**Course Syllabus**

1. **General Information**

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| Course name | Systems of psychotherapy |
| Programme  | Psychology |
| Level of studies (BA, BSc, MA, MSc, long-cycle MA) | MA |
| Form of studies (full-time, part-time) | Full-time |
| Discipline | Psychology |
| Language of instruction | English |

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| Course coordinator/person responsible | Krzysztof M. Ciepliński, PhD |

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| Type of class *(use only the types mentioned below)* | Number of teaching hours | Semester | ECTS Points |
| lecture | 30 | VII | 4 |
| tutorial |  |  |
| classes |  |  |
| laboratory classes |  |  |
| workshops |  |  |
| seminar |  |  |
| introductory seminar |  |  |
| foreign language classes |  |  |
| practical placement |  |  |
| field work |  |  |
| diploma laboratory |  |  |
| translation classes |  |  |
| study visit |  |  |

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| Course pre-requisites | W1-Basic knowledge on developmental, clinical and personality psychology, and B2 English language skills |

1. **Course Objectives**

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| O1. To deliver a current knowledge about key psychotherapeutic concepts and phenomena  |
| O2. Presenting and discussing the main psychotherapy systems |
| O3. Preparation for making an informed decision about further education in the field of psychotherapy |

1. **Course learning outcomes with reference to programme learning outcomes**

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| Symbol | Description of course learning outcome | Reference to programme learning outcome |
| KNOWLEDGE |
| W\_01 | Student defines psychotherapy, recognises key psychotherapy forms and phenomena  | K\_W11 |
| W\_02 | Student describes and explains the main psychotherapy systems | K\_W11 |
| W\_03 | Student characterizes the current trends in psychotherapy research and practice | K\_W11 |
| W\_04 | Student points and explains key ethical rules of psychotherapy | K\_W14 |
| SKILLS |
| U\_01 | Student explains key phenomena of psychotherapy practice | K\_U11 |
| U\_02 | Student identifies and proposes a proper psychotherapeutic treatment refers to client’s features and problems  | K\_U11 |
| SOCIAL COMPETENCIES |
| K\_01 | Student takes care of correctness of the clinical diagnosis and psychotherapeutic treatment to avoid any harm to the clients. He/she is ready to ask for help of experts and supervisors.  | K\_K06 |
| K\_02 | Student identifies and analyses of ethical dilemmas refers to psychotherapeutic activities and interventions  | K\_K10 |

1. **Course Content**

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| * + - 1. What is psychotherapy? (historical roots and current definitions of psychotherapy)
			2. Key forms and phenomena in psychotherapy (individual and group therapy, couples and family therapy, therapeutic relationships and its equivalents, psychotherapeutic diagnosis and contract)
			3. Paradigm and system in psychotherapy
			4. Psychoanalysis and its development (key concepts, therapy process and technics, current development)
			5. Behavioural psychotherapy (basic assumptions, therapy process and technics)
			6. Cognitive psychotherapy (concepts of mental disorders and its treatment, therapeutic technics and tools)
			7. Humanistic-experiential paradigm in psychotherapy (key ideas, concepts and approaches)
1. V.E. Frankl’s Logotheory and Logotherapy
2. C. Rogers’ Person-Centred Approach
3. Psychodrama
4. Gestalt Therapy
5. Emotion-Focused Therapy
	* + 1. Psychotherapy research and integration (current directions in psychotherapy research; sources, significance and paths towards psychotherapy integration, Evidence-based Practice (EBP) vs Practice-Based Evidence (PBE))
			2. Psychotherapy training and professional development
			3. Ethical rules and dilemmas in psychotherapy
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1. **Didactic methods used and forms of assessment of learning outcomes**

