Syllabus

Introduction to Psychotherapy Field - 51605

Last update 02-10-2023

HU Credits: 2

Responsible Department: *Psychology*

Academic year: *0*

Semester: *1st Semester*

Teaching Languages: *Hebrew*

Campus: *Mt. Scopus*

Course/Module Coordinator: *Prof. Orya Tishby*

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

Coordinator Office Hours: *by appointment*

Teaching Staff:
Prof Orya Tishby

Course/Module description:
Basic concepts of psychotherapy : psychodynamic and cognitive behavioral and

common factors: the therapy contract and setting, the working alliance, attachmnet, transference and countertransference' empathic attunement, resistance, termination.

Course/Module aims:
  This course offers an introduction to the two main therapy models and the main mechanisms of change in psychotherapy, with clinical examples.

Learning outcomes - On successful completion of this module, students should be able to:
  Undestanding therapy process in two main therapy models, and the role of the therapeutic relationship.
Recognizing similarities and differences between the two models.

Attendance requirements(%):
  100

Teaching arrangement and method of instruction: Frontal teaching using clinical examples and independently watching therapy videos.

Course/Module Content:
  creating therapeutic space, therapeutic alliance, attachment and its role in therapy, rupture and repair in the alliance, true and false self, empathic attunement, transference and countertransference, termination

Required Reading:
 Summers, R.E. & Barber, J.P. (2010). Psychodynamic Therapy; A guide to evidence based practice. New York, Guilford.

 Additional Reading Material:
  Will be uploaded at the beginnig of the semester.

 Grading Scheme:
  Essay / Project / Final Assignment / Home Exam / Referat 70 %
  Submission assignments during the semester: Exercises / Essays / Audits / Reports / Forum / Simulation / others 30 %

Additional information:

It is recommended to take this course together with field work in a Public care service.