

The Hebrew University of Jerusalem

Syllabus

Short term psychodynamic therapies - 3182

Last update 16-09-2022

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 2:30 -3:30 pm

Teaching Staff:

Mr. Shlomo Rahmany

Course/Module description:

This course presents the basic principles of short-term psychodynamic therapy. Topics include: research supporting the effectiveness of short-term therapy, criteria for selecting patients who will benefit from this approach and 2 short term models: Brief relational therapy and supportive expressive therapy

Course/Module aims:

1. To identify patients who will benefit from short-term therapy
2. To learn and understand the characteristic processes and therapeutic interventions of each model

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

1. To decide which patients are suitable for short-term therapy, compare to other treatment options.
2. To understand the change mechanisms and types of interventions in each of the 2 models.

Attendance requirements(%):

100%

Teaching arrangement and method of instruction: lectures

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

Course/Module Content:

What is short-term psychodynamic therapy and what is the research evidence for its effectiveness ?

The differences between crisis intervention and short-term therapy

Criteria for selecting patients for short-term therapy

Brief relational therapy

Supportive expressive therapy

Short term psychodynamic therapy for different disorders, and application in community mental health centers.

Required Reading:

Safran, J. D. & Kraus, J, (2014). Alliance Ruptures, Impasses, and Enactments: A

Relational Perspective. Psychotherapy, 51(3), 381-387.

Safran, J.D. (2002). Brief Relational Psychoanalytic Treatment. Psychoanalytic Dialogues 12 (2), 171-195.

Book, H.E. (1998). How to practice brief psychodynamic therapy: the core conflictual relationship theme method. Washington, American Psychological Association.

Additional Reading Material:

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

Grading Scheme:

Additional information:

The course consists of 2 short assignments, in which students discuss 2 items from the reading list. The final paper focuses on a short term model that students find in the literature, comparing and contrasting it with one of the two models that was presented in the course.