

Semester – IV
OPTIONAL GROUP
GROUP - B: CLINICAL

Paper – IV B

PSYCHOLOGICAL THERAPIES-II

UNIT-I

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.

UNIT-II

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.

UNIT-III

Psycho therapy assumptions and conduction.

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

UNIT-IV

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

Unit – V

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

RECOMMEND BOOKS

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| 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. Bandura | 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 Reinforcement. |