[Medicinski fakultet u Rijeci]

Curriculum
2023/2024

[Za kolegij]

Approaches in Psychotherapy

Study program:	**Medical Studies in English (R)** (elective) [Sveučilišni integrirani prijediplomski i diplomski studij]
Department:	**[Katedra za psihijatriju i psihološku medicinu]**
Course coordinator:	**doc. dr. sc. Stevanović Aleksandra, prof. - psih.**
Year of study:	**5**
ECTS:	**1.5**
Incentive ECTS:	**0 (0.00%)**
Foreign language:	**Possibility of teaching in a foreign language**

Course information:

The aim of the course is to introduce the student to the role of psychotherapy in the treatment of mental disorders and to the therapeutic and practical foundations of the most important psychotherapeutic approaches (psychotherapy schools). The student will familiarize with the most frequently used psychotherapy approaches and techniques as well as indications for the use of psychotherapy in general and within a specific therapeutic approach.

After the course, students will distinguish psychotherapeutic approaches according to their theoretical settings, significant representatives, understanding of the onset of mental disorders and basic mechanisms and techniques of therapy. Among other, students will be familiarized with the basis of consultation as a therapeutic technique as well as with auxiliary techniques like “grounding” and psycho-education.

Through learning about specific psychotherapeutic approaches, students will be able to deepen their understanding of personality psychology and basic psychotherapeutic concepts that are applicable in the work in any medical field.

The course is are conducted through interactive lectures and seminars with a discussion on the topic. In practicals, students have the opportunity to experience some elements of psychotherapeutic work.

Eligibility for the course is succesful completion of the course of Psychiatry in 4th year of the studies.

List of assigned reading:

Short F, Thomas P. Core approaches in counselling and psychotherapy. London: Routledge, 2015. https://dl.uswr.ac.ir/bitstream/Hannan/139799/1/9780415745147.pdf

Kozarić Kovačić D, Frančišković T. Psihoterapijski pravci. Zagreb: Medicinska naklada, 2014.

List of optional reading:

Corey G. Theory and practice of counselling and pschotherapy. Brooks/Cole Cengage Learning, 2011. https://perpus.univpancasila.ac.id/repository/EBUPT190498.pdf

Curriculum:

[Vježbe] list (with titles and explanation):

P1 V1 Grounding exercises, relaxation techniques and autogenic training

Personal experience of grounding exercises, relaxation techniques and autogenic training. Discussion of experience and possible application.

P2 Case studies

Discussion of the psychotherapeutic process through case reports (written and video materials).

P3 Case studies

Discussion of the psychotherapeutic process through case studies (written and video materials).

P5 Psychoeducation

Examples of psychoeducational materials and content.

[Seminari] list (with titles and explanation):

S1 Analytic/psychodynamic approach: Psychoanlysis, Psychoanalytic therapies

Define theoretical assumptions and key terms. Describe a view of human nature within a theoretical understanding occurrence of disorders. Describe the therapeutic process. List therapeutic techniques, procedures and field of application.

S2 Analytic/psychodynamic approach: Group analysis, Psychodrama

Define theoretical assumptions and key terms. Describe a view of human nature within a theoretical understanding occurrence of disorders. Describe the therapeutic process. List therapeutic techniques, procedures and field of application.

S3 Behavioral/Cognitive behavioral approach: Behavioral therapy, Cognitive-behavioral therapy

Define theoretical assumptions and key terms. Describe a view of human nature within a theoretical understanding occurrence of disorders. Describe the therapeutic process. List therapeutic techniques, procedures and field of application.

S4 Behavioral/Cognitive behavioral approach:: Biofeedback, Neurobiofeedback

Define theoretical assumptions and key terms. Describe a view of human nature within a theoretical understanding occurrence of disorders. Describe the therapeutic process. List therapeutic techniques, procedures and field of application.

S5 Humanistic/phenomenological/experiential/relational approaches: Person centered therapy, Gestalt psychotherapy

Define theoretical assumptions and key terms. Describe a view of human nature within a theoretical understanding occurrence of disorders. Describe the therapeutic process. List therapeutic techniques, procedures and field of application.

S6 Humanistic/phenomenological/experiential/relational approaches: Reality and choice therapy, Transactional therapy

Define theoretical assumptions and key terms. Describe a view of human nature within a theoretical understanding occurrence of disorders. Describe the therapeutic process. List therapeutic techniques, procedures and field of application.

