SHORT-TERM PSYCHODYNAMIC THERAPY
18:821:640:01
Spring 2013

Wednesday, 9:15 – Noon
Room A 341

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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. 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. We will also 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.

Clinically, the spring semester will focus on the middle and termination phases of brief psychodynamic therapy (BPT). Our small class size gives us an opportunity to follow each other's cases more closely than is often feasible and therefore to benefit not only from your own experiences in conducting BPT, but from those of your colleagues as well.

Learning Objectives:

1. Further integration of the models studied first term with the clinical material of the cases we will be following.
2. Improved skills in conceptualizing and intervening in the middle phase of treatment and in the handling of termination.
3. Development of the skills necessary for ongoing assessment and evaluation of treatment process and progress in light of the models being applied.
4. Improved ability to present ongoing case material succinctly and to seek and incorporate feedback from peers and instructor.

Course Requirements:

1. Case Presentations

   Our small class size will allow us to maintain on ongoing sense of the cases that are followed for this course. Each student will be presenting at least once more formally (with a video segment from a recent session) and likely several times less formally as we discuss specific theories or stages of the treatment. An important part of this requirement is also your participation in discussion of colleagues' cases.

2. Termination Summary

   A termination summary of your case, due within two weeks of your termination of treatment. This is the companion piece to the assessment you completed first term.

3. Paper or Presentation

   For this part of the course requirement, you have several choices. Select whichever one would be the best match for your learning and professional goals. Let me know what you plan to do by our last class before Spring Break, and feel free to discuss ideas at any point.

   a. A paper (10-15 pages) on a short-term dynamic treatment approach that we did not cover extensively in class, giving the basics of the approach, the research evidence that supports it, and your critique of its pros and cons.
   b. A paper (10-15 pages) on a short-term dynamic treatment approach used with a particular group, population or disorder. This could be on current work in this area, or it could be your own integration of short-term models as you think they might be applied to an area of your own special interest.
   c. A paper (10-15 pages) exploring the integration of short-term dynamic treatment with another specific modality (e.g., CBT, body-focused treatment, meditation).
   d. A presentation in class rather than a paper on any of the topics mentioned above. This should be approximately 30-45 minutes in length.

DATE	CLASS	TOPIC
January 23	1	Introduction
January 30	2	Case Presentation of Davanloo-Style Therapy Guest Presenter: Dr. John Rathauser
February 3	3	Psychodynamic Change Processes Common Factors vs. Mechanisms of Change
February 13	4	Affect and Psychopathology Infant Research and Adult Psychotherapy Follow-Up Student Presentation #1
February 20	5	The Practice of Accelerated Experiential Dynamic Psychotherapy Guest Presenter: Dr. Jonathan Peretz
February 27	6	Relational Change Processes: Utilizing the Therapeutic Relationship Follow-Up Student Presentation #2
March 6	7	Assimilative Integration Toward a Method of Methods Follow-Up Student presentation #3
March 13	8	Termination in Brief Psychodynamic Psychotherapy Follow-Up Student Presentation #4
March 20		SPRING BREAK
March 27	9	Multicultural Dimensions of Brief Psychodynamic Therapy Follow-Up Student Presentation #5
April 3	10	Supportive Techniques in Short-Term Dynamic Psychotherapy Follow-Up Student Presentation #6
April 10	11	Working with Difficult Clients in Brief Psychodynamic Therapy Follow-Up Student Presentation #7
April 17	12	Brief Psychodynamic Couples Therapy Guest Presenter: Dr. Elisabeth Brown
April 24	13	Training and Supervision in Brief Psychodynamic Psychotherapy Follow-Up Student Presentation #8
May 1	14	The Body in Brief Dynamic Psychotherapy Guest Presenter: Dr. Maureen Hudak

May 8	15	Brief Psychodynamic Psychotherapy in the 21st Century Working within the Realities of Real-World Practice Student Topic Presentations **FINAL PAPERS DUE**

READINGS

Session 1: January 23, 2013
Introduction to the Class

Be prepared to briefly discuss your case, as we all get on the same page with where cases currently stand and how the work is proceeding.

