

SYSTEMS OF PSYCHOTHERAPY
V89.0300.004
Wednesday 2pm—3:45pm
Six Washington Place, Room 102

Department of Psychology

New York University

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Course Goals

The aim of this course is to introduce you to the nature of psychotherapy with a primary focus on the two major systems of psychotherapy in the United States today----psychodynamic psychotherapy and cognitive-behavioral therapy. As background we will review basic concepts in psychopathology and in theories of psychotherapy as well as relevant process and outcome research. References to other approaches (e.g., family therapy) also will be included. Video tapes illustrating different methods of psychodynamic and cognitive-behavioral therapy will be presented for analysis and discussion. It is hoped that students will develop a good understanding of the nature of psychotherapy, including the key ingredients in therapeutic action.

Requirements

Readings

We will use a Course Pack, *Systems of Psychotherapy*. It is available from the Advanced Copy Shop, located on LaGuardia Place between West 3rd Street and Bleecker Street. Two copies will be placed on reserve at Bobst.

Grading

Grades will be based on two exams and one take home essay question.

The exams. There will be two multiple choice exams, a mid-term and a final. The exams will be based on the readings and on the material covered in class. The dates for the two exams are indicated on the syllabus.

EACH MULTIPLE CHOICE EXAM WILL COUNT 50% TOWARD YOUR final grade.

NO INCOMPLETES WILL BE GIVEN WITHOUT A DOCTOR'S NOTE OR OTHER COMPELLING CIRCUMSTANCES.

UNGRADED ASSIGNMENTS

There will be two ungraded assignments, each of which will call upon you to exercise your clinical thinking. Please bring a hard copy to class and also email a copy to me and to the TA.

***Exercise One:* is a series of very brief vignettes about which you are asked to offer hypotheses about the meanings of the behaviors in question. THIS EXERCISE SHOULD BE SUBMITTED BY 9/23/09.**

***Exercise Two:* is an excerpt from a therapy session. You are asked to suggest what meaning (s) you might infer from the material. THIS EXERCISE SHOULD BE SUBMITTED BY 9/30/09.**

CLASS SCHEDULE and TOPICS

SEPTEMBER

- 9 PSYCHOPATHOLOGY AND PSYCHOTHERAPY: HISTORY AND CURRENT STATUS
- 16 APPROACHES TO PSYCHOTHERAPY; COMMON DENOMINATORS
- 23 PSYCHODYNAMIC APPROACHES I : PSYCHOANALYSIS
- 30 PSYCHODYNAMIC APPROACHES II: PSYCHOANALYTIC PSYCHOTHERAPY---MCWILLIAMS

OCTOBER

- 7 PSYCHODYNAMIC THERAPY: ALLIANCE RUPTURES—SAFRAN/MURAN
- 14 PSYCHODYNAMIC THERAPY: CONTROL-MASTERY THEORY---SILBERSCHATZ
- 21 PSYCHODYNAMIC THERAPY: INTERPERSONAL THERAPY --- WEISSMAN ; *EXAM I*
- 28 COGNITIVE-BEHAVIORAL THERAPY I : ELLIS AND A.BECK/J.BECK

NOVEMBER

- 4 COGNITIVE-BEHAVIORAL THERAPY: II – J.BECK
- 11 COGNITIVE-BEHAVIORAL THERAPY III : WRIGHT
- 18 COGNITIVE-BEHAVIORAL THERAPY IV : WRIGHT
- 25 COGNITIVE-BEHAVIORAL THERAPY V : PANIC -- CLARK

DECEMBER

- 2 COGNITIVE-BEHAVIORAL THERAPY VI: LINEHAN
- 9 INTEGRATIVE PSYCHOTHERAPY --- YOUNG ; *EXAM II*

TOPICS AND READINGS

SEPTEMBER

9 PSYCHOPATHOLOGY AND PSYCHOTHERAPY: HISTORY AND CURRENT STATUS

ROTH/FONAGY---DEFINING THE PSYCHOTHERAPIES, 1-12

WOLITZKY---MENTAL HEALTH INTERVENTIONS, 1--48

16

APPROACHES TO PSYCHOTHERAPY

KARASU---PSYCHOTHERAPIES: AN OVERVIEW, 851-863

WOLITZKY---PSYCHODYNAMIC THEORIES OF PERSONALITY AND PSYCHOPATHOLOGY, 65-95.

