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MARANALLOOR, TRIVANDRUM  
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**The Department of Psychology**

**Add-on Course**

# Introduction to Psychotherapeutic Methods

For B.Sc Psychology Students

**COURSE  
FEE**

**₹ 1000/-**

Instructor



**Dr Jini K Gopinath**

Founder and Chief Consultant  
Global Mental Health initiative - Mind Matters

President  
Indian Association of Clinical and Academic Hypnosis (IACAH)  
Bengaluru, Karnataka

## SYLLABUS

- Module 1** Introducing schools of thought in Counseling and psychotherapy. Basic skills in counseling, processes in counseling.
- Module 2** Cognitive Behavioural Therapy. History, Theoretical dimensions, Formulations, Assessment, Cognitive restructuring.
- Module 3** Hypnosis. History, Induction techniques, Deepenings, Self Hypnosis.

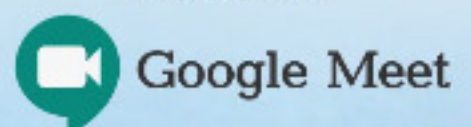
### Advisory Committee

Fr Dr Titto Varghese CMI (Director & Manager)  
Dr Jolly Jacob (Principal)  
Dr Leena S. T. (HoD)

### Organising Committee

Ms Mercy M. Skaria (Coordinator)  
Ms Mariam Luke (Asst. Coordinator)

Platform:



Google Meet

**Duration: 30 Hours  
Time: 5 p.m.**

