SYLLABUS

Integrative Approaches to Psychotherapy MPO 545
Spring, 2013 – Tues. 9:00 am – 12:00 pm

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Office Hours: By Appointment

COURSE DESCRIPTION: This is a third and fourth year seminar in which students are encouraged to articulate and present their own integrative approach to psychotherapy in light of the variety of orientations they have learned. Students will be exposed to the history of the psychotherapy integration movement and a variety of strategies for integrating the psychotherapies.

COURSE PRE-REQUISITES: Foundations of Psychotherapy MPO 546

REQUIRED TEXTBOOKS:


RESERVED READINGS:


**BOOKS ON PSYCHOTHERAPY INTEGRATION THAT YOU MIGHT CONSIDER FOR YOUR PERSONAL LIBRARY**


**COURSE OBJECTIVES:**

1. The student will be able to demonstrate several evolving perspectives on psychotherapy integration.

2. The student will be able to demonstrate several illustrations of the various existing approaches to psychotherapy integration.

3. The student will demonstrate familiarity with several specific models of combining treatments from different psychotherapy orientations.

4. The student will be able to apply particular models of integration to specific DSM-Diagnosed disorders.

5. The student will demonstrate familiarity with the possibilities of integrating therapies in the treatment of ethically diverse populations. (Intervention and Relationship Competency; Cultural and Individual Differences and Diversity Competency)

6. The student will demonstrate familiarity with the extent to which these treatments have received empirical support through exposure to the empirical literature.

**COURSE FORMAT:** Methods of teaching involve lecture, class discussion, and case material as well as videotapes. The textbooks listed in Required Reading frame the core of the required readings for this course. In addition, there is also a series of supplemental readings from the recent professional literature that you are expected to review.

The experiential portion of these classes will involve a case conference format in which the possibilities of integrating treatments from different therapy orientations will be discussed and possible treatment sequences defined.
COURSE REQUIREMENTS

1. Active class participation! Students need to attend class with both questions and comments based upon assigned readings and class discussions and be accessible to examining and sharing their personal growth as related to their understanding and application of integrative models of psychotherapy. Our goal will be to develop an open, respectful, and supportive atmosphere in which productive learning can take place. Each class participant will be expected to contribute to the development of a productive learning environment.

2. Consistent attendance and punctuality is also required. No more than two absences from all or part of a class will be allowed. Exceeding the absence limits will result in loss of a half grade for each one over the limit in your final course grade. Only under dire emergency circumstances with documentation will this requirement be altered. Please notify me in advance if you will be missing a class.

3. Course Exam. There will be an exam handed out on April 2 that will test the material covered in class or in the assigned readings up to that point.

4. Term paper on Psychotherapy Integration.

STUDENT EVALUATION:

While evaluation is a necessary element of every graduate training course, it should not interfere with the freedom to learn. In general, students who are able to demonstrate an authentic involvement with the course material marked by openness to new ideas, reflective thinking and experiencing, thoughtful and creative input, and seriousness of purpose are most likely to meet expectations and to learn and grow (and by doing so, to receive more credit for assignments such as class participation, case conferences, and presentation).

1. Class/case conference participation will account for 15% of your final grade (15 points)
2. The exam will account for 50% of your final grade (50 points).
3. Term paper will account for 35% of your final grade (35 points).

Grade Distribution

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<th>Score Range</th>
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<td>92 - 100</td>
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COURSE SCHEDULE:

Feb 26  Introduction to and History of Psychotherapy Integration  
         Readings: N&G, Ch 1, 2; S&G, Ch 1
Feb 27  Routes to Integration I: Technical Eclecticism. (Lazarus and Beutler)  
         Readings: N&G Ch 5, 6; S&G Ch 2, 3.
Mar 5    Routes to Integration II: Theoretical Integration  
         Readings: N&G Ch 8, S&G Ch 7.  
         (Wachtel DVD Shown)
Mar 12   Routes to Integration III: Common Factors Approach  
         Readings: N&G Ch 3, 4; S&G Ch 4, 17.
Mar 26   Routes to Integration IV: Transtheoretical Approach  
         Readings: N&G Ch 7.
April 2  Assimilative Integration.  
         Readings: N&G Chs. 10-11; S&G Ch. 5; Wolfe, 2001.  
         Exam Handed Out
April 9  Application of Integrative Approaches to the Treatment of DSM IV Disorders: Depression  
         Readings: N&G Ch 13; S&G Ch 11.  
         Case Conference Presentation
Apr 16   Application of Integrative Approaches to the Treatment of DSM IV Disorders: Anxiety.  
         Exam Collected at the Beginning of Class.  
         Case Conference Presentation
Apr 23   Application of Integrative Approaches to the Treatment of DSM IV Disorders: Axis II Disorders.  
         Case Conference Presentation
Apr 30   Integrating clinical and research perspectives.  
         Case Conference Presentation
May 7    Research on Psychotherapy Integration  
         Readings: N&G Ch 22.
May 14   Course Review and the Future of Psychotherapy Integration.  
         Readings: N&G Ch 24; S&G Ch 22.  
         Term Papers due at the beginning of Class