Session 2: January 30, 2013
Case Presentation of Davanloo-Style Therapy by John Rathauser

Davanloo, H. (2001) Intensive short-term dynamic psychotherapy: Extended major direct access to the unconscious. European Psychotherapy, 2, 25-70.

Session 3: February 6, 2013
Psychodynamic Change Processes: Common Factors vs. Mechanisms of Change

Jorgensen, C.R. (2004). Active ingredients in individual psychotherapy: Searching for common factors. Psychoanalytic Psychology, 21, 516-540.

Messer, S.B., & Wampold, B.E. (2002). Let's face facts: Common factors are more potent than specific therapy ingredients. Clinical Psychology: Science and Practice, 9, 21-25.

Session 4: February 13, 2013
Affect and Psychopathology: Infant Research and Adult Psychotherapy

Tronick, E.Z. (1989). Emotions and emotional communication in infants. American Psychologist, 44, 112-119.

Schore, A. N. (2010). The right brain implicit self: A central mechanism of the psychotherapy change process. In Petrucelli, J., (Ed.) Knowing, not-knowing and sort-of-knowing: psychoanalysis and the experience of uncertainty. London: Karnac Books. pp. 177-202.

Session 5: February 20, 2013
The Practice of Accelerated Experiential Dynamic Psychotherapy

Fosha, D. (2009) Healing attachment trauma with attachment (. . . and then some!) In M. Kerman (Ed.), Clinical pearls of wisdom: 21 leading therapists offer their key insights. New York: W.W. Norton & Co. (pp. 43-56)

Fosha, D. (2002). The transforming power of affect: A model for accelerated change. New York: Basic Books. Chapters 2 and 4.

Fosha, D. (2001). The dyadic regulation of affect. Journal of Clinical Psychology/ In Session, 57 (2).

Session 6: February 27, 2013
Relational Change Processes: Utilizing the Therapeutic Relationship

Norcross, J. (2010). The therapeutic relationship. In B. Duncan, S. Miller, B. Wampold, & M. Hubble (Eds.) The heart and soul of change. Washington, D.C.: American Psychological Association. (pp. 113-141)

Safran, J. D. & Muran, J.C. (2006). Has the concept of the alliance outlived its usefulness? Psychotherapy, 43, 286-291.

Stern, D.N. (1998). The process of therapeutic change involving implicit knowledge: Some implications of developmental observations for adult psychotherapy. Infant Mental Health Journal, 19, 300-308.

Session 7: March 6, 2013
Assimilative Integration: Toward a Method of Methods

Messer and Warren, Models of Brief Psychodynamic Therapy, pp. 235-244.

Gustafson, J. P. (1986). The complex secret of brief psychotherapy. New York: Norton. (pp. 253-274)

Session 8: March 13, 2013
Termination in Brief Psychodynamic Psychotherapy

McCullough, L., et al. (2003). Treating affect phobia: A manual for short-term dynamic Psychotherapy. New York: Guilford. Chapter 12: Termination (pp. 308 – 322).

Quintana, S.M. (1993) Toward an expanded and updated conceptualization of termination: Implications for short-term, individual psychotherapy. Professional Psychology, 24, 426-432.

Session 9: March 27, 2013
Multicultural dimensions of Brief Psychodynamic Therapy

Salman Akhtar on the Trauma of Dislocation of the Immigrant (45 minute video on Youtube) Go to this link: http://www.youtube.com/watch?v=cE8rGYLLB1M

Mattei, L. (2002). Coloring development: Race and culture in psychodynamic theories. In J. Berzoff, L.M. Flalnagan, U P. Hertz (Eds.), Inside out and outside in: Psychodynamic clinical theory and practice in contemporary multicultural Contexts. Lanham, MD: Rowman & Littlefield Publishers, Inc. (pp. 221-246)

OPTIONAL:
Ekman, P., & Keltner, D. (1997). Universal facial expressions of emotion. In U. Segerstrale and P. Molnar (Eds.) Nonverbal communication: Where nature meets culture. Mahwah, NJ: Lawrence Erlbaum. (pp. 27-46)

Session 10: April 3, 2013
Supportive Techniques in Short-Term Dynamic Psychotherapy

