The pursuit of effective models of short-term psychodynamic therapy can be understood as a quest to identify therapeutic change mechanisms and the interventions that best implement them. During the first part of the semester, we will focus on the notion of therapeutic change processes in psychodynamic therapy. Looking across the models from the first semester as well as at a recent integrative short-term dynamic model (Diana Fosha’s Accelerated Experiential-Dynamic Psychotherapy), we will consider how the brief psychodynamic therapies use, modify, and/or reject traditional psychoanalytic concepts in their pursuit of accelerated change and increased effectiveness. During the second half of the semester, we will look at how short-term dynamic therapies adapt to particular clinical problems and contexts as well as what these adaptations may tell us about mechanisms of change. Optional readings appear after some weekly assigned readings and are not required; we will discuss the readings in class.

Course Requirements:

1) A 12 - 15 page paper on:
   a) A short-term dynamic approach (or approaches) to the treatment of a specific clinical problem OR a specific short-term dynamic treatment approach used with a particular group or population.
   b) A review of a book from a selected list of titles concerned with short-term dynamic psychotherapy

Paper is due at last class on May 6th, 2009.

2) A case presentation including a brief summary of your client’s history and presenting problem (to refresh the class and to introduce the case to me) and then a video of a recent session.

3) A termination summary of your case, due within two weeks of when you terminate the treatment.
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<td>Class 11</td>
<td>Working with Difficult Clients in Brief Psychodynamic Therapy (Guest: Dr. Karen Riggs-Skean)</td>
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READINGS

Session 2: January 28, 2009
Common Factors vs. Mechanisms of Change


Session 3: February 4, 2009
Affective Change Processes: From Infant Research to Adult Psychotherapy


Session 4: February 11, 2009
Affective Models of Change:
Intro to Accelerated Experiential Dynamic Psychotherapy

Short-term Dynamic/4

Session 5: February 18, 2009
The Practice of Accelerated Experiential Dynamic Psychotherapy
Guest Speaker: Dr. Eileen Russell


Session 6: February 25, 2009
Relational Change Processes: Utilizing the Therapeutic Relationship


OPTIONAL:

Session 7: March 4, 2009
Evolving Views of Resistance


**Session 8: March 11, 2009**

**Termination in Brief Psychodynamic Psychotherapy**


**March 18, 2009**

**SPRING BREAK**

**Session 9: March 25, 2009**

**Racial and Cultural Dimensions in Brief Psychodynamic Therapy**


**OPTIONAL:**

Session 10: April 1, 2009
Supportive Techniques in Short-Term Dynamic Psychotherapy


OPTIONAL:

Session 11: April 8, 2009
Working with Difficult Clients in Short-Term Dynamic Treatment
Guest Speaker: Dr. Karen Riggs-Skean


Session 12: April 15, 2009
Brief Psychodynamic Couples Therapy
Guest Speaker: Dr. Maureen Hudak


Additional reading to be announced.
Session 13: April 22, 2009  
**Training and Supervision in Brief Psychodynamic Psychotherapy**  


Session 14: April 29, 2009  
**Topic to be determined by class**

Readings to be Determined

Session 15: May 6, 2009  
**Brief Psychodynamic Psychotherapy in the 21st Century**  
**Final Papers due**
