

**Course Title : Ethics and Psychotherapy I**

**Course Code : PSY- 806**

**Credit Hours : 3**

**Pre requisite: Psychopathology & Psycho diagnostics**

**Course Description:**

1. This course will teach students to understand and to apply principles of effective therapeutic relationship. It will enable students to identify and apply ways in which the therapeutic approach may be tailored to treat a variety of clients in different settings. Based upon research findings that certain aspects of the therapeutic relationship are closely related to success and failure of therapy regardless of treatment approaches or theoretical orientations, the course will highlight ethical, cultural, relational and therapeutic considerations at various stages and processes of therapy.

**Objectives:**

2. The course is designed to:
  - a. Educate students about ethical and legal, cultural, clinical and therapeutic issues associated with psychotherapy.
  - b. Facilitate students in developing skills for clinical judgment and analytical thinking
  - c. Facilitate students in developing abilities for greater self-awareness and self-reflection as a core activity of effective therapy
  - d. Provide teaching activities to practice an empathic and informed approach to conducting psychotherapy

**Learning Outcomes:**

3. After successful course completion students will be able to:
  - a. Identify ethical and cultural issues associated with counseling and psychotherapy.
  - b. Demonstrate capacity to reflect on and address one's own blind spots and differentiate it from patient's problem
  - c. Demonstrate the ability to use verbal and nonverbal interviewing skills to manage an effective therapy relationship
  - d. Demonstrate an ability to apply ethical guidelines, analytical thinking and clinical judgment in managing the therapeutic treatment process
  - e. Demonstrate capacity for empathic and non-judgmental interactions in the therapist's role

4. **Course Content:**

- a. Current research on psychotherapy and psychotherapy models
- b. Understanding and managing the clinical and interpersonal dynamics of therapeutic relationship
- c. Ethical issues related to therapeutic treatment
- d. Research on and models of therapies unique to the Asian context
- e. Working with different clinical populations

**Suggested Readings:**

1. Knapp, S., & VandeCreek, L. (2003). A guide to the 2002 revision of the American Psychological Association's ethics code. Sarasota, FL: Professional Resource Press.
2. Pope, K.S., & Vasquez, M.J.T. (2010). Ethics in Psychotherapy and Counseling: A Practical Guide. 4<sup>th</sup> ed. Wiley.
3. Ford, G.G. (2006). Ethical Reasoning for Mental Health Professionals. Sage Publication Inc.
4. Corey, Corey & Callanan (2007). Issues and Ethics in the Helping Professions. 7th Ed. CA: Brooks/Cole.
5. [Semple](#), D., [Smyth](#), R., [Burns](#), J., [Darjee](#), R. [McIntosh](#), A. (2005). Oxford Handbook of Psychiatry (Oxford Handbooks Series). OUP Oxford