

Course Number: PSY 6330/7330
Course Name: Psychodynamic Psychotherapy
Time: Spring 2017; W 2:00-4:30pm
Place: University Hall 1610

Instructor: Joni L Mihura, PhD
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Course Description: This is a graduate-level course for students interested in learning psychodynamic therapy principles with adult clients (although the conceptualization can also more broadly be applied to understanding assessments and clients in general). The psychodynamic approach taught in the course focuses on contemporary psychodynamic theories and therapies with an emphasis on techniques most supported in the empirical literature. Therefore, the implications of other supported therapy approaches are discussed, including cognitive behavior, mindfulness, and stages of change, and their integration with psychodynamic therapy. Although we will engage in readings and discussion about psychotic syndromes, the goal for the course is for the student to apply their learning to treating adult neurotic conditions with some discussion of treatment for borderline conditions.

Overview of Course Structure

1. The class format includes some introductory didactic presentations by the instructor, discussion of readings, a film, observational learning by viewing therapy tapes, and student presentations.
2. Evaluation methods and grades
 - a. **Thought papers (65 Total points [2-3 page, single spaced, due each week; 13 papers x 5 pts. = 65 pts.]**). You do not need to cover all the points of the readings; this is not supposed to be a summary. But do choose amongst the main issues. The content of your TPs should include your own insights and learning about psychodynamic theory and/or therapy that include (a) new concepts or ways of thinking and/or (b) professional insights. You will be graded according to (a) your ability to clearly and concisely state the key concepts and (b) clearly convey newly-learned concepts and/or professional insights that you find interesting and helpful. Your own new learning and professional insights do not need to “support” psychodynamic theory and/or interventions. Regardless of the process of your thinking or opinions, I will be assessing your ability to engage in critical thinking, openness to learning, and integration of independent thinking with the views of other professionals (whether theory, clinical observations, empirical studies, etc.).
 - b. **Instructional booklet (Final Project) (10 total points):** Write an instructional booklet of psychodynamic theory and therapy. Choose an area in which you plan to work (e.g., in a burn trauma unit in a hospital; as an advisor in an undergraduate academic setting) and prepare the instructional booklet for this population.
 - c. **Attendance** is required and part of your grade. Missing 3 or more hours of class for unexcused absences lowers your course grade by one letter grade. The clock starts for any time period of 10 minutes or over (e.g., being late 10 minutes). Since I try to wait until everyone is present to start class, lateness is detrimental to everyone so please make your best efforts to be on time. On two days (9/24 & 11/05), movies review and discussion during class is required.
 - d. **Class Discussion + Discussion Questions (13 weeks x 2 pts. = 26 total points).** Everyone starts with a 100, so I am expecting (as usually is the case) that everyone will participate. For grading criteria, given this is a long class, you must say at least two meaningful things (spontaneous comments, questions, whatever) that clearly show that you have completed the readings. You must also prepare 2-3 discussion questions for each class period, starting 01/18/16 and send these to me by noon 1pm on the day that they are due.

Accommodations. If you have a disability and need assistance for this class, please contact the Office of Accessibility in Rocket Hall 1820 (<http://www.utoledo.edu/utrc/accessibility>; Phone: 419-530-4981; TTY: 419-530-2612).

Title IX: Sexual Discrimination and Harassment. The University of Toledo is committed to educational and working environments that are free from sex discrimination (including sexual harassment and sexual violence) or retaliation. Individuals who experience sexual misconduct in a University program or activity can address their complaints to UT’s Title IX coordinator: <http://www.utoledo.edu/title-ix/>

Required Texts

Frederickson, J. (1999). *Psychodynamic psychotherapy: Learning to listen from multiple perspectives*. Brunner/Mazel.

McCullough, L., Kuhn, N., Andrews, S., Kaplan, A., Wolf, J., & Hurley, C. L. (2003). *Treating affect phobia: A manual for short term dynamic psychotherapy*. New York: Guilford.

Shapiro, D. (1965). *Neurotic styles*. Oxford, England: Basic Books.

Required Articles & Chapters

See Class Schedule ...

CLASS SCHEDULE	
Date	Subject and Associated Readings
01/11	<ul style="list-style-type: none"> ➤ Overview of Course Content and Expectations (Syllabus) ➤ Learning Context for Psychodynamic Theory and Therapy Mihura, J. L. <i>Learning context for students' attitudes and understanding of psychodynamic theory and treatment.</i> Updated from: Mihura, J. L. (2005, April). <i>Who's tending the kids?: Undergraduates' early formative experiences of psychoanalysis and psychodynamic therapy</i>. Panel paper presented at the American Psychological Association, Division 39 Spring Meeting, New York.
01/18	<ul style="list-style-type: none"> ➤ Basic Introduction to the Psychodynamic Area of Study Original Article: Bornstein, R. F. (2001). The impending death of psychoanalysis. <i>Psychoanalytic Psychology, 18</i>, 3-20. Comments to Original Article (Psychoanalytic Psychology, 19, 552-579): Karon, B. P. (2002). Psychoanalysis: Legitimate and illegitimate concerns. Lothane, Z. (2002). Requiem or reveille: A response to Robert F. Bornstein (2001). Mills, J. (2002). Reexamining the psychoanalytic corpse: From scientific psychology to philosophy. Waiss, E. A. (2002). The continuing presence of psychoanalysis: A reply to Robert F. Bornstein (2001). Author Reply to Comments (Psychoanalytic Psychology, 19, 580-590): Bornstein, R. F. (2002). The impending death of psychoanalysis: From destructive obfuscation to constructive dialogue. ➤ Classic Review of the Scientific Basis of Psychodynamics Westen, D. (1998). The scientific legacy of Sigmund Freud: Toward a psychodynamically informed psychological science. <i>Psychological Bulletin, 124</i>, 333-371.
01/25	<ul style="list-style-type: none"> ➤ Evidence-Based Psychodynamic Psychotherapy: Review of Basic Considerations Original Article: Westen, D., Novotny, C. M., & Thompson-Brenner, H. K. (2004). The empirical status of empirically supported psychotherapies: Assumptions, findings, and reporting in controlled clinical trials. <i>Psychological Bulletin, 130</i>, 631-663. Comments to Original Article (Psychological Bulletin, 130, 664-676): Ablon, J. S., & Marci, C. (2004). Psychotherapy process: the missing link: Comment on Westen, Novotny, and Thompson-Brenner (2004). Goldfried, M. R., & Eubanks-Carter, C. (2004). On the need for a new psychotherapy research paradigm: Comment on Westen, Novotny, and Thompson-