

The Hebrew University of Jerusalem

Syllabus

SHORT-TERM DYNAMIC PSYCHOTHERAPY - 51830

Last update 25-02-2014

HU Credits: 2

Degree/Cycle: 2nd degree (Master)

Responsible Department: psychology

Academic year: 1

Semester: 2nd Semester

Teaching Languages: Hebrew

Campus: Mt. Scopus

Course/Module Coordinator: Prof. Gaby Shefler

Coordinator Email: gaby.shefler@mail.huji.ac.il

Coordinator Office Hours: Sunday, 14.10-14.40

Teaching Staff:

Prof Gaby Shefler

Course/Module description:

After reviewing the empirical research base of TLP, a full scale TLP case will be presented. History, development and common ingredients of STDP's will be discussed. Then Mann's TLP model will be studied in details: patients selection, Formulating the Central Issue, and termination. One session will discuss STDP with children and adolescents.

Course/Module aims:

Acquaintance with the basic ideas and concepts of STDP and TLP in Mann's technique.

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

To understand and to be able to describe TLP and STDP.

Attendance requirements(%):

Attendance is required.

Teaching arrangement and method of instruction: Frontal lectures

Case presentations

Exercising basic concepts

Course/Module Content:

Notice: Under each title of session there are the numbers of reading items from the list attached in the "required Reading" section (the next one)

Session 1

Research in STDP

Required reading

45

Leichsenring F., Rabung S. & Lebing E., The Efficacy of Short-term Psychodynamic Psychotherapy in Specific Psychiatric Disorders: A Meta-Analysis. Archives of General Psychiatry, 2004, 61(12), 1208-1216.

Session 2

Case presentation of Time Limited Psychotherapy

Session 3

Required reading

Introduction, History and common bases in STDP

5 -Chapter of J. Mann 9-16

5 - Chapter of Shefler 19-24

52 or 54, First Chapter

3

4

Additional reading

39

14 1-10

11 12-16

8

Session 4

Time-Limited psychotherapy – James Mann’s model part A

Required reading

52 or 54 Second chapter

Additional reading

One of the Following:

28 (warmly recommended)

30,31,32

Session 5

Time-Limited psychotherapy – James Mann’s model part B

Additional reading

52 or 54 case illustrations

Session 6

Evaluation, Selection Criteria, Indications and Contra-indications for TLP

Required reading

28- 72-79

1 - 233-250

Additional reading

31- 55-62

10

12

Session 7

Opening Phase – Central Issue , therapeutic agreement

Required reading

31 -19-40

Additional reading

9

18

34

11- 33-42.

Session 8

Practice in formulation of Central issue

Required reading

31-19-40.

Additional reading

Shefler G. & Tishby O. (1998). Interjudge reliability and agreement about the patient's central issue in Time-limited psychotherapy (TLP) and its relation to TLP outcome. *Psychotherapy Research*, 8;4: 426-438.

9

Case presentation – part A

Required reading

29

Additional reading

Session 10

Case presentation – part B

Session 11

Termination Of TLP

Required reading

44

19

Additional reading

36

Session 12

Time Limited psychotherapy with Children and Adolescents

Required reading

21

35

41

47 (in Hebrew) or 51 (in English)

Additional reading

16

42

43

Required Reading:

טיפול דינמי קצר מועד

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רשימה ביבליוגרפית

הפריטים ממוספרים. אלה שליד המספר מופיעה כוכבית, לא נמצאים באסופת המאמרים והפרקים שנמסרה למשתתפים לצילום בראשית השנה.

