Psychotherapy Integration
An advance undergraduate seminar.
Instructor: Golan Shahar, Ph.D.; Editor: Journal of Psychotherapy Integration.
Department of Psychology
Ben-Gurion University of the Negev
Mondays 08:00am-10:00am
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Description: The principal aim of this advanced seminar is to introduce the students to the integrative movement in psychotherapy. I will discuss the philosophical and historical underpinnings of the field, key integrative models, integrative applications for specific disorders and problems, and the bridge between psychotherapy integration and empirical research.

Course requirements:
Mandatory attendance.
Oral presentation (in groups).
Paper submission (in couples).
Specific topics:

1. Psychotherapy’s road map: The psychodynamic approach.

   Golan’s presentation.

   Reading:

2. Psychotherapy’s road map: The cognitive-behavioral therapy (CBT) approach.

   Golan’s presentation.

   Reading:

3. Psychotherapy’s road map: The humanistic-existential approach.

   Golan’s presentation.

   Reading:

4. Psychotherapy’s road map: The family-systems approach.

   Golan’s presentation.

   Reading:

5. Empirical research.

   Golan’s presentation.

   Readings:
Integration, 20, 397-405.


   Students’ presentation.
   Reading:

7. Stages of change.
   Students’ presentation.
   Reading:

8. Anxiety disorders.
   Students’ presentation.
   Reading:

9. Depression.
   Students’ presentation.
   Reading:
10. Personality disorders.
   Students’ presentation.
   Reading:

   Students’ presentation.
   Reading:

   Golan’s presentation.
   Reading:

13. Culture.
   Students’ presentation.
   Reading:
   - Brown, L. S. (2009). Cultural competence: A new way of thinking about integration in

*Students’ presentation.*

Reading:
