

## *The Hebrew University of Jerusalem*

### *Syllabus*

## *Aspects in mind-body psychotherapy - 51721*

*Last update 13-09-2023*

*HU Credits: 2*

*Degree/Cycle: 2nd degree (Master)*

*Responsible Department: Psychology*

*Academic year: 0*

*Semester: 2nd Semester*

*Teaching Languages: Hebrew*

*Campus: Mt. Scopus*

*Course/Module Coordinator: Maya Weinstein, PhD*

*Coordinator Email: [Maya.Weinstein@mail.huji.ac.il](mailto:Maya.Weinstein@mail.huji.ac.il)*

*Coordinator Office Hours: Tuesdays upon appointment*

*Teaching Staff:*

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Dr. Maya Weinstein

Course/Module description:

*This course will expose you to different approaches that combine mind-body psychotherapy. Mind-body psychotherapy is an approach to healing and growth that treats a person as a whole and combines: mind, body and spirit. In contrast to traditional psychotherapy or "talk therapy", which focus on life history and thought analysis, the mind-body therapist values not only these aspects, but is also interested in the connection between the mental, physical and spiritual experiences of the person. This approach is holistic and integrative. Techniques used in mind-body therapy include mindfulness, hypnosis, emotion focused and experiential psychotherapy, EMDR, Somatic Experiencing, neurofeedback among others. This course will introduce you to diverse approaches in the field of mind-body psychotherapy with an emphasis on experiential experience as well as theoretical aspects.*

Course/Module aims:

*The purpose of the course is to expose the students to a number of key topics in the field of mind-body psychotherapy. The course will provide both theoretical knowledge and experiential experience. It is important to note that the purpose of the course is to introduce and encourage curiosity. Each approach presented in this course requires in-depth training to be able to apply the therapeutic intervention method. The course will be able to expose students and thus they will be able to develop further in their path as therapists from initial acquaintance and experience.*

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

- 1.Students will be able to conduct an intake that also refers to physical aspects*
- 2.To experiment with certain techniques such as breathing, mindfulness, safe place guided imagination, attention to physical and body sensations*
- 3.Develop curiosity about different approaches and tools from body-mind psychotherapy*

Attendance requirements(%):

90

*Teaching arrangement and method of instruction: Frontal*

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### Course/Module Content:

1. The principles of the humanistic approach
2. Introduction to mindfulness
3. Introduction to emotion-based therapy
4. Familiarity with the poly-vagal theory
5. Trauma from the perspective of the somatic experience

### Required Reading:

McDougall, J. (1989). *Theatres of the Body: A Psychoanalytic Approach to Psychosomatic Illness*. Free Association.

<https://books.google.co.il/books?id&eq;Ne51QgAACAAJ>  
(chapter 2)

Cain, D. J., Keenan, K., & Rubin, S. (2016). *Humanistic psychotherapies: Handbook of research and practice*. In *Humanistic psychotherapies: Handbook of research and practice* (Second edition.). American Psychological Association.

Payne P, Levine PA, Crane-Godreau MA. Somatic experiencing: using interoception and proprioception as core elements of trauma therapy. *Front Psychol*. 2015 Feb 4;6:93. doi: 10.3389/fpsyg.2015.00093. Erratum in: *Front Psychol*. 2015;6:423. PMID: 25699005; PMCID: PMC4316402.

Fosha, D., Thoma, N., & Yeung, D. (2019). Transforming emotional suffering into flourishing: Metatherapeutic processing of positive affect as a trans-theoretical vehicle for change. *Counselling Psychology Quarterly*, 32(3-4), 563-593

Lipton, B., & Fosha, D. (2011). Attachment as a Transformative Process in AEDP: Operationalizing the Intersection of Attachment Theory and Affective Neuroscience. *Journal of Psychotherapy Integration*, 21(3), 253-279.

<https://doi.org/10.1037/a0025421>

Kabat-Zinn, J. (2003). *Mindfulness-based interventions in context: past, present, and future*.

מיינדפולנס: שינוי נפשי באמצעות אימון מוחי.

אסף פדרמן/ הוצאה: פרדס הוצאה לאור 2018 (פרקים נבחרים)

Porges SW. The Polyvagal Theory: phylogenetic contributions to social behavior.

*Physiol Behav*. 2003 Aug;79(3):503-13. doi: 10.1016/s0031-9384(03)00156-2. PMID: 12954445.

### Additional Reading Material:

Will be updated during the course according to the focus and interest of the students

### Grading Scheme:

Essay / Project / Final Assignment / Home Exam / Referat 85 %

Active Participation / Team Assignment 5 %

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*Attendance / Participation in Field Excursion 10 %*

*Additional information:*