Course Goals
The aim of this course is to introduce you to the nature of psychotherapy with a primary focus on the two major systems of psychotherapy in the United States today——psychodynamic psychotherapy and cognitive-behavioral therapy. As background we will review basic concepts in psychopathology and in theories of psychotherapy as well as relevant process and outcome research. References to other approaches (e.g., family therapy) also will be included. Video tapes illustrating different methods of psychodynamic and cognitive-behavioral therapy will be presented for analysis and discussion. It is hoped that students will develop a good understanding of the nature of psychotherapy, including the key ingredients in therapeutic action.

Requirements
Readings
We will use a Course Pack, Systems of Psychotherapy. It is available from the Advanced Copy Shop, located on LaGuardia Place between West 3rd Street and Bleecker Street. Two copies will be placed on reserve at Bobst.

Grading
Grades will be based on two exams and one take home essay question.

The exams. There will be two multiple choice exams, a mid-term and a final. The exams will be based on the readings and on the material covered in class. The dates for the two exams are indicated on the syllabus.

Each multiple choice exam will count 50% toward your final grade.

No incompleteds will be given without a doctor’s note or other compelling circumstances.

Ungraded assignments
There will be two ungraded assignments, each of which will call upon you to exercise your clinical thinking. Please bring a hard copy to class and also email a copy to me and to the TA.

Exercise One: is a series of very brief vignettes about which you are asked to offer hypotheses about the meanings of the behaviors in question. THIS EXERCISE SHOULD BE SUBMITTED BY 9/23/09.

Exercise Two: is an excerpt from a therapy session. You are asked to suggest what meaning(s) you might infer from the material. THIS EXERCISE SHOULD BE SUBMITTED BY 9/30/09.
CLASS SCHEDULE and TOPICS

SEPTEMBER
9  PSYCHOPATHOLOGY AND PSYCHOTHERAPY: HISTORY AND CURRENT STATUS
16  APPROACHES TO PSYCHOTHERAPY; COMMON DENOMINATORS
23  PSYCHODYNAMIC APPROACHES I: PSYCHOANALYSIS
30  PSYCHODYNAMIC APPROACHES II: PSYCHOANALYTIC PSYCHOTHERAPY---MCWILLIAMS

OCTOBER
7  PSYCHODYNAMIC THERAPY: ALLLIANCE RUPTURES—SAFRAN/MURAN
14  PSYCHODYNAMIC THERAPY: CONTROL-MASTERY THEORY---SILBERSCHATZ
21  PSYCHODYNAMIC THERAPY: INTERPERSONAL THERAPY --- WEISSMAN ; EXAM I
28  COGNITIVE-BEHAVIORAL THERAPY I : ELLIS AND A.BECK/J.BECK

NOVEMBER
4  COGNITIVE-BEHAVIORAL THERAPY: II – J.BECK
11  COGNITIVE-BEHAVIORAL THERAPY III : WRIGHT
18  COGNITIVE-BEHAVIORAL THERAPY IV : WRIGHT
25  COGNITIVE-BEHAVIORAL THERAPY V : PANIC -- CLARK

DECEMBER
2  COGNITIVE-BEHAVIORAL THERAPY VI: LINEHAN
9  INTEGRATIVE PSYCHOTHERAPY --- YOUNG ; EXAM II
TOPICS AND READINGS

SEPTEMBER

9 PSYCHOPATHOLOGY AND PSYCHOTHERAPY: HISTORY AND CURRENT STATUS
ROTH/FONAGY—DEFINING THE PSYCHOTHERAPIES, 1-12
WOLITZKY—MENTAL HEALTH INTERVENTIONS, 1--48

16 APPROACHES TO PSYCHOTHERAPY
KARASU—PSYCHOTHERAPIES: AN OVERVIEW, 851-863
WOLITZKY—PSYCHODYNAMIC THEORIES OF PERSONALITY AND PSYCHOPATHOLOGY, 65-95.
DOZOIS ET AL — COGNITIVE THEORIES, 173-191
LEAHY ET AL—ANXIETY DISORDERS, 98-122 (OPTIONAL READING)