- 1.* דסברג, ח', איציקסון, י', ושפלר ג' (1989). (עורכים). פסיכותרפיה קצרת-מועד - רקע, טכניקות ויישום. ירושלים: הוצאת מאגנס.
2. ויצטום, א', ודסברג ח' (1986). קשיים ביישום שיטת הטיפול הדינמי הקצר: התנגדות המטפלים. שיחות - כתב עת ישראלי לפסיכותרפיה, 1, 3.
3. שפלר, ג' (1988א). טיפולים דינמיים קצרי-מועד - התפתחותם ומרכיביהם הטכניים המשותפים. שיחות - כתב עת ישראלי לפסיכותרפיה, 2, 111-122.
4. שפלר, ג' (1988ב). טיפולים דינמיים קצרי-מועד - גורמי תהליך ותוצאות בספרות הקלינית והמחקרית. שיחות - כתב עת ישראלי לפסיכותרפיה, 2, 192-201.
- 5.* שפלר, ג' (1993). פסיכותרפיה מוגבלת בזמן. ירושלים, הוצאת מאגנס.
6. שפלר, ג' (1994) מחקר בפסיכותרפיה דינמית: "ההיית או חלמתי חלום"? שיחות-כתב עת ישראלי לפסיכותרפיה, 8, 130-126.
7. Appelbaum, S.A. (1975). Parkinson's law in psychotherapy. *International Journal of Psychoanalytic Psychotherapy*, 4, 424-36
8. Barber, J., & Crits-Christoph, P. Comparison of brief dynamic therapies. In: Crits-Christoph, P., & Barber J. (Eds.) (1991) *Handbook of short-term dynamic psychotherapies*. New York: Basic Books. p.p.323-352
9. Binder, J.L. (1977). Modes of focusing in psychoanalytic short-term therapy. *Psychotherapy: Theory, Research and Practice*, 14, 232-241.
10. Binder, J.L., Henry, W.P., & Strupp, H.H. (1987). An appraisal of selection criteria for dynamic psychotherapies and implications for setting time limits. *Psychiatry*, 50, 154-166.
- 11.* Budman, S.H. (1981). *Forms of brief therapy*. New York: The Guilford Press.
12. Burke, J.D., White, H.S., & Havens, L.L. (1979). Which short-term therapy? *Archives of General Psychiatry*, 36, 177-186.
13. Crits-Christoph, P. (1992). The efficacy of brief dynamic psychotherapy: A meta-analysis. *American Journal of Psychiatry*, 149, 151-158.
- 14.* Crits-Christoph, P., & Barber J. (Eds.) (1991) *Handbook of short-term dynamic psychotherapies*. New York: Basic Books.
15. Davanloo, H., & Benoit, C. (1978). Transference in short-term dynamic psychotherapy. *Psychotherapy and Psychosomatics*, 29, 305-306.
16. Dulkan, M.K., (1984) Brief psychotherapy with children and their families: The state of the art. *Journal of the American Academy of Child Psychiatry*, 23, 544-551.
17. Flegnheimer, W.V., & Pollack, J. (1989). The time limit in brief psychotherapy. *Bulletin of the Menninger Clinic*, 53, 44-51.
18. Hall, M.J., Arnold, W.N., & Crosby, R.M. (1990). Back to basics: the importance of

focus selection. *Psychotherapy*, 27, 578-584.

19. Hoyt, M. F. (1979). Aspects of termination in a time -limited brief psychotherapy. *Psychiatry*, 42, 208-219.

20. Hoyt, M.F., & Farrel, D. (1984). Countertransferential difficulties in time limited psychotherapy. *International Journal of Psychoanalytical Psychotherapy*, 10, 191-203.

21. Kirkby, R.J., & Smyrnois, K.X. (1992). The psychological health of children, cost-effectiveness and brief therapy. *Australian Psychologist*, 27, 78-82.

22. Klar, H., & Frances, A., (1984). Countertransference in focal Psychotherapy. *Psychotherapy and Psychosomatics*, 41, 38-41.

23. Lazarus, L.W. (1982) Brief psychotherapy of narcissistic disturbances. *Psychotherapy: Theory, Research and Practice*, 19, 228-236.

24. Leibovich M., (1983). Why short-term psychotherapy with borderlines? *Psychotherapy and Psychosomatics*, 39, 1-9.

25* Malan, D.H. (1963). A study of brief psychotherapy. London: Tavistock.

26* Malan, D.H. (1976). The frontier of brief psychotherapy. New York: Plenum.

27* Malan, D.H. (1979). Individual psychotherapy and the science of psychodynamics. London: Butterworths.

28. Mann, J. (1973). Time limited psychotherapy. Harward university press.

29. Mann, J. (1984). The management of Central Issue in time limited psychotherapy. *International*

Journal of Psychoanalytical Psychotherapy, 10, 205-214

30. Mann, J. (1986). The core of time-limited psychotherapy: Time and the central issue. In S. H.

Budman (Ed.), *Forms of Brief Therapy*. Second Edition. New York: The Guilford Press.

31. Mann, J., & Goldman, R. (1982). A casebook in time-limited psychotherapy. New York:

McGraw-Hill.

32. Mann, J. (1991) Time limited psychotherapy. In: Crits-Christoph, P., & Barber J. (Eds.) (1991) *Handbook of short-term dynamic psychotherpies*. New York: Basic Books. p.p. 17-43

33. Mills, J.A., Bauer, G.P., & Miras, R.D. (1989). Use of transference in Short-term Dynamic Psychotherapy. *Psychotherapy*, 26, 338-343.

34. Ornstein, P.H., & Ornstein, A. (1972). Focal psychotherapy: Its potential impact on

psychotherapeutic practice in medicine. *Psychiatry in Medicine*, 3, 311-325.

35. Peterlin, K., Sloves R. (1985). Time-limited psychotherapy with children: Central theme and time as major tools. *Journal of the American Academy of Child Psychiatry*, 24, 788-792.

36. Pinkerton, R.S., & Rockwell, W.K. (1990). Termination in brief psychotherapy. The case for an eclectic approach. *Psychotherapy*, 27, 362-365.

37. Rasmussen, A., & Messer, S.B. (1986). A comparison and critique of Mann's time-limited psychotherapy and Davanloo's short-term dynamic psychotherapy. *Bulletin of the Menninger Clinic*, 50, 163-184.

