**Title of the course:** Theories of Psychotherapy, Psychological Interventions and Evidence Based Methods

**Course code:** PSYM21-CH-111

**Head of the course:** Schmelowsky Ágoston

**Academic degree:** PhD

**Position:** Habil. associate professor

**MAB Status:** A (T)



**Az oktatás célja angolul**

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 of psychotherapeutic indication must be developed.

attitude:

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

skills:

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

autonomy, responsibility:

Students are able to outline a therapeutic plan on the basis of their knowledge related to interventions and psychotherapy.

Students are aware of the limits of their competence and the knowledge they acquire should be applied only for purposes corresponding to their competence level.



**Az oktatás tartalma angolul**

Topics of the course

Introduction: definition, history, classification, framework and research. Psychodynamic therapies.

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.

**A számonkérés és értékelés rendszere angolul**

Learning requirements, mode of evaluation, criteria of evaluation:

requirements

Active presence.

Written exam.

mode of evaluation:

5-point grading scale.

criteria of evaluation:

Knowledge.



**Idegen nyelven történő indítás esetén az adott idegen nyelvű irodalom:**

Compulsory reading list

Gabbard GO (ed) (2009). Textbook of Psychotherapeutic Treatments. American Psychiatric Publ. Parts 1-2 (pp. 3-288), parts 4-5 (393-704).

Recommended reading list

1. Gabbard, G. O. (2010) Long-term Psychodynamic Psychotherapy (2nd Edition). American Psychiatric Publishing.
2. Goldenberg, Herbert and Irene(2008). Family Therapy: An Overview, Thomson

Brooks/Cole.

1. Roth A, Fonagy P (2005). *What Works for Whom: A Critical Review of Psychotherapy Research*. New York, London. Guilford.
2. Rockland, L., H. (1989) : Supportive therapy: A Psychodynamic Approach. Basic Books.
3. Yalom, I (1995). The Theory and Practice of Group Psychotherapy. Basic Books.
4. Wachtel, P. L. (2011) Therapeutic Communication: Knowing What to Say When (2nd Edition). The Guilford Press.
5. Wedding D, Corsini RJ (eds.) (2014). Current Psychotherapies. International Edition.

8 . Winston, A., Rodenthal, R., Pinsker, H., (eds) (2012): Learning Supportive Psychotherapy. An

Illustrated Guide. Series Editor: Glen O. Gabbard. American Psychiatric Publishing