

The Hebrew University of Jerusalem

Syllabus

Short term psychodynamic therapies - 3182

Last update 07-10-2019

HU Credits: 2

Degree/Cycle: 2nd degree (Master)

Responsible Department: Social Work

Academic year: 0

Semester: 2nd Semester

Teaching Languages: Hebrew

Campus: Mt. Scopus

Course/Module Coordinator: Dr. Orya Tishby

Coordinator Email: orya.tishby@mail.huji.ac.il

Coordinator Office Hours: Monday 2-3 pm

Teaching Staff:

Prof Orya Tishby

Course/Module description:

This course presents the basic principles and assumptions of psychodynamic psychotherapy :how psychopathology is conceptualized, the therapeutic process and mechanisms of change.

Course/Module aims:

- 1. To introduce the core concepts of psychodynamic psychotherapy :1. How psychopathology develops*
- 2. Principles of relational psychodynamic psychotherapy what brings about change ?*
- 3. To present issues and dilemmas that are specific to this therapy*
- 4. To develop a general understanding of the unique aspect of psychodynamic therapy and for whom it works*

Learning outcomes - On successful completion of this module, students should be able to:

- 1. To describe and conceptualize the patient's problems or difficulties using psychoanalytic concepts.*
- 2. To formulate treatment goals and a treatment plan using psychodynamic principles.*
- 3. To analyze therapy events and therapy process using relational concepts.*

Attendance requirements(%):

100%

Teaching arrangement and method of instruction: lectures

Class discussions based on student assignments (dilemmas and clinical examples).

Course/Module Content:

The aims of psychodynamic therapy: insight and understanding of internal conflicts;

awareness of repeated relational patterns;

emotional flexibility and working on defences;

Components of therapy: working alliance, supportive and expressive interventions;

processing transference and countertransference;

impasse, resistance

termination

Required Reading:

Summers, R.F. & Barber, J.P. (2010). *Psychodynamic Psychotherapy: A guide to evidence based practice*. Guilford Press.

Gabbard, G.O.(2004). *Long-Term psychodynamic psychotherapy- a basic text* American Psychiatric Publishing Inc.

Additional Reading Material:

Will be uploaded on course website based on the dilemmas and issues that students will raise.

Course/Module evaluation:

End of year written/oral examination 0 %

Presentation 0 %

Participation in Tutorials 0 %

Project work 80 %

Assignments 20 %

Reports 0 %

Research project 0 %

Quizzes 0 %

Other 0 %

Additional information:

Practicum a course
is a pre-requisit for the second year practicum course. Students present a clinical vignette which they analyze using relational concepts, and present this in class.
In addition - a final paper