

PSY-429: Therapeutic Approaches for Children (3 CHs)

Pre-requisite: Developmental Psychopathology

Course Description:

This course aims to educate the students on various therapeutic approaches for children. The course will broadly cover various therapeutic modalities commonly used with children, such as functional behavior analysis, play therapy, sensory integration therapy, social-skills training etc., and their use in treating mental health concerns in children, through a child-centered approach.

Course Objectives:

The course will facilitate students to:

- Develop an understanding of the different therapeutic approaches for children.
- Develop an understanding of the principles of child-centered therapy.
- Develop critical thinking skills for evaluating the effectiveness of different therapeutic approaches and their use with children for unique mental health concerns.
- Understand the ethical and cultural considerations in therapy for children.

Course Outcomes:

At the end of the course students will be able to:

- Explain various therapeutic modalities used for children with mental health concerns.
- Evaluate and choose appropriate therapeutic approaches, keeping in mind the child's unique needs and using child-centered approach.
- Apply the ethical and cultural considerations in therapy for children.

Course Contents:

- Introduction to Therapeutic Approaches for Children
- Ethical Considerations in Therapy for Children
- Cultural Considerations in Therapy for Children
- Child-Centered Therapeutic Approach
- Functional Behavioral Analysis
- Play Therapy
- Sensory Integration therapy
- Social Skills Training
- Art Therapy
- Family Therapy

- Emerging Trends in Therapeutic Approaches for Children

Textbooks and Recommended Books:

- Cooper, J. O., Heron, T. E., & Heward, W. L. (2020). Applied behavior analysis. Pearson.
- Drewes, A. (2015). Integrative play therapy. John Wiley & Sons.
- Nichols, M. P., & Schwartz, R. C. (2018). Family therapy: Concepts and methods. Pearson.
- Ayres, A. J. (2005). Sensory integration and the child: Understanding hidden sensory challenges. Western Psychological Services.
- Burke, C. A. (2010). Mindfulness-based approaches with children and adolescents: A preliminary review of current research in an emergent field. *Journal of Child and Family Studies*, 19(2), 133-144.
- Malchiodi, C. A. (2012). Handbook of art therapy. Guilford Press.