Programme: Master of Social Work Course Title: Therapeutic Interventions Course

Code: SWM622 Number of Credits: 4

Effective from Academic Year: 2022-2023

Course prerequisite:	Registration in the MSW Programme at Goa University affiliated colleges	or its
Objectives:	 To develop an understanding of the key concept in the therapeutic intervention process To understand different theories and models in the interventions To develop skills and attitudes that are required the therapy and counselling in various settings 	erapeutic
<u>Content:</u>	Module 1 Therapeutic interventions in social work settings Treatment in Psychiatric Settings- Theory and models Psycho analytical, Psycho Social, Transactional analysis, Family therapy, Crisis Intervention, Behaviour therapy, Group Therapy & Strength approach Key concepts, Goals, process and skills for each therapy Module 2 Cognitive Behavior Therapy (CBT) and Cognitive Analytic Therapy (CAT) Scope and focus of CBT and CAT. Different settings of practice. integration of CBT, Process of CBT and CAT. Major concepts such as Traps, Dilemmas and Snags, personality structure, repertory Grid, Psychotherapeutic formulation, Sequential Diagrammatic Reformulation in CAT, Reformulation - diagrammatic reformulation, Therapy relationship- transference and counter transference, Termination Models for various disorders:- Nature, cognitive models, process and techniques for treatment of persons with Anxiety, Phobic disorders, obsessional disorders, Depression, Marital Problems, Sexual Dysfunctions Module 3: Therapy for social work practice Gestalt therapy, Grief and Trauma Counselling, Client Centred Therapy/ Person-Centred Counselling, Feminist therapy, Rational Emotive Therapy,	15 hours 20 hours
	Key concepts, Goal, process and skills Module 4 Therapeutic Approach: Group Therapy- Concept, process, therapeutic factors Model of Group Therapy: Coping skills, relaxation, cognitive restructuring, use of various tools.	10 hours
Pedagogy:	Classroom teaching, use of videos and charts, field visits, guest lectures and group discussions	
References:	Beck Judith S. (2011),Cognitive Behavior Therapy, Basics and Beyond the Guilford Press New York	

	Bhugra. D, Gopinath.K, Vikram Patel (2005), Hand Book of Psychiatry- A	
	South Asian Perspective. Byword Viva Publishers Pvt Ltd., Mumbai	
	Bieling, P., McCabe, R. & Antony, M. (2006). Cognitive-behavioral Therapy	
	in Groups. New York: Guilford Press	
	Clarkson, P., Cavicchia, S. (2013). Gestalt Counselling in Action. United	
	Kingdom: SAGE Publications.	
	Kincade, E. A., Seem, S. R., Evans, K. M. (2010). Introduction to Feminist	
	Therapy: Strategies for Social and Individual Change. United	
	Kingdom: SAGE Publications.	
	Lister-Ford Christine: (2002) Skills in transactional analysis counselling and	
	psychotherapy. New Delhi. Sage Publications India Pvt Ltd	
	Quick, E. (2012). Core Competencies in the Solution-focused and Strategic	
	Therapies: Becoming a Highly Competent Solution-focused and	
	Strategic Therapist. New York: Brunner-Routledge.	
	Richard. Cowen, Philip. (2001).Shorter Oxford Textbook of Psychiatry.	
	New Delhi: Oxford University Press	
	Rosengren, D. (2009). Building Motivational Interviewing Skills: a	
	Practitioner Workbook. New York: Guilford Press.	
	Ryle Anthony and Kerr Ian B. (2002). Introducing Cognitive Analytic	
	Therapy: Principles and Practice. John Wily & sons Ltd, Baffins Lane,	
	chichester, England	
	Sadock, B., Kaplan, H. & Sadock, V. (2000). Comprehensive Textbook of	
	Psychiatry. Hagerstwon: Lippincott Williams & Wilkins	
	Sank, L. & Shaffer, C. (1984). A Therapist's Manual for Cognitive Behavior	
	Therapy in Groups. Boston, MA: Springer US.	
	WHO, (1991) Innovative Approaches in Mental Health Care, Psychosocial	
	Interventions and Care Management, Geneva	
	Worden, William J. (2001) Grief Counselling & Grief Therapy: A Handbook	
	for the Mental Health Practitioner. Third Ed. Routledge. London	
	Wills Frank: (2008) Skills in cognitive behaviour counselling &	
	psychotherapy. New Delhi. Sage Publications India Pvt Ltd	
Course Outcomes:	Students will develop an understanding of the different theories	
	and models in therapeutic interventions. Students will develop skills	
	to practice therapeutic interventions in various settings such as	
	schools, High schools, Colleges and Universities, hospitals,	
	Correctional facilities etc.	