38. Ryle, A. (1979). The focus in brief interpretative psychotherapy: Dilemmas,

- traps and snags as target problems. *British Journal of Psychiatry*, 134, 46-54.
39. Shefler, G. (1988). Application of basic psychoanalytic clinical concepts in short-term dynamic psychotherapy. *Israel Journal of Psychiatry and Related Sciences*, 25, 203-211.
40. Shefler, G. (1991). Can process research tell us the essence of psychotherapy? *Israel Journal of Psychiatry and Related Sciences*, 28, 31-39.
41. Smyrnois K.X. Kirkby, R.J. Smyrnois, S.M. & Picone, L. (1987). Time limited psychotherapy with children: A preliminar communication. *Australian Journal of Psychotherapy*, 6, 163-177.
42. Smyrnois K.X. Kirkby, R.J. (1993). Long-Term Ccomparison of brief versus unlimited psychodynamic treatmens wih children and their parents. *Journal of Consuling and Clinical Psychology*, 61, 1020-1027.
43. Uribe, V.M. (1988). Short-term psychotherapy for adolescents: Management of initial resistances. *Journal of the American Academy of Psychoanalysis*, 16, 107-116.

44. נוי-שרב דורית (1995). הסיום בטיפול דינאמי קצר מועד ואישיות המטפל. שיחות כתב עת ישראלי לפסיכותרפיה. כרך י' חוב' 1, 13-19.

45. Shefler, G., Dasberg H., & Ben-Shakhar G. (1995). A randomized controlled outcome and follow-up study of Mann's Time-Limited Psychotherapy. *Journal of Consulting and Clinical Psychology*, 63, 585-593.

46.* Messer, S.B. & Warren, C.S. (1995). *Models of Brief Psychodynamic Therapy: A Comparative Approach*. New York: Guilford.

47. שפּלר ג' (1998) טיפול דינמי קצר מועד במתבגרים. מתוך "יחודיות המפגש הטיפולי עם המתבגר" בעריכת חיים דויטש, הוצאת מכון סאמיט, ירושלים.

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50. וייסמן ה. הרמתי, א. שלו, ר. (1999). ייעוץ קצר מועד בעבודה פרטנית עם ילדים ובני נוער בבית הספר. עיונים בחינוך, כרך 4 חוברת 1.

51. Shefler G. (2000) . Time-Limited Psychotherapy with adolescents. *Journal of Psychotherapy: Practice & Research*, 9, 88-99.

*52. Shefler G. (2001). *Time-Limited Psychotherapy in Practice*. Sussex: Brunner-Routledge.

53. לאור א. (2002) פסיכותרפיה פסיכואנליטית ממוקדת ותחומה בזמן כמיכל ייחודי. שיחות, כתב עת ישראלי לפסיכותרפיה, כרך י"ז חוברת 1, עמ' 65-72.

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- 54*. שפיר ג. (2003) עוד על פסיכותרפיה מוגבלת בזמן. ירושלים: הוצאת מאגנס .
55. Horner, A.J. (Ed) (1994). *Treating the Neurotic Patient in Brief psychotherapy*. London: Jason Aronson Inc.
56. Molons, A. (1995). *A Question of Time: Essentials of Brief Dynamic Psychotherapy*. London: Karnac Books.
57. Levenson, H. (1995). *Time-Limited Dynamic Psychotherapy: A Guide to Clinical Practice*. Basic Books.
58. Coren, A. (2001). *Short-Term psychotherapy: A Psychodynamic Approach*. Palgrave.
59. Knekt, P., & Lindfors O. (2004). A randomized trial of the effect of four forms of [psychotherapy on depressive and anxiety disorders. *The Helsinki Psychotherapy Study*. *Studies in Social security and health*, 15-112.
60. Noy Sharav, D. (1998) *Who is afraid of STDP? Termination in STDP and therapist's personality*. *Psychotherapy*, 35, 69-77/
61. אוסטרוביל זרבה, תצפית פעילה: טיפול קצר מועד בילדים. מתוך: פתרונות פתוחים – טיפול פסיכולוגי בילד ובסביבתו. עמודים 147-169. הוצאת שוקן, ירושלים תל אביב.
62. Leichsenring F., Rabung S. & Lebing E., (2004). *The Efficacy of Short-term Psychodynamic Psychotherapy in Specific Psychiatric Disorders: A Meta-Analysis*. *Archives of General Psychiatry*, 2004, 61(12), 1208-1216.
63. Haugvik, M. & Johns U. (2008). *Facets of Structure and Adaptation: A qualitative Study of Time Limited Psychotherapy with children expressing Difficult situations*. *Clinical Child Psychology and Psychiatry* 235-252.
64. Leichsenring, F. Salzer, S., Jaeger, U. et al (2009). *Short-Term Psychodynamic Psychotherapy and Cognitive-Behavioral Therapy in Generalized Anxiety Disorder: A Randomized, Controlled Trial*. *American Journal of Psychiatry*, 166:875-881.

Additional Reading Material:

Course/Module evaluation:

End of year written/oral examination 0 %
Presentation 0 %
Participation in Tutorials 20 %
Project work 80 %

Assignments 0 %
Reports 0 %
Research project 0 %
Quizzes 0 %
Other 0 %

Additional information: