

**Course Description**  
**Theories of Psychotherapy and Psychological Interventions**  
**Leading Lecturer: Ágoston Schmelowszky**

**Aim of the course**

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The course reviews the history, theories, technical aspects and practical applications of the clinically most significant directions of psychotherapy, including the general problems of psychotherapy, the definition of psychological treatment, frames, rules, atmosphere, contract, working alliance, interpretation, insight and therapeutic basic situation. Problems regarding research will be discussed. Psychodynamic and cognitive-behavioral therapies will be discussed the same way as various forms of group therapy and family and couple therapy.

**Learning outcome, competences**

knowledge:

- Students will gain knowledge regarding the ethical and technical aspects of psychotherapy.
- Theoretical and technical aspects of major psychotherapeutic approaches.
- Knowledge for psychotherapeutic indication must be developed..

attitude:

- Empathic, honest and respectful attitude towards patients and colleagues.
- Self reflective and mindful.

skills:

- Developing skills for psychotherapeutic indication (the “what works for whom” problem).

**Content of the course**

**Topics of the course**

- Introduction: definition, history, classification, framework and research.
- Psychodynamic therapies.
- Theoretical and technical aspects of psychodynamic psychotherapies.
- Indication of psychodynamic psychotherapies.
- Major types of CBT.
- Theoretical and technical aspects of CBTs.
- Indication of CBTs.
- Group and family therapies.
- Theoretical and technical concepts of group and family therapies.
- Indication of group and family therapies.

**Learning activities, learning methods**

Frontal lecture.  
Demonstration.

**Evaluation of outcomes**

**Learning requirements, mode of evaluation, criteria of evaluation:**

requirements  
Active presence.

Written exam.

mode of evaluation:  
1-5 scale.

criteria of evaluation:  
Knowledge.

### Reading list

#### Compulsory reading list

Gabbard GO (ed) (2009). Textbook of Psychotherapeutic Treatments. American Psychiatric Publ. Parts 1-2 (pp. 3-288), parts 4-5 (393-704).

#### Recommended reading list

1. Gabbard, G. O. (2010) Long-term Psychodynamic Psychotherapy (2nd Edition). American Psychiatric Publishing.
2. Goldenberg, Herbert and Irene(2008). Family Therapy: An Overview, **Thomson Brooks/Cole**.
3. Roth A, Fonagy P (2005). *What Works for Whom: A Critical Review of Psychotherapy Research*. New York, London. Guilford.
4. Rockland, L., H. (1989) : Supportive therapy: A Psychodynamic Approach. Basic Books.
5. Yalom, I (1995). The Theory and Practice of Group Psychotherapy. Basic Books.
6. Wachtel, P. L. (2011) Therapeutic Communication: Knowing What to Say When (2nd Edition). The Guilford Press.
7. Wedding D, Corsini RJ (eds.) (2014). Current Psychotherapies. International Edition.
- 8 . Winston, A., Rodenthal, R., Pinsker, H., (eds) (2012): Learning Supportive Psychotherapy. An Illustrated Guide. Series Editor: Glen O. Gabbard. American Psychiatric Publishing