

## MASTER IN PSYCHOTHERAPY

This accredited Master degree provides both the theoretical and clinical knowledge for the candidate to conduct professional psychotherapy assessment and treatment with psychotherapy for various patient populations including adults, employees and families for a diverse range of mental, emotional and psychological issues using evidence based best practices processes.

### Course Objectives

- To improve an individual's well-being and mental health;
- To resolve or mitigate troublesome behaviors, beliefs, compulsions, thoughts, or emotions;
- To improve relationships and social skills.

### Course Layout

We use the mastery system of education. Besides lecturing, this course provides clinical experience such as: research, case study, group clinical supervision, reflections, discussions & presentation. Assessment includes case study oral and written presentations, group participation, research paper and assignments.

The topics mentioned above are taught within 1-2 years. During this period, students will also be given clinical case assignments and presentations to do.

Our course is structured into several modules detailed below:

### What is included in Master in Psychotherapy?

- Lectures
- Workshops
- Tutorial
- Case Studies
- Course Manuals
- Group Clinical supervision
- Case review and assessment

### Course Modules

#### 1. Introduction to Psychotherapy

Psychotherapy is an umbrella term that describes the use of psychological methods, particularly when based on regular personal interaction, to help a person change and overcome problems in desired ways.

## 2. History of Psychotherapy

It can be said that psychotherapy has been practiced through the ages, as medics, philosophers, spiritual practitioners, and others used psychological methods to heal people.

## 3. Ethics in Psychotherapy

Ethics is a critical issue in every helping profession, in which the clients—patients—are in trouble and seeking help. The topic highlights the ethical values of respect, responsibility, integrity, confidentiality, competence, and concern in detail. It helps therapist to be thoughtful about ethical principles, potential challenges, and dilemmas as well as about getting appropriate training and supervision that can help them better navigate these challenging waters.

4. Psychotherapy for different patient populations: adults, employees of corporate organisations & families.

5. Psychotherapy to develop resilience and treating common psychological disorders.

## 6. Psychotherapy Approaches

There are many different approaches to psychotherapy:

- i. **Psychoanalysis and psychodynamic therapies**  
Psychodynamic therapists aim to help people understand and address their problems by becoming more aware of their inner life and its effect on their present experience and relationships.
- ii. **Behaviour therapy**  
This form of therapy seeks to identify and help change potentially self-destructive or unhealthy behaviors. It functions on the idea that all behaviors are learned and that unhealthy behaviors can be changed. The focus of treatment is often on current problems and how to change them.
- iii. **Cognitive therapy**  
Cognitive therapy focuses on present thinking, behavior, and communication rather than on past experiences and is oriented toward problem solving.
- iv. **Humanistic therapy**  
Humanistic therapy is a mental health approach that emphasizes the importance of being your true self in order to lead the most fulfilling life.
- v. **Integrative or holistic therapy**  
Integrative or holistic therapy is a progressive form of psychotherapy that combines different therapeutic tools and approaches to fit the needs of the individual client.

With an understanding of normal human development, an integrative/holistic therapist modifies standard treatments to fill in development gaps that affect each client in different ways.

## This Course is Suitable for

- Doctors
- Mental health workers
- Support workers
- Care workers
- Social Workers
- Counsellors
- Trainee Counsellors
- Helpline workers
- Disability Awareness workers
- Teachers
- Educational Support staff
- Psychologists
- Counsellors
- Anyone interested in learning more about how psychotherapy work and how they are used

## Equipment & Venue

Below are the equipment used:

- a. Chairs & table
- b. Course manuals
- c. Figurines
- d. Sand Tray
- e. Symbols
- f. CDs and Music
- g. White board
- h. Notes/ books
- i. Videos
- j. Academic Journal articles
- k. Recommended books list

Venue: Online via Zoom/ Offline with recordings of live classes.