

Course Description

Child Psychotherapy

Aim of the course

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The course provides an introduction to the theory, methods and applications of child and adolescent psychotherapy.

The objectives of the course are as follows:

- Discussing the principles and methods of psychotherapy in children and adolescents
- Addressing how to choose and assess the effectiveness of various treatments
- Discussing the role of parents and the best setting for treatment

Learning outcome, competences

knowledge:

- Theoretical background of child and adolescent psychotherapy.
- Treatment planning, combination of treatments
- Practice of psychotherapies in different settings
- Psychotherapy research, quality assurance, evidence based-psychotherapies
- Methods of psychotherapy in children and adolescents

attitude:

- Viewing childhood mental disorders in a complex bio-psycho-social model
- Using research evidences in evaluating different forms of childhood and adolescent psychotherapy.
- Considering ethical standards of psychological interventions for various age groups.

skills:

Content of the course

Topics of the course

- Principles of psychotherapy with children and adolescents: definitions, classifications and principles of application
- Treatment planning, combination of treatments
- Practice of psychotherapies in different settings
- Psychotherapy research, quality assurance, evidence based-psychotherapies
- Behaviour therapy
- Cognitive behavioural therapy (CBT)
- Third waves of CBT: Dialectical Behaviour Therapy, Schema Therapy, Mindfulness-Based Cognitive Therapy
- Interpersonal psychotherapy for adolescent depression
- Group therapy and psychodrama
- Play therapy with children
- Family therapy and parent training
- Psychodynamic therapies with children and adolescents

Learning activities, learning methods

- lecture

Evaluation of outcomes

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

- oral examination

mode of evaluation: exam

criteria of evaluation:

Reading list

Compulsory reading list

- Remschmidt, H (2010). Psychotherapy with children and adolescents. Cambridge University Press

Recommended reading list

- Fonagy, P., Target, M., Cottrell, D., Phillips, J., Kurtz, Z. (2015). What works for whom? A critical review of treatment for children and adolescents. NY, London: The Guilford Press
- Weisz, J. R., Kazdin, A. E. (eds) (2010). Evidence-Based Psychotherapies for Children and Adolescents. NY, London: The Guilford Press, 28-44.