Course Description
PSYM17-CH-115: Theories of Psychotherapy and Psychological Interventions

Aim of the course

The course reviews the history, theories, technical aspects and practical applications of the clinically most significant directions of psychotherapy, including the general problems of psychotherapy, the definition of psychological treatment, frames, rules, atmosphere, contract, working alliance, interpretation, insight and therapeutic basic situation. Problems regarding research will be discussed. Psychodynamic and cognitive-behavioral therapies will be discussed the same way as various forms of group therapy and family and couple therapy.

Learning outcome, competences

knowledge:
Students will gain knowledge regarding the ethical and technical aspects of psychotherapy. Theoretical and technical aspects of major psychotherapeutic approaches.
Knowledge for psychotherapeutic indication must be developed.

attitude:
Empathic, honest and respectful attitude towards patients and colleagues. Self reflective and mindful.

skills:
Developing skills for psychotherapeutic indication (the “what works for whom” problem).

Content of the course

Topics of the course
Theoretical and technical aspects of psychodynamic psychotherapies. Indication of psychodynamic psychotherapies.
Major types of CBT.
Theoretical and technical aspects of CBTs. Indication of CBTs.
Group and family therapies.
Theoretical and technical concepts of group and family therapies. Indication of group and family therapies.

Learning activities, learning methods

Frontal lecture.
Demonstration.

Evaluation of outcomes

Learning requirements, mode of evaluation, criteria of evaluation:
requirements
Active presence.
Written exam.

mode of evaluation:
1-5 scale.

criteria of evaluation:
Knowledge.

Reading list

Compulsory reading list

Recommended reading list