychotherapy, Effectiveness, Factors , Research and Process.

RECOMMEND BOOKS

- | | |
|-------------------------------|--|
| 1. Rim & Masters | Behaviour therapy: Academic Press. |
| 2. Wolpe, Joseph | The Practice of behaviour Therapy, Pergamon Press. |
| 3. Dobson, K.S. (1988) | Handbook of cognitive Behaviourat Therapies, Hutshinson, London. |
| 4. Tharp, G.R. & Wetzal, J.R. | Modification in Environment. Academic Behaviour Press. (I 968) |
| 5. Krasner & Ullman | Researches in Behaviour Modification |
| 6. Eandura | Principles of Behaviour Modification. |
| 7. Ullman & Krasner | Case Studies in Behaviour 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 Reinforcem |