

Course Title : Advanced Psychotherapies

Course Code : PSY 912

Credit Hours : 3

Pre requisite: Courses on Psychotherapy

Course Description:

1. Advanced psychotherapy is an umbrella course aiming at provision of knowledge and skills for the evidence based psychotherapeutic approaches for the treatment/management of a range of mental health related issues. This may include (but is not limited to) therapeutic approaches from cognitive behavioral paradigm, existential/Gestalt paradigm or behavioral paradigm. The purpose is to introduce any of the above mentioned or other approaches in a more in depth manner and build competence among students in that particular area so enhancing their skill of managing the psychological problems from that particular perspective.

2. **Course Objectives:**

- a. The course will build upon the basic knowledge of the evidence based therapeutic approaches from any of the established psychological paradigm.
- b. It will increase the professional competence of students to understand and handle the psychological issues efficiently based upon a particular paradigm of psychology.

3. **Learning Outcomes:**

- a. The students will demonstrate an understanding of the theoretical underpinnings of the relevant therapeutic approach.
- b. The student will demonstrate the competence through case discussion.

4. **Course Content:**

- a. Theoretical Bases of the relevant therapeutic approach
- b. Supportive case formulation approach and exercises
- c. Specific therapeutic techniques

Suggested Readings:

1. Articles, books and handouts as suggested by the course facilitator.