

Course Number: PSY 6830/7830

Course Name: Psychodynamic Psychotherapy Practicum

Time: Fall 2012; Th 1:30-4:00pm

Place: University Hall 1610

Instructor: Joni L Mihura, PhD

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Course Description: This is a graduate-level practicum for students interested in learning how to apply psychodynamic therapy principles with adult clients. It is desirable for students to have taken the Psychodynamic Psychotherapy didactic course (PSY 6330/7330) before taking this practicum. Although this is a psychodynamic practicum, the approach is integrative. We will use evidence-based treatments, including the common factors and diversity literature. At the same time, there is a significant amount of theoretical and empirical literature, often in social, cognitive, and personality domains, that have relevance. Therefore, students are expected to sign up for email alerts for articles published in the following journals:

- *Clinical Psychology Review*
- *Journal of Consulting and Clinical Psychology*
- *Psychotherapy*
- *Psychotherapy Research*
- *Journal of Clinical Psychology: In Session*
- *Journal of Psychotherapy Integration*
- *Journal of Personality and Social Psychology*
- *Psychological Bulletin*

Theory Concepts

- Unconscious conflict
- The working alliance
- Transference and countertransference
- Affect phobia and CCRT method

Therapy Concepts

- Brief and long-term dynamic therapy and psychoanalysis

- Supportive-expressive components and distinctions
- How to begin psychodynamic therapy
- How to conceptualize cases
- How to determine a therapy focus
- Interventions: Empathy/reflections, questions, clarifications, confrontations, interpretations
- What are the goals of interventions
- How to make accurate interventions
- When and how to terminate

Supervision

1. Be prepared to discuss your cases in each supervision meeting. Bring your session video recordings and any hard copy files to each supervision meeting.
2. For your therapy cases, please watch every session. I will be giving you a handout on what to evaluate in your session.
3. For your next sessions, identify two portions in your session: (a) a clarification or interpretation and (b) a place where you need help. Cue your session to this place and bring to the supervision meeting.
4. Progress notes: Complete in Titanium within two days of your session.

Complete a Client Summary for Each of Your Cases

- 1) Client #
- 2) Identifying info: Name, Age, Sex, Ethnicity
- 3) Intake Date
- 4) Presenting Problem
- 5) Diagnosis
- 6) Number of sessions so far
- 7) Brief summary of therapy so far
 - a. Therapy approach(es) used + for what problems
 - b. Psychotropic medications (type, when started taking, compliance, effectiveness, side effects)
 - c. Working alliance
 - d. Brief case conceptualization (formulated using the therapy orientation used for the case)
 - e. Progress
 - f. Difficult areas (e.g., due to client's conflicts, neurological damage, transportation, etc.)
 - g. Remaining Issues
- 8) Predicted termination date (if discussed with client-if long-term, please state this)