

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

Learning Foundations of Behaviour Therapy.

12. Skinner

Contingencies of Reinforcement