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 5th, 2010.

(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 treatment. Format will be discussed in class.
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READINGS

Session 2: January 27, 2010
Common Factors vs. Mechanisms of Change


Session 3: February 3, 2010
Affective Change Processes: From Infant Research to Adult Psychotherapy


Session 4: February 10, 2010
Affective Models of Change:
Intro to Accelerated Experiential Dynamic Psychotherapy

Session 5: February 17, 2010
The Practice of Accelerated Experiential Dynamic Psychotherapy
Guest Speaker: TBA


Session 6: February 24, 2010
Relational Change Processes: Utilizing the Therapeutic Relationship


OPTIONAL:

Session 7: March 3, 2010
Evolving Views of Resistance


Session 8: March 10, 2010
Termination in Brief Psychodynamic Psychotherapy


March 17, 2010
SPRING BREAK

Session 9: March 24, 2010
Racial and Cultural Dimensions in Brief Psychodynamic Therapy


OPTIONAL:
Session 10: March 31, 2010
Supportive Techniques in Short-Term Dynamic Psychotherapy


OPTIONAL:

Session 11: April 7, 2010
Working with Difficult Clients in Short-Term Dynamic Treatment
Guest Speaker: Dr. Karen Riggs-Skean


Session 12: April 14, 2010
Brief Psychodynamic Couples Therapy
Guest Speaker: Dr. Maureen Hudak


Additional reading to be announced.
Session 13: April 21, 2010
Training and Supervision in Brief Psychodynamic Psychotherapy


Session 14: April 28, 2010
Topic to be determined by class
Readings to be Determined

Session 15: May 5, 2010
Brief Psychodynamic Psychotherapy in the 21st Century
Final Papers due
