

<b>General Information</b>			
<b>Course name</b>	Psychotherapy	<b>ECTS Credits</b>	6
		<b>Semester</b>	summer
<b>Aims</b>			
<p>The general goal of this course is to introduce students to the various concepts and issues surrounding the field of psychotherapy. Psychotherapy deals with the treatment of psychological disorders by psychological methods. It includes interactive processes between a person or group and a psychologist. This course is focused on the clarification of the essential background, which is necessary for understanding concrete psychotherapy theories. During this course students will get:</p> <ul style="list-style-type: none"> <li>- essential background, which is necessary for understanding concrete psychotherapy theories connected to clinical psychology orientation,</li> <li>- the understanding the role of psychotherapy (pros and cons in treatment of psychopathology),</li> <li>- answers if some theories more valid than others,</li> <li>- information about specifics of psychotherapy interview,</li> <li>- information about intake and initial therapy interview,</li> <li>- training of necessary skills in psychotherapy,</li> <li>- information about theory and technics in psychodynamic therapy and cbt therapy.</li> </ul>			
<b>Contents</b>			
<p><b>Brief outline of the course:</b></p> <ol style="list-style-type: none"> <li>1. Psychotherapy as a discipline and activity; Types of psychotherapy; Psychotherapy aims; training in psychotherapy.</li> <li>2. Integrative psychotherapy framework; effective factors in psychotherapy; Indications for psychotherapy.</li> <li>3. Praxis of psychotherapy.</li> <li>4. Basic questions and communication skills in psychotherapeutic interview</li> <li>5. Intake and initial psychological session.</li> <li>6. Psychoanalytic and Psychodynamic psychotherapy</li> <li>7. Cognitive therapy</li> <li>8. Behavioral therapy</li> <li>9. Person centered therapy.</li> </ol>			
<b>Evaluation</b>			
<p>The final evaluation is a combination between semester activities 40p (minimum 28p) and an exam at the end of the semester.</p> <ul style="list-style-type: none"> <li>- Active participation during seminars is in form of active class participation and discussion (10p),</li> <li>- presentation of the read book (10p),</li> <li>- short video presentation of selected psychotherapeutic techniques and their demonstration an explanation in class (20p)</li> </ul> <p>Basis of exam test with next analysis and discussion about case study (maximum 60 points)</p> <p>Final evaluation (sum of all points):</p>			

For A is needed minimum 91 points, for B minimum 81 points, for C minimum 71 points, for D minimum 61 points, for E minimum 51 points, for FX = 50 and less  
In case of absence, it is necessary to inform the teacher in advance and clarify the reason for the absence.

#### Book presentation:

In the first seminar lesson, each student selects the psychotherapy book which he/she will read and present in class. For the seminar lesson, the student will prepare 20 minutes presentation about the selected book, personal understanding of the book, relevant associations, criticism, and interesting examples or knowledge from a book. The student's presentation is intended to be an interactive, cooperative effort involving the entire class. The class ends with a 10-minute discussion of the presentation. Students are encouraged to express their views of the book and their learning experience. The book presentation is planned for 4 and 11 of May (at seminar lesson)

#### Psychotherapy video presentation:

The student record and prepare a short video displaying a demonstration of specific therapeutic technic. In the in-class presentation, he explains demonstrated technic, the therapeutically theoretical basis of technic. Clarify for which psychological/psychiatric problem is this technique recommended. The video demonstration is planned for 20 a 27 of April (at the seminar lesson).

### **Bibliography**

Prochaska, J. O., Norcross, J. C. (2009). Systems of Psychotherapy: A Transtheoretical Analysis. USA.

Wedding, D., Corsiny, R. J. (2010). Current Psychotherapies. USA.

Wampolt, B. E. (2012). The Basics of Psychotherapy: An Introduction to Theory and Practice. USA: APA.

#### Additional readings

Petruska Clarkson and Stefanie Wilson (2003) The Therapeutic Relationship London and Philadelphia, Whurr Publishers.

Michael Neenan, Windy Drydem (2006) Cognitive therapy in a Nutshell. SAGE publication.

Michael Neenan, Windy Drydem (2006) Rational Emotive Behaviour Therapy in a Nutshell. SAGE publication.

Roger Casemore (2011) Person-Centred Counselling in a Nutshell Sage Publications Ltd; Second edition .

Susan Howard (2011) Psychodynamic Counselling in a Nutshell Sage Publications Ltd; Second edition.