

# **COU571 Psychodynamic Psychotherapy**

**Level:** 5

**Credit Units:** 5 Credit Units

**Language:** ENGLISH

**Presentation Pattern:** EVERY 2 YEARS

## **Synopsis:**

COU571 Psychodynamic Psychotherapy provides an understanding of the various Psychoanalytic theories that inform Psychodynamic Psychotherapy as well as the key principles of practice. These theories and principles will enrich the clinical thinking of students and give them a framework to understand the psychodynamics of clients with complex psychosocial needs as well as the dynamics of their working relationships with their clients whether they are in formal Psychodynamic Psychotherapy. For those interested in practicing this approach, this introductory module gives a foundation for further training. The course will also introduce contemporary psychotherapy approaches that are based on psychodynamic thinking.

## **Topics:**

- Introduction to Psychodynamic/Psychoanalytic Psychotherapy
- The Unconscious
- The Developmental Point of View
- Classical Freudian Theories
- Ego Psychology
- Object Relations Theories
- Self-Psychology
- Attachment Theory
- Transference, Countertransference, Defences & Resistance
- Interpretation
- The Process of Therapy: Beginning to Termination
- The development of the Psychodynamic Therapist

## **Textbooks:**

: Principles of Psychotherapy: Promoting Evidence-Based Psychodynamic Practice, Weiner, I.B, 3rd Edition New Jersey: Wiley.  
ISBN-13: 9780470496725

**Learning Outcome:**

- Appraise the definitive features of Psychodynamic Psychotherapy
- Distinguish the various Psychoanalytic Theories in the context of the evolution of Psychoanalytic thinking, and how these theories inform Psychodynamic practice today.
- Examine concepts and techniques central to Psychodynamic practice including the Unconscious, Transference, Countertransference, Defences, Resistance, and Interpretation.
- Consider and implement (PLAN) the treatment frame necessary for Psychodynamic Psychotherapy.
- Formulate Psychodynamic concepts to understanding the process of clinical interaction with clients.
- Propose the phases of therapy and able to recognize the work necessary in each phase.

**Assessment Strategies - Regular Semester (Evening Class):**

<b>Components</b>	<b>Description</b>	<b>Weightage Allocation (%)</b>
Overall Continuous Assessment	GROUP BASED ASSIGNMENT 1	40
Overall Examinable Components	ECA	60
<b>Total</b>		<b>100</b>

\*The information listed is subject to review and change.