S7 Humanistic/phenomenological/experiential/relational approaches: Cybernetics of psychotherapy, Existential psychotherapy, Logotherapy

Define theoretical assumptions and key terms. Describe a view of human nature within a theoretical understanding

occurrence of disorders. Describe the therapeutic process. List therapeutic techniques, procedures and field of application.

S8 Integrative psychhotherapeutic approches: Integrative psychotherapy, EMDR, Neurolingvistic therapy

Define theoretical assumptions and key terms. Describe a view of human nature within a theoretical understanding occurrence of disorders. Describe the therapeutic process. List therapeutic techniques, procedures and field of application.

S9 Approaches focused on the area or goals: Family and partner therapy, Sexual therapy

Define theoretical assumptions and key terms. Describe a view of human nature within a theoretical understanding occurrence of disorders. Describe the therapeutic process. List therapeutic techniques, procedures and field of application.

S10 Approaches focused on a specific area or goal: Art therapy, Supportive therapy, Counseling

Define theoretical assumptions and key terms. Describe a view of human nature within a theoretical understanding occurrence of disorders. Describe the therapeutic process. List therapeutic techniques, procedures and field of application.

[Predavanja] list (with titles and explanation):

L1 Introduction to psychotherapy

Understanding the emergence of psychotherapy in the historical, social and medical context.

Understanding the role and effectiveness of psychotherapy in the treatment of mental disabilities and disorders.

L2 Basic terms and concepts in psychotherapy I

Students will be able to describe and explain the importance of therapeutic alliance, transference/countertransference and resistance in
psychotherapeutic process.

L3 Basic terms and concepts in psychotherapy

Students will be able to describe and explain the importance of clarification, confronatation, insight, interpretation, empathy and motivation in psychotherapeutic process.
psychotherapeutic process.

L4 Classifications and effectiveness of psychotherapy directions

The student will be able to name and explain the basic assumptions of related psychotherapy approaches with regard to their own basic principles of therapeutic work and understanding of personality and personality pathology.
The student will be able to name and classify psychotherapy realted to the therapeutic setting.

L5 Boundaries and ethics in psychotherapy

Setting of boundaries and code of ethics will be discussed. Students will undertand the importance of boundaries in psychotheraputic relationship as well recognize possible ethical issues.

Student obligations:

Regular attendance, preparing and presenting seminar work, actively participating in discussions in class.

Exam (exam taking, description of the written/oral/practical part of the exam, point distribution, grading criteria):

The overall assessment in the course consists of points from teaching (active participation in teaching material) (50%) and 50% points obtained for the preparation and presentation of a seminar paper.

Other notes (related to the course) important for students:

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COURSE HOURS 2023/2024

Approaches in Psychotherapy

[Predavanja] (Place and time or group)	**[Vježbe]** (Place and time or group)	**[Seminari]** (Place and time or group)

List of lectures, seminars and practicals:

[PREDAVANJA] (TOPIC)	Number of hours	Location
L1 Introduction to psychotherapy	2	
L2 Basic terms and concepts in psychotherapy I	2	
L3 Basic terms and concepts in psychotherapy	2	
L4 Classifications and effectiveness of psychotherapy directions	2	
L5 Boundaries and ethics in psychotherapy	2	

[VJEŽBE] (TOPIC)	Number of hours	Location
P1 V1 Grounding exercises, relaxation techniques and autogenic training	1	
P2 Case studies	1	
P3 Case studies	1	
P5 Psychoeducation	1	

[SEMINARI] (TOPIC)	Number of hours	Location
S1 Analytic/psychodynamic approach: Psychoanlysis, Psychoanalytic therapies	1	
S2 Analytic/psychodynamic approach: Group analysis, Psychodrama	1	
S3 Behavioral/Cognitive behavioral approach: Behavioral therapy, Cognitive-behavioral therapy	1	
S4 Behavioral/Cognitive behavioral approach:: Biofeedback, Neurobiofeedback	1	
S5 Humanistic/phenomenological/experiential/relational approaches: Person centered therapy, Gestalt psychotherapy	1	
S6 Humanistic/phenomenological/experiential/relational approaches: Reality and choice therapy, Transactional therapy	1	
S7 Humanistic/phenomenological/experiential/relational approaches: Cybernetics of psychotherapy, Existential psychotherapy, Logotherapy	1	
S8 Integrative psychhotherapeutic approches: Integrative psychotherapy, EMDR, Neurolingvistic therapy	1	
S9 Approaches focused on the area or goals: Family and partner therapy, Sexual therapy	1	
S10 Approaches focused on a specific area or goal: Art therapy, Supportive therapy, Counseling	1	

EXAM DATES (final exam):