

# Psychotherapy: Theory, Practice and Research (PST 453)

Sylabus 2011

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**Lectures:** Mgr. Lukáš Blinka, Mgr. et Mgr. Ester Danelová, PhDr. Roman Hytych, Ph.D., MUDr. Jan Roubal, Mgr. Tomáš Řiháček, Ph.D., MUDr. David Skorunka, Ph.D., prof. PhDr. Zbyněk Vybíral, Ph.D.

**ECTS:** 4 credits

The course is offered for foreign students of BA and MA programs. It consists of ten lectures listed below. Final exam will take form of an essay (8 - 10 pages) on a chosen theme. 80% attendance on lectures is compulsory. Lectures are conducted in the room **M 117**, from **12:00 till 13:30 on Tuesdays**. Courses start on **October 11th** and they will be held every week. On the first lecture condition for completing the course will be clarified.

## Course lectures:

**Zbyněk Vybíral:** Introduction to Theory, Practice and Research in Psychotherapy (11/10)

The first lecture offers basic overview covering themes such psychotherapy as a profession, scientific view in psychotherapy and variety of research designs. The focus on psychotherapy as both, the science and “gift” includes several issues for questioning and discussion. Some biases are mentioned as well.

Stiles, W. B., Shapiro, D. A., Elliot, R. (1986). „Are All Psychotherapies Equivalent“? *American Psychologist* 41 (2), s.165-180;

O’Donohue, W., Cummings, N. A., Cummings, J. L. (2006). *Clinical Strategies for Becoming a Master Psychotherapist*. Burlington, San Diego, London: Academic Press.

**David Skorunka:** Narrative and psychotherapy; from psychological to post psychological perspective (18/10)

In this lecture, a metaphor of story and narrative is discussed with regard to both major psychotherapeutic approaches and practice. A particular emphasis is given to narrative therapy inspired by theory of social construction.

Angus, L., McLeod, J. *The Handbook of Narrative and Psychotherapy*, Sage, 2004

Payne, M. *Narrative Therapy; An Introduction for Counsellors*, Sage, 2006

**Zbyněk Vybíral:** How many psychotherapies we have (List of recognized treatments) (25/10)

We decided to create and henceforth manage a comprehensive list of widely (i.e. scientifically) recognized contemporary psychotherapies (particularly in North America and Europe) that is aimed to be as complete and valid as possible. The lecture is based on some papers from conferences.

Castonguay, L. G. (2006). Personal pathways in psychotherapy integration. *Journal of Psychotherapy Integration*, 16 (1), s. 36–58.

**David Skorunka:** Contemporary family therapy and systemic practice (1/11)

The lecture introduces main assumptions and variety of practice in contemporary family therapy including integrative approaches in this field. Major research findings regarding both outcome and process of family therapy will be presented.

Dallos, R., Draper, R. *Introduction to Family Therapy*, Open University Press, 2010, 3<sup>rd</sup> Edition

Carr, A. *Family Therapy; Concepts, Process and Practice*, Wiley and sons, 2009, 2<sup>nd</sup> Edition

**Ester Danelová:** Fringe psychotherapies: What are they? (8/11)

Looking at fringe or alternative psychotherapy practices in context of psychotherapy research, mental health care systems, history of psychotherapy, western culture and psychotherapy profession;

Lilienfeld, S. O. (2007). Psychological Treatments That Cause Harm. *Perspectives on Psychological Science*, 2 (53).

Zatzick, D. F., & Johnson, F. A. (1997). Alternative Psychotherapeutic Practice Among Middle Class Americans: I.: Case Studies and Follow-up. *Culture, Medicine and Psychiatry*, 21 (1), pp. 53-88.

**Tomáš Řiháček:** Psychotherapy integration from the perspective of training and professional development (15/11)

After a brief introduction to psychotherapy integration, the lecture will focus on various ways how therapists develop to integrative perspective, analyzing their potential advantages and drawbacks.

Norcross, J. C., Halgin, R. P. (2005). Training in psychotherapy integration. In Norcross, J. C., Goldfried, M. R. (Eds.). *Handbook of Psychotherapy Integration* (2. vyd.). New York: Oxford University Press, s. 439–458.

**Jan Roubal:** Diagnostics and case formulation in psychotherapy (22/11)

Psychotherapeutic diagnostics (e.g. Bartuska et al., 2008) is a system of clues helping the therapist to continuously orientate himself in the ongoing therapeutic process and to create a useful map of a therapeutic situation. Case formulation is a method of organizing complex information about the client, to extrapolate the individual treatment, to observe the changes and to transform the theory and research into clinical practice (Eells, 2007).

Bartuska, H., Buchsbaumer, M., Mehta, G., Pawlowsky, G., Wiesnagrotzki, S. (Eds.). (2008) *Psychotherapeutic Diagnostics*. New York, Wien: Springer.

Eells, T.D. (Ed.). (2007) *Handbook of Psychotherapy Case Formulation*. New York, London: The Guilford Press.

**Roman Hytych:** Mindfulness in contemporary psychotherapy: Clinical practice and research findings (29/11)

Mindfulness is a core skill for life coping developed within Buddhist tradition. Recent years of its psychotherapy application and scientific research have showed a huge range of its benefits for psychotherapy clients as well as psychotherapists themselves.

Brown, K. W., Ryan, R. M., Creswell, J. D. (2007). Mindfulness: Theoretical Foundation and Evidence for its Salutary Effects. *Psychological Inquiry*, 4, 211-237.

**Ester Danelová:** Is psychotherapy "researchable"? (6/12)

Introducing main branches of psychotherapy research, paying special attention to original or controversial research designs and discussing their implications;

Beutler, L. E. (1998). Identifying Empirically Supported Treatments: What If We Didn't? *Journal of Consulting and Clinical Psychology*, 66 (1) , pp. 113-120.

Norcross, J. C. (1995). Dispelling the Dodo Bird Verdict and the Exclusivity Myth in Psychotherapy. *Psychotherapy*, 32 (3) , s. 500 - 504.

**Lukáš Blinka:** Theory and practice of Jungian psychotherapy (13/12)

In this lecture, an integrative approach toward various psychodynamic theories will be used. With the special focus on Jung's and Jungian contribution to psychoanalysis, the historical context of the beginning, development and recent situation in the theory and practice of analysis will be discussed.

Mizen, R. (2009) Some limitations of analysis. *Journal of Analytical Psychology*, 54, 461-474.

Clark, M. (2009) Suppose Freud had chosen Orestes instead. *Journal of Analytical Psychology*, 54, pp 233-252.

Hilam, J. (2004) *Archetypal psychology*. Putman: Springer Publications.

**Themes for final essay:**

1. Short outline of situation of psychotherapy in your country;
2. Main psychotherapy approaches, personalities and training institutes in your country;
3. Psychotherapy politics in your country (legal framework);
4. What are the researchers focused on in the field of psychotherapy in your country?