COMMON DENOMINATORS
STRUPP—THE NATURE OF THERAPEUTIC INFLUENCE AND ITS BASIC INGREDIENTS, 96-112
FRANK—RESTORATION OF MORALE AND BEHAVIOR CHANGE, 73-96.
MESSER/WAMPOLD—LET’S FACE FACTS: COMMON FACTORS ARE MORE IMPORTANT THAN SPECIFIC THERAPY INGREDIENTS, 21-25

23 PSYCHODYNAMIC APPROACHES I:

PSYCHOANALYSIS
MESSER/WOLITZKY—THE TRADITIONAL PSYCHOANALYTIC APPROACH TO CASE FORMULATION, 26-55
WOLITZKY—THE THEORY AND PRACTICE OF TRADITIONAL PSYCHOANALYTIC TREATMENT, 24-67
FREUD—THE DYNAMICS OF TRANSFERENCE, 99-108
LUBORSKY ET AL—A VERIFICATION OF FREUD’S GRANDEST CLINICAL HYPOTHESIS; THE TRANSFERENCE, 231-246

30 PSYCHODYNAMIC APPROACHES II: PSYCHOANALYTIC PSYCHOTHERAPY—MCWILLIAMS
WOLITZKY—PSYCHOANALYTIC THEORIES OF PSYCHOTHERAPY, 1-48

OCTOBER

7 BRIEF PSYCHODYNAMIC PSYCHOTHERAPY – LEVENSON
LEVENSON AND STRUPP—CYCLICAL MALADAPTIVE PATTERNS, 164--197

14 PSYCHODYNAMIC THERAPIES: THERAPEUTIC ALLIANCE
MESSER AND WOLITZKY—THE THERAPEUTIC ALLIANCE: A PSYCHODYNAMIC PERSPECTIVE, 1-20
SAFRAN/MURAN---STAGE PROCESS MODELS OF ALLIANCE RUPTURE RESOLUTION, 140-175

21 PSYCHODYNAMIC THERAPY: CONTROL-MASTERY THEORY
SILBERSCHATZ---THE CONTROL-MASTERY THEORY, 3-23
SILBERSCHATZ--- THE CONTROL-MASTERY THEORY—AN INTEGRATED PSYCHODYNAMIC-RELATIONAL THEORY, 219-235

28 PSYCHODYNAMIC THERAPY: INTERPERSONAL THERAPY (IPT)-WEISSMAN
BLANCO/WEISSMAN—INTERPERSONAL PSYCHOTHERAPY, 27-34
LIPSITZ—THEORY OF INTERPERSONAL PSYCHOTHERAPY, 289-307

NOVEMBER

4 COGNITIVE-BEHAVIORAL THERAPY I : ELLIS AND BECK
ELLIS—RATIONAL EMOTIVE THERAPY, 168-204
BECK/WEISHAR—COGNITIVE THERAPY, 241-272

11 COGNITIVE-BEHAVIORAL THERAPY II : J. BECK
J. BECK—INTRODUCTION, 1-9
J. BECK—COGNITIVE CONCEPTUALIZATION, 13-24

18 COGNITIVE-BEHAVIORAL THERAPY III: WRIGHT
WRIGHT—BASIC PRINCIPLES OF COGNITIVE-BEHAVIOR THERAPY, 1-23

25 COGNITIVE-BEHAVIORAL THERAPY V : PANIC
CLARK – A COGNITIVE MODEL OF PANIC ATTACKS, 71-89

DECEMBER

2 COGNITIVE-BEHAVIORAL THERAPY VI : DIALECTICAL BEHAVIOR THERAPY – LINEHAN
WHEELIS—THEORY AND PRACTICE OF DIALECTICAL BEHAVIOR THERAPY, 727-753
LINEHAN--- AN ILLUSTRATION OF DIALECTICAL BEHAVIOR THERAPY, 21-44

9 INTEGRATIVE PSYCHOTHERAPY – YOUNG
WESTEN—INTEGRATIVE PSYCHOTHERAPY, 217-242
YOUNG & KLOSKO--- SCHEMA THERAPY, 289-305