

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

Sylabus 2019

**Guarantee:** PhDr. Roman Hytych, Ph.D.; e-mail: [romhyt@gmail.com](mailto:romhyt@gmail.com)

**Lectures:** Mgr. Michal Čeveliček, Ph.D., PhDr. Roman Hytych, Ph.D, Mgr. Martin Novák, Mgr. Tomáš Řiháček, Ph.D., MUDr. David Skorunka, Ph.D., Mgr. Monika Skutková, Mgr. Luia Ukropová, prof. PhDr. Zbyněk Vybíral, Ph.D., Gregor Žvelc, Ph.D. (University of Ljubljana)

**ECTS:** 4 credits

The course is offered for foreign students of BA and MA programs. It consists of lectures listed below. The final exam will take form of an essay (8 - 10 pages) on a chosen theme. 80% attendance on lectures is compulsory. Lectures are conducted on **Wednesdays from 14:00 till 15:40** in the room **U35**

Courses start on **September 26th**.

**Dates of lectures:**

25/9, 2/10, 9/10, 6/11, 13/11, 20/11, 27/11, 4/12, and 11/12.

**Course lectures:**

**Gregor Žvelc** Integrative psychotherapy and mindfulness (25/9)

Mindfulness is non-judgmental acceptance of the present moment. Research has demonstrated numerous benefits of mindfulness practice for mental health. In the lecture, we will present how mindfulness processes can be used within integrative psychotherapy.

**Zbyněk Vybíral:** Introduction to Theory, Practice and Research in Psychotherapy (2/10)

The 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.

**Tomáš Řiháček:** What makes a good therapist? (9/10)

Although this question has been asked from the beginning of the psychotherapeutic profession, an ultimate answer is still missing. We will explore this topic from several perspectives (axiological, theoretical, empirical, and developmental), trying to develop a more comprehensive picture. Building on existing research, we will strive to formulate what establishes therapeutic competence and what are the best methods to search for it and develop it.

Tracey, T. J. G., Wampold, B. E., Lichtenberg, J. W., & Goodyear, R. K. (2014). Expertise in psychotherapy: An elusive goal? *American Psychologist*, 69(3), 218-229.

<https://doi.org/10.1037/a0035099>

**David Skorunka:** Contemporary family therapy and systemic practice (6/11)

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

**Roman Hytych:** Mindfulness in contemporary psychotherapy: Clinical practice and research findings (13/11)

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.

**Lucia Ukropová, Martin Novák:** Introduction to “Open dialogue” - the role of psychotherapy in mental health care services (20/11)

The seminar focuses on introducing the “Open dialogue ” (OD) , a psychosocial network-based approach to working with people experiencing mental health difficulties. Main principles, used interventions, possibilities and limitations of this approach will be discussed. Also, we will discuss case study from lecturers practice and the role of psychotherapy in mental health and social care community services.

Olson, M., Seikkula, J., Ziedonis, D. (2014) Key Elements of Dialogic Practice in Open Dialogue. The University of Massachusetts Medical School, Worcester.

Seikkula, J. & Olson, M. (2003) The Open Dialogue Approach to Acute Psychosis: Its Poetics and Micropolitics. *Family Process*, 42, 403-418.

Schutze, W. (2015). Open dialogue as a contribution to a healthy society: possibilities and limitations. *Advances in Psychiatry and Neurology*, 24, s. 86-90.

**Michal Čevelíček:** Case formulation as a process and product of therapists' thinking about their clients (27/11)

Broadly defined, psychotherapy case formulation captures the ways in which therapists think about their clients (cases). Specifically, it is a process and a product of capturing and structuring complex information, developing hypotheses about the nature of issues at hand, and forming plans to resolve these issues. First, we will focus on specifics of “therapeutic thinking”. Is thinking of therapists any different from “common” thinking? What do therapists learn to think as therapists? Second, we will take a look at some specific methods of case formulation (both integrative and orientation-specific), which therapists' may use to shape their thinking.

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

Ingram, B. L. (2010). *Clinical case formulations: Matching the integrative treatment plan to the client*. New Jersey, NY: John Wiley & Sons.

**Monika Skutková:** Helpful and hindering events in psychotherapy (4/12)

The lecture will focus on research of helpful and hindering events in psychotherapy – its history, way of analysis of significant events, overview of the most important results and connection of events to therapy outcome. Understanding of helpful and hindering events can be useful particularly for therapists in practice.

Timulák, L. (2010). Significant events in psychotherapy: An update of research findings. *Psychology and Psychotherapy: Theory, Research and Practise*, 83, s. 421-447.

Timulák, L. (2007). Identifying core categories of client-identified impact of helpful events in psychotherapy: A qualitative meta-analysis. *Psychotherapy Research*, 17(3), 310-320.

**Zbyněk Vybíral:** Adverse effects and (potential) deterioration of client's state in psychotherapy and counseling **(11/12)**

Lecture gives overview of past and current studies in the field. More and more attention is given to negative effects of psychological treatment in the contemporary psychotherapy research of efficacy and effectiveness, and in theoretical studies, too. What are unwanted events in psychotherapy? What do we mean when we are talking about side effects of psychological treatment? Examples would be given and discussed. Differentiation between bona fide treatment and malpractice is needed. Psychotherapists' optimism would be mentioned and discussed.

Schermuly-Haupt, M.-L., Linden, M., Rush, A.J. (2018). Unwanted events and side effects in cognitive behavior therapy. *Cognitive Therapy and Research*, 42, 219–229.

Vaughan, B., Goldstein, M. H., Alikakos, M., Cohen, L. J., & Serby, M. J. (2014). Frequency of reporting of adverse events in randomized controlled trials of psychotherapy vs. psychopharmacotherapy. *Comprehensive Psychiatry*, 55(4), 849–855.

**Themes for final essay (choose one of them):**

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?

**Final essay submission deadline: 15th December, 2019**

**Essay evaluation criteria:**

- personal elaboration of the subject – predominance of own considerations, insights, opinions and interpretations (*work with literature, but do not just describe or cite it.*)
- sophistication, structuring, distinct line of thought or concept
- content density and depth (*of course depth is inversely proportional to the breadth of the topic – also an essay with a broad topic and less sophisticated sub-themes may be excellent; anyway we rather recommend to elaborate a chosen sub-theme, in detail and in context.*)
- ability of a clear presentation of the main ideas of the essay and ability to participate in critical discussion
- keeping to the topic and length
- formally correct working with terminology and literature, apparent distinguishing of own ideas from those of others, citing according to APA standard
- **see also Bad and Good example of final essay in Information system**