

Experiential Learning Activity-5

Subject	PSYCHOLOGY
Class	XII
Topic	THERAPEUTIC APPROACHES
Sub topic	Therapeutic Relationship
Time	40 minutes
Nature of Activity	Group activity (Role Play)
Skills	Empathy, Problem solving,

What will we learn? (L.O) – Students will be able to-

- Develop sensitivity towards issues related to abnormal behaviours and be empathetic towards people suffering from psychological disorders.

What do we have to do?

- Enact as per the given flash card to each group .

What do I require?

- Text book, Flash Cards describing components and unique properties of therapeutic alliance.

What do I already know?

- Awareness about the nature, process and goals of psychotherapy.

Teacher's Activity

Teacher will

- Divide the class into groups
- Prepare one flash card for each group indicating either (a)DO's , i.e. an ideal condition needed for psychotherapy OR (b) DON'T s a condition which should not be there in an ideal therapeutic relationship.
- Ask for the feedback from audience after each group's performance.
- Facilitate post activity discussion giving her inputs and describing the subject matter with the help of the points gathered from the group presentations.

SAMPLE OF FLASH CARD

SITUATION

A client visits the therapist who DOES NOT show empathy towards the client about the emotional distress she was experiencing .Therapist's behaviour reflects more of sympathy than empathy.

Key Note: Empathy is one of the unique properties of therapeutic relationship

How will I Proceed

Students' Activity: Students will

- Observe the performance of other groups and also perform as part of a group.
- Give their feedback , groupwise, as whether the shown performance was an ideal situation or not.
- Participate in post activity discussion for ensuring a better understanding and application of the subject matter.

What have I observed?

Components and unique properties of Therapeutic Relationship

	Component/Properties	Significance
1	COMPONENT 1 Contractual Nature	
2	COMPONENT 2 Limited Duration	
3	PROPERTY 1 Empathy	
4	PROPERTY 2 Unconditional Positive Regard	
5	PROPERTY 3 Confidentiality	
6	PROPERTY 4 Professional relationship	

What have I learnt?

- Various key points needed for an ideal and effective therapeutic relationship.

What am I curious to learn?

- How can different therapies be selected for clients with different personalities and problems?
- **Let me evaluate myself.**

Q1. How is Empathy different from Sympathy?

Q2. Elucidate any five goals of psychotherapy.

1.

2.

3.

4.

5.

Q3. For gaining trust and confidence of the clients, what can a psychotherapist do?

Q4. Analyse the kinds of problems a psychotherapist may encounter while dealing with different types of clients?

Q5. Therapeutic Alliance must remain a professional relationship . Analyse and justify this statement.
