

COU577 Contemporary Theories and Models of Psychodynamic Psychotherapy

Level: 5

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY JAN

Synopsis:

Psychoanalytic Theory has evolved over more than a century and likewise, the practice of Psychoanalytic & Psychodynamic Therapy has changed and been adapted to various clinical populations. While many therapists may know the concepts of the classical theory, fewer are familiar with the more recent theories and models of Psychodynamic Therapy. COU575 Contemporary Theories and Models of Psychodynamic Psychotherapy will explore these developments in the field and how they may enrich ways of working with clients dynamically. The course content will be delivered through 3 x 4-hr workshops led by practitioners at CGH and a 20-hr workshop (over 3 days) taught by an international expert. The students will have opportunity to present their case work for discussion during the seminars and workshop.

Topics:

- Critique the fundamental principles and techniques of Psychodynamic Psychotherapy in practice.
- Appraise the significance of the unconscious and the developmental perspective in therapeutic work.
- Examine the importance of the therapeutic relationship including the nuances of transference and countertransference.
- Formulate the suitability of clients for psychodynamic therapy.
- Design the different phases of therapy for clients.
- Construct appropriate interventions informed by an understanding of psychodynamic principles.

Learning Outcome:

- Overview of contemporary developments in Psychodynamic Psychotherapy
- Fundamental principles of ISTDP and other brief dynamic psychotherapies
- Techniques of ISTDP
- Fundamental principles of TFP (Transference-focused Psychotherapy)
- Techniques of TFP
- Applications of Attachment Theory to Psychotherapy
- Working with Attachment styles
- Mentalization
- Basic Principles of MBT (Mentalization-based Therapy)
- Techniques of MBT
- The Relational School of Psychoanalysis
- Working relationally

Assessment Strategies - Regular Semester (Evening Class):

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

*The information listed is subject to review and change.