

Course Title : Seminar in Professional Ethics and Psychotherapy

Course Code : PSY-919

Credit Hours : 3 Hrs.

Pre-requisites: Courses on Psychotherapy

Course Description:

1. The focus in this course will be to increase the knowledge and skills in the practice of Psychotherapy through a critical review of the recent work with regard to assessment and interventions for psychological problems. The dilemma faced in personal and professional life in the practice of evidence based assessment and therapeutic approaches in the context of culture will also be focused. The reading and discussion based format will encourage the student to develop his/her introspective capacity and work on their own blind spots. Through case presentation, assessment and management plans, the individual and group problems will be discussed.

2. Course Objectives:

- a. To develop clinical insight and ethical perspective on psychological issues faced by individuals within the socio-cultural context.
- b. To enhance therapeutic skills for a wide variety of mental health problems.
- c. To learn therapeutic techniques based on evidence based approaches.

3. Learning Outcome:

- a. Demonstrate ethical perspective in assessment and evaluation of psychological problems of clients.
- b. Plan and execute therapeutic intervention according to the unique psychosocial context of the individuals.

4. Course Content:

- a. Interview, Assessment and Interventions
- b. The dynamics of therapeutic relationship
- c. Defense Mechanism, Games people play and script people live
- d. Attachment Styles and relationships
- e. Practicing family and Group therapy
- f. Evidence –based therapies for specific problems and special groups
- g. Ethical challenges in Psychotherapy

Suggested Readings:

1. Ford, G.G. (2006). Ethical Reasoning for Mental Health Professionals. Sage Publication Inc.
2. Corey, Corey and Callanan (2007). Issues and Ethics in the Helping Professions. 7th Ed. CA: Brooks/Cole.
3. Nichols, M. P. & Schwartz, R. C. (2001). The foundations of family therapy. The Essentials of Family Therapy. Boston: Allyn and Bacon