

## **DEREE COLLEGE SYLLABUS FOR:**

### **PS 4152 SCHOOLS OF PSYCHOTHERAPY-LEVEL 6**

**3/0/3**

**UK CREDITS: 15**

(Revised Spring 2015)

**PREREQUISITES:** PS 3012 Theories of Personality – Level 5

#### **CATALOG**

#### **DESCRIPTION:**

Examination of contemporary psychotherapies. Basic and advanced principles and techniques in psychoanalytic/psychodynamic, humanistic, existential, behavioral, cognitive, rational-emotive, group, and family therapies. Critical evaluation of current therapy process and outcome research and on the process and effectiveness of psychotherapy.

#### **RATIONALE:**

This course covers the different psychotherapeutic approaches that derive from the major personality theories. The aim of the course is to help the student understand the relationship between therapeutic processes and theoretical conceptions of personality change.

**LEARNING OUTCOMES:** As a result of taking this course, the student should be able to:

1. Elaborate on the ethical principles governing the therapeutic relationship through case examples
2. Compare and contrast the basic premises underlying different schools of psychotherapy, e.g. psychoanalytic/psychodynamic, cognitive, behavioral, rational-emotive, humanistic, existential, family, and group
3. Integrate symptoms and establish treatment goals for each mode of therapy.
4. Critically evaluate the empirical evidence for the relative effectiveness of each school of psychotherapy.

#### **METHODS OF TEACHING AND LEARNING:**

In congruence with the teaching and learning strategy of the college, the following tools are used:

- Classes consist of lectures, video and audio presentations, and in-class demonstrations
- In class discussions of case studies
- Role play exercises and experiential examples
- Individual or group discussions of course material
- Use of Blackboard site
- Office hours

#### **ASSESSMENT:**

Class participation- <b>formative</b>	0%	Participation in weekly exercises in class
Critical Essay - <b>summative</b>	40%	On a critical question on the material covered given to students 48 hours prior to the day of submission (2,000 words)
In-class final examination (2 hour, comprehensive) - <b>summative</b>	60%	Essay questions (choice: 3 out of 5)

The formative exercises aim to prepare students for the exams and enhance their learning experience. The critical essay assesses learning outcomes 2  
The final examination assesses learning outcomes 1, 3, and 4.

**READING LIST:**

**1. Required Material**

Corsini, R. et al. *Current Psychotherapies*. (Latest Edition). New York: Peacock

**2. Further Reading**

Freud S. (1965) *New Introductory Lectures on Psychoanalysis*, New York: W. W. Norton Company.

Jacobi J. (1973) *The Psychology of C. G. Jung*. Yale University Press.

Rogers, C. (1961/95) *On Becoming a Person*, New York: Houghton Mifflin Co.

Macquarrie, J. (1972) *Existentialism*. Philadelphia PA: Westminster.

Beck, J. (1995) *Cognitive Therapy, Basics and Beyond*. New York: Guilford Press.

Ellis, E. And Dryden, W. (1997). *The practice of Rational Emotive Behavior Therapy (2<sup>nd</sup> Edition)*. New York: Springer Publishing Company.

Serafino, E. (2001). *Behavior Modification (2<sup>nd</sup> Edition)*. Ca.: Mayfield

Additional journal readings on awareness of cultural diversity and how it affects the therapeutic process and outcome, on group therapy and on ethical principles related to psychotherapy will be assigned.

**WWW RESOURCES:**

American Psychological Association

[www.apa.org](http://www.apa.org)

Adler.Org

[www.adler.org](http://www.adler.org)

Jung Society of Washigton

[www.jung.org](http://www.jung.org)

The Gestalt Therapy Page

[www.gestalt.org](http://www.gestalt.org)

Albert Ellis Institute

[www.rebt.org](http://www.rebt.org)

The Electrical Association of Philadelphia

[www.eap.org](http://www.eap.org)

**INDICATIVE CONTENT:**

1. Introduction
2. Psychoanalysis and Dynamic Techniques
3. Adlerian and Analytical Psychotherapy
4. Humanistic/Existential/Gestalt Approaches to Psychotherapy
5. Cognitive Psychotherapy and Rational-Emotive Therapy
6. Behavior Therapy Multimodal
7. Family Therapy/Group Therapy

## 8. Current Issues in Psychotherapy