

Course Title : Comparative Therapies (Structured Time-Limited Approaches)

Course Code : PSY- 828

Credit Hours : 3

Course Description:

1. This course is designed to build on foundational psychotherapy knowledge by immersing students in structured, brief, and integrative therapeutic approaches. Emphasis is placed on applying theory to practice through case-based learning and experiential methods. Models such as Behavior Therapy, CBT/ Rational Emotive Behavior Therapy (REBT), Family Systems Therapy and Solution-Focused Brief Therapy (SFBT) are explored in detail). Students will learn to tailor treatment plans based on client-specific needs, cultural contexts, and practical constraints of therapeutic settings. Through personal reflection, skill development, and critical analysis, students will strengthen their capacity to deliver focused, evidence-based psychotherapy with clarity and purpose.

Course Objectives:

2. This course aims to:
 - Introduce students to structured and goal-directed models of psychotherapy including CBT, REBT, systemic, and brief therapies.
 - Strengthen students' ability to formulate cases and design interventions that are time-sensitive, culturally relevant, and tailored to diverse clinical presentations.
 - Equip students with core therapeutic techniques used in structured models, emphasizing skill-building and clinical reasoning.
 - Cultivate reflective practice, including awareness of personal process and the ability to observe and work through transference and countertransference.
 - Encourage the application of therapeutic models within varied cultural contexts, particularly those relevant to Asian societies.

Learning Outcomes:

3. By the end of the course, students will be able to:

- Demonstrate a solid understanding of structured therapeutic approaches including Behaviour Therapy, REBT, family systems, and solution-focused therapies.
- Develop and present case formulations and treatment plans that align with model-specific goals, techniques, and change processes.
- Apply evidence-based interventions such as the ABC framework, cognitive restructuring, family sculpting, and miracle questions with appropriate rationale.

Adapt interventions based on client characteristics, cultural background, treatment setting, and available resources.

- Recognize and manage therapeutic processes such as transference, countertransference, and therapist-client alliance within brief and structured frameworks.
- Engage in reflective practice to enhance personal awareness, clinical boundaries, and emotional responsiveness.
- Analyze psychotherapy models from a multicultural lens, particularly focusing on culturally grounded or adapted practices in Asia.
Critically evaluate outcome research and clinical applicability of various structured therapies to support evidence-informed practice.

Course Content:

- Case Approach to Behavior Therapy/ Rational Emotive Behavior Therapy (REBT)
- Cognitive Behavior Therapy (CBT)
- Family Systems Therapy/ Solution-Focused Brief Therapy (SFBT)
- Treatment Planning Across Models
- Reflective Practice and Therapist's Inner Process

Suggested Readings

1. Ellis, A., & Dryden, W. (2007). *The Practice of Rational Emotive Behavior Therapy* (2nd ed.). Springer.
2. Corey, G. (2021). *Theory and Practice of Counseling and Psychotherapy* (11th ed.). Cengage
3. Nichols, M. P., & Davis, S. D. (2020). *Family Therapy: Concepts and Methods* (12th ed.). Pearson
4. de Shazer, S., Dolan, Y., Korman, H., Trepper, T., McCollum, E., & Berg, I. K. (2021). *More Than Miracles: The State of the Art of Solution-Focused Brief Therapy* (2nd ed.). Routledge.
5. Norcross, J. C., & Goldfried, M. R. (Eds.). (2005). *Handbook of Psychotherapy Integration*. Oxford University Press.
6. Corey, G. (2012). *Case Approach to Counseling and Psychotherapy*. Cengage Learning.
7. Stricker, G., & Gold, J. R. (Eds.). (2013). *Comprehensive Handbook of Psychotherapy Integration*. Springer Science & Business Media.