Concepts in Psychotherapy

Spring 2017
PSC 6191
Wednesdays 12-1:50 PM, Room C05

Instructor: Catherine F. Eubanks, Ph.D.
Assistant Professor of Psychology

Telephone: 646-592-4374
Email: catherine.eubanks@einstein.yu.edu

Course Description
This course will explore principles of change in psychotherapy. Students will be introduced to empirically based principles that are common across theoretical orientations. They will also be introduced to major themes and concepts from the four main psychotherapy traditions: psychodynamic, cognitive-behavioral, experiential/humanistic, and systemic. Students will be encouraged to reflect on similarities and differences across the approaches. Students will also reflect on their own personal theories of how people change, and actively engage with the course material to develop a thoughtful, informed perspective on how therapy works.

Course Objectives/Goals
By the end of the semester, students will have attained:
1. Knowledge of empirically based principles of change that are common across theoretical orientations.
2. Knowledge of major themes and concepts associated with the psychodynamic, cognitive-behavioral, experiential/humanistic, and systemic traditions.
3. Awareness of their own implicit theories of how people change and the ability to explore these theories in the context of the theoretical and research literature.

Course Processes
This course will include weekly lectures and discussions, readings, responses to readings, and papers, as well as one quiz on APA style.

Lectures and discussions: Students are encouraged to participate actively in class discussions. Class meetings will often include viewing and discussing video of therapy sessions. Attendance and close attention are important. Laptops may not be used during class.

Readings: Students are expected to read the assigned readings before class. During the course of the semester, readings may be added to address questions and issues that arise from class discussions. Some weeks, students will also be assigned a video to watch.

Responses to readings: Students are required to respond to the readings by posting on Canvas by noon on Tuesday (24 hours before class meets). This is an opportunity to reflect on what you found interesting or difficult, what you agreed with or disagreed with, and to ask any questions.
that the readings raised for you. You must write about at least one of the readings—you do not have to write about all of them. You can also comment on the postings of other students.

**Papers:** Students will write a paper about a case study in the middle of the semester. At the end of the term, students will write a final paper about how therapy works. This final paper should integrate students’ own beliefs about how therapy works with the material from the course.

**Quiz:** Students will take a quiz on APA style early in the semester. The goal of this quiz is to familiarize students with APA guidelines for writing psychology papers.

**Course requirements and Evaluation of Competency**

Final grades will be based on the following:
1. APA quiz (5%)
2. Case study paper (30%)
3. Final paper on how therapy works (35%)
4. Responses to readings and class participation (30%)

Final grades will be based on the following scale:
- A+ 97-100
- A 93-96
- A- 90-92
- B+ 87-89
- B 83-86
- B- 80-82 *note that a grade of B- or below is grounds for being placed on academic warning*
- C 70-79
- F 0-69

Attendance is important. Two unexcused absences may negatively impact your grade; three unexcused absences are grounds for failing the class.

Students with disabilities who are enrolled in this course and who will be requesting documented disability-related accommodations should make an appointment with the Office of Disability Services (646-592-4132) during the first week of class. Once you have been approved for accommodations, please contact me to ensure their successful implementation.

**Course Textbooks and Readings**

Students should purchase the APA publication manual:


Available at [www.apastyle.org/manual/index.aspx](http://www.apastyle.org/manual/index.aspx) for $29.95. Also available on Amazon.

All other readings will be posted on Canvas. Some weeks I will also assign a video to watch. The videos will be accessible through PsycInfo, which can be accessed via the library’s website.
Course Sequence

**Week 1 (1/18)** Introduction to the course and to psychotherapy research


**Week 2 (1/25)** APA style and Responsiveness
APA Publication manual
- Skim chapters 2-7


*Watch Larry Beutler video*

**Week 3 (2/1):** APA quiz and Expectations/fostering hope


*Watch John Norcross video*

**Week 4 (2/8):** The Alliance


*Watch Bill Miller video*

**Week 5 (2/15): The alliance continued**


*Watch Jeremy Safran video*

**Week 6 (2/22): Insight and corrective experiences**
  Chapters 1 and 3

  Chapters 2 and 4


**Week 7 (3/1) Feedback and clinical judgement**

*Psychotherapy, 52*, 381-390. doi: 10.1037/pst0000027

*Psychotherapy, 52*, 337-345. doi: 10.1037/pst0000015

*Watch Scott Miller video*

**Week 8 (3/8): Short-term psychodynamic approaches—CASE STUDY PAPER DUE**

Chapters 5, 6, 7, 8, 9


*Watch Leigh McCullough video*

**Week 9 (3/15): Time-limited dynamic psychotherapy**

Chapters 3, 4, 5, 6, 8, 9, 10

*Watch Hanna Levenson video*

**Week 10 (3/22): Interpersonal psychotherapy**

[Note—classes follow Monday schedule, but we will still meet]


*Watch Greg Hinrichson video*

**3/29—NO CLASS**

**Week 11 (4/5) Experiential/humanistic tradition**

Rogers, C.R. (1957). The necessary and sufficient conditions of therapeutic personality change.
Journal of Consulting Psychology, 21, 95-103.


Watch Rhonda Goldman video

4/12—SPRING BREAK

Week 12 (4/19): Common vs specific factors in psychodynamic and cognitive-behavioral therapies: Treatments for BPD


Watch Marsha Linehan video
Watch Otto Kernberg video

Week 13 (4/26): Treatments for BPD continued


Watch Jeff Young video

Week 14 (5/3): Family/systems tradition


*Watch Sue Johnson video*

**Week 15 (5/10)—Psychotherapy Integration**


*Watch Marv Goldfried video*

*Watch Paul Wachtel video*

**May 16—FINAL PAPER DUE**