Pinsker, H., Rosenthal, R., & McCullough, L. (1991). Dynamic supportive psychotherapy. In Crits-Christoph & Barber (Eds.), Handbook of short-term dynamic psychotherapy, New York: Basic Books. (pp. 220-247)

Gardner, J.R. (1991). Using self psychology in brief psychotherapy. In W. Borden (Ed.), Comparative approaches in brief dynamic psychotherapy. New York: Haworth Press. (pp. 42-85)

OPTIONAL:
Rosegrant, J. (1984). Brief dynamic psychotherapy in community mental health settings: Providing a holding environment on a short-term basis. Psychoanalytic Psychology, 1, 157-164.

Session 11: April 10, 2013
Working with Difficult Clients in Brief Psychodynamic Therapy

Review Chapter 6 in Messer and Warren, Models of Brief Psychodynamic Therapy

Lazarus, L.W. (1982). Brief psychotherapy of narcissistic disturbances. Psychotherapy: Theory, Research, and Practice, 19, 228-236.

Goodheart, C.D. (1989). Short-term dynamic psychotherapy with difficult clients. In P.A. Keller & S.R. Heyman (Eds.), Innovations in clinical practice: A Sourcebook, Vol. 8 (pp. 15-26) Professional Resource exchange: Sarasota, Florida: Professional Resource Exchange Press.

Session 12: April 17, 2013
Brief Psychodynamic Couples Therapy: Susan Johnson's Emotionally Focused Couple Therapy

Furrow, J.L., & Bradley, B. (2011). Emotionally focused couple therapy: Making the case for effective couple therapy. In J. Furrow, S. Johnson, & B. Bradley (Eds.) The emotionally focused casebook (pp. 3-29). New York, NY: Routledge.

Johnson, S., & Wittenborn, A. (2012). New research findings on emotionally focused therapy: Introduction to the special section. Journal of Marital and Family Therapy, 38, 18-22.

OPTIONAL:
Johnson, S. (2009). Extravagant emotion. In D. Fosha, D.J. Siegel, & M.F. Solomon (Eds.) The healing power of emotion: Affective neuroscience, development and clinical practice. New York: Norton. (pp. 257-279)

Montagno, M., Svatovic, M, & Levenson, H. (2011). Short-term and long-term effects of training in emotionally focused couple therapy: professional and personal aspects. Journal of Marital and Family Therapy, 37, 380-392. *FYI: The Levenson here is our TLDP Levenson, who has also developed expertise in EFT.*

Session 13: April 24, 2013
Training and Supervision in Brief Psychodynamic Psychotherapy

Binder, J.L. (1999). Issues in teaching and learning time-limited psychodynamic psychotherapy. Clinical Psychology Review, 19, 705-719.

Levenson, H., & Strupp, H.H. (1999). Recommendations for the future of training in brief dynamic psychotherapy. Journal of Clinical Psychology, 55 (4), 385-39.

Session 14: May 1, 2013
The Body In Short-Term Dynamic Psychotherapy

Fisher, J., & Ogden, P. (2009). Sensorimotor psychotherapy. In C.A. Courtois & J.D. Ford (Eds.), Treating complex traumatic stress disorders: An evidence-based guide. New York: Guilford Press. (pp. 312-328)

Ogden, P. (2009). Modulation, mindfulness, and movement in the treatment of trauma-related depression. In M. Kerman (Ed.), Clinical pearls of wisdom: 21 leading therapists offer their key insights. New York: W.W. Norton & Co. (pp. 1-13)

Session 15: May 8, 2013
Brief Psychodynamic Psychotherapy in the 21st Century:
Working within the Realities of Real-World Practice

Malan, D. (2001). The way ahead. In M.F. Solomon, R.J. Neborsky, L. McCullough, M. Alpert, F. Shapiro, & D. Malan (Eds.), Short-term therapy for long-term change. New York: W.W. Norton & Company. (pp. 186-198)

Welfel, E.R. (2004). The ethical challenges of brief therapy. In D.P. Charman (Ed.), Core processes in brief psychodynamic psychotherapy Mahwah, NJ: Lawrence Erlbaum Associates. (pp. 343-360).