

Course Description
Title of the Course: Psychodynamic Therapies

Aim of the course

The course gives an introduction to the essence/concept of psychotherapies: specificities of the basic ideas and techniques that facilitate changes through the professional relationship between patients/clients and psychotherapists. The course discusses the types, forms and theoretical background of dynamic psychotherapies. The role of the psychotherapist and the patient in the special relationship and the discourse during the healing process will also be discussed.

Beyond the general introduction, the course also gives fundamentals of: psychoanalysis, psychoanalytically oriented psychotherapies (supportive-expressive), and short-term dynamic psychotherapy basic concepts, structures and principles, the basis of process and interventions among them confrontations, clarifications, interpretations and the essence of dynamic process, such as transference, countertransference, resistance, new beginning, working through during the healing process.

Learning outcome, competences

knowledge:

Basic knowledge of the theory and methods of psychoanalysis, psychoanalytically oriented psychotherapies, and short-term dynamic psychotherapy.

Content of the course

The course will discuss the basic principle and process of the dynamic first interview, the discipline of indications and contraindications for different types of dynamic psychotherapies. At the level of ego-defence mechanisms, the course will touch upon briefly the mechanisms as indicators for neurosis or personality disorders.

Since the main pathological factor for neurosis and personality disorders are trauma/traumatic experiences, the course deals with trauma, including individual and societal traumatization, and offers approaches how to deal with traumatized people.

Evaluation of outcomes

Mode of evaluation: 1-5 grades, written essay-type test at the end of the course

Reading list

- Arlow, J. A. (2000). Psychoanalysis. In R. J. Corsini & D. Wedding (Eds.), *Current Psychotherapies* (pp. 16-25). Itasca, IL: F. E. Peacock Publ., Inc.
- Corsini, R. J. (2000). Introduction. In R. J. Corsini & D. Wedding (Eds.), *Current Psychotherapies* (pp. 1-15). Itasca, IL: F. E. Peacock Publ., Inc.
- Davanloo, H. (1978). A method of short-term dynamic psychotherapy. In H. Davanloo (Ed.), *Short-Term Dynamic Psychotherapy* (pp. 43-71). Northvale, New Jersey, London: Jason Aronson.
- Ferenczi, S. (1955). Confusion of tongues between adults and the child. In *Final contributions to the problems and methods of psycho-analysis*. London: Maresfield Reprints.
- Fonagy, P. (2001). Chapter 12. Summary: What do psychoanalytic theories and attachment theory have in common?. In *Attachment theory and psychoanalysis* (pp. 155-184). New York: Other Press.
- Gabbard, G. O. (2004). *Long-term psychodynamic psychotherapy: a basic text*. Washington D.C., London: American Psychiatric Publ. Inc.
- Herman, J. L. (1992). Chapter 7. A Healing Relationship. In *Trauma and Recovery* (pp. 133-154). London: Basic Books.
- Marmor, J. (1978). Crisis intervention and short-term dynamic psychotherapy. In H. Davanloo (Ed.), *Short-Term Dynamic Psychotherapy* (pp. 237-243). Northvale, New Jersey, London: Jason Aronson.
- Mészáros, J. (2010). Building blocks toward contemporary trauma theory: Ferenczi's paradigm shift. *The American Journal of Psychoanalysis*, 70, 328-340.
- Mészáros, J. (2004). Psychoanalysis is a two-way street. *International Forum of Psychoanalysis*, 13, 105-113.
- Sydney, E. P. (1995). The technique of psychoanalysis. In B. E. Moore & B. D. Fine (Eds.), *Psycho-Analysis The Major Concepts* (pp. 5-25). New Haven, London: Yale University Press.
- Anna O case study. (n.d.). Retrieved from http://www.freudfile.org/psychoanalysis/anna_o_case.html.