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| Symbol | Didactic methods*(choose from the list)**Lecture and case analysis* | Forms of assessment*(choose from the list)**Exam (oral or written)* *or written assignment**Exam 70%**Written assignment 30%* | Documentation type*(choose from the list)**Exam credits protocol and the class test results* |
| KNOWLEDGE |
| W\_01 | Lecture, discussion, role playing and experiential learning, work with text and other materials  | Test | Test completed and graded |
| W\_02 | Lecture, discussion, role playing and experiential learning, work with text and other materials  | Test | Test completed and graded |
| W\_03 | Lecture, discussion, work with text and other materials  | Test | Test completed and graded |
| W\_04 | Lecture, discussion, work with text and other materials  | Test | Test completed and graded |
| SKILLS  |
| U\_01 | Lecture, discussion, role playing and experiential learning, work with text and other materials | Test | Test completed and graded |
| U\_02 | Lecture, discussion, work with text and other materials | Test | Test completed and graded |
| SOCIAL COMPETENCIES  |
| K\_01 | Lecture, discussion, role playing and experiential learning, work with text and other materials | Test | Test completed and graded |
| K\_02 | Lecture, discussion, work with text and other materials | Test | Test completed and graded |

1. **Grading criteria, weighting factors.**

Conditions of completing the course:

1. activity - involvement in discussion and role playing/experiential learning

2. successfully passing the test

Evaluation criteria:

very good (5) 90-100%

good plus (4.5) 80-89.9%

good (4.0) 70-79.9%

sufficient plus (3.5) 60-69.9%

sufficient (3) 51-59.9%

unsatisfactory (2.0) 0-50.9%

1. **Student workload**

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| Form of activity | Number of hours |
| Number of contact hours (with the teacher) | **30** |
| Number of hours of individual student work | **90** |

1. **Literature**

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| Basic literature |
| Barkham, M., Lutz, W. & Castonguay, L. G. (Eds.). (2021). Bergin and Garfield's Handbook of Psychotherapy and Behavior Change (7th ed.). John Wiley & Sons.Kazdin, A. E. (2008). Evidence-Based Treatment and Practice: New Opportunities to Bridge Clinical Research and Practice, Enhance the Knowledge Base and Improve Patient Care. *American Psychologist,* 63, 146-159.Prochaska, J.O. & Norcross, J.C. (2013). *Systems of Psychotherapy: A Transtheoretical Analysis* (8th ed.). Stamford: Cengage Learning. |
| Additional literature |
| APA Task Force on Evidence-Based Practice. (2006). Evidence-Based Practice in Psychology. *American Psychologist*, *61*, 271-285.Ciepliński, K.M. (2017). „Psychotherapy works... but not in my case”. A case study of change process during long-term client contribution oriented integrative psychotherapy”. *Psychoterapia*, *182*(3), 43-55. <http://www.psychoterapiaptp.pl/uploads/PT_3_2017/ENGver43Cieplinski_Psychoterapia_3_2017.pdf>Ciepliński, K.M, Karkut-Rzondtkowska, J. (2019). Significant events during a psychodrama and action methods based experiential group training for psychology students. *Zeitschrift für Psychodrama und Soziometrie*, 1, 153-165**.** <https://doi.org/10.1007/s11620-019-00480-w>.Laska, K. M., Gurman, A. S., & Wampold, B. E. (2014). Expanding the lens of evidence-based practice in psychotherapy: A common factors perspective. *Psychotherapy*, *51*(4), 467–481. https://doi.org/10.1037/a0034332Mulder, R., Murray, G., Rucklidge, J.J. (2017). Common versus specific factors in psychotherapy: Opening the black box, *The Lancet Psychiatry,* *4*(12), 1-10. DOI: 10.1016/S2215-0366(17)30100-1. Norcross, J. C. (Ed.). (2011). *Psychotherapy Relationships That Work: Evidence-Based Responsiveness.* (2nd ed.). New York: Oxford University Press.Norcross, J. C., Hogan, T. P. & Koocher, G. P. (Eds.). (2008). *Clinician's Guide to Evidence Based Practice.* New York: Oxford University Press.Wampold, B. E., & Imel, Z. E. (2015). What we know about psychotherapy? And what is there left to debate? Accessible at:https://societyforpsychotherapy.org/what-do-we-know-about-psychotherapyand-what-is-there-left-to-debate/ |