DOZOIS ET AL --- COGNITIVE THEORIES, 173-191

LEAHY ET AL---ANXIETY DISORDERS, 98-122 (OPTIONAL READING)

COMMON DENOMINATORS

STRUPP—THE NATURE OF THERAPEUTIC INFLUENCE AND ITS BASIC INGREDIENTS, 96-112

FRANK---RESTORATION OF MORALE AND BEHAVIOR CHANGE, 73-96.

MESSER/WAMPOLD—LET’S FACE FACTS: COMMON FACTORS ARE MORE IMPORTANT THAN SPECIFIC THERAPY INGREDIENTS, 21-25

23 PSYCHODYNAMIC APPROACHES I:

PSYCHOANALYSIS

MESSER/WOLITZKY—THE TRADITIONAL PSYCHOANALYTIC APPROACH TO CASE FORMULATION, 26-55

WOLITZKY—THE THEORY AND PRACTICE OF TRADITIONAL PSYCHOANALYTIC TREATMENT, 24-67

FREUD—THE DYNAMICS OF TRANSFERENCE, 99-108

LUBORSKY ET AL—A VERIFICATION OF FREUD’S GRANDEST CLINICAL HYPOTHESIS; THE TRANSFERENCE, 231-246

30 PSYCHODYNAMIC APPROACHES II: PSYCHOANALYTIC PSYCHOTHERAPY—MCWILLIAMS

WOLITZKY—PSYCHOANALYTIC THEORIES OF PSYCHOTHERAPY, 1-48

OCTOBER

7 BRIEF PSYCHODYNAMIC PSYCHOTHERAPY – LEVENSON
LEVENSON AND STRUPP—CYCLICAL MALADAPTIVE PATTERNS, 164--197

14 PSYCHODYNAMIC THERAPIES: THERAPEUTIC ALLIANCE

MESSER AND WOLITZKY—THE THERAPEUTIC ALLIANCE: A PSYCHODYNAMIC PERSPECTIVE, 1-20

- SAFRAN/MURAN---STAGE PROCESS MODELS OF ALLIANCE
RUPTURE RESOLUTION, 140-175
- 21 PSYCHODYNAMIC THERAPY: CONTROL-MASTERY
THEORY**
SILBERSCHATZ—THE CONTROL-MASTERY THEORY, 3-23
SILBERSCHATZ--- THE CONTROL-MASTERY THEORY—
AN INTEGRATED PSYCHODYNAMIC-RELATIONAL THEORY, 219-235
- 28 PSYCHODYNAMIC THERAPY: INTERPERSONAL
THERAPY (IPT)-WEISSMAN**
BLANCO/WEISSMAN—INTERPERSONAL PSYCHOTHERAPY,
27-34
LIPSITZ—THEORY OF INTERPERSONAL PSYCHOTHERAPY, 289-
307

NOVEMBER

- 4 COGNITIVE-BEHAVIORAL THERAPY I : ELLIS AND BECK**
ELLIS—RATIONAL EMOTIVE THERAPY, 168-204
BECK/WEISHAR—COGNITIVE THERAPY, 241-272
- 11 COGNITIVE-BEHAVIORAL THERAPY II : J. BECK**
J. BECK—INTRODUCTION, 1-9
J. BECK—COGNITIVE CONCEPTUALIZATION, 13-24
- 18 COGNITIVE-BEHAVIORAL THERAPY III: WRIGHT**
WRIGHT—BASIC PRINCIPLES OF COGNITIVE-BEHAVIOR
THERAPY, 1-23
- 25 COGNITIVE-BEHAVIORAL THERAPY V : PANIC**
CLARK – A COGNITIVE MODEL OF PANIC ATTACKS, 71-89

DECEMBER

- 2 COGNITIVE-BEHAVIORAL THERAPY VI : DIALECTICAL
BEHAVIOR THERAPY – LINEHAN**
WHEELIS—THEORY AND PRACTICE OF DIALECTICAL
BEHAVIOR THERAPY, 727-753
LINEHAN--- AN ILLUSTRATION OF DIALECTICAL BEHAVIOR
THERAPY, 21-44
- 9 INTEGRATIVE PSYCHOTHERAPY – YOUNG**
WESTEN—INTEGRATIVE PSYCHOTHERAPY, 217-242
YOUNG & KLOSKO--- SCHEMA THERAPY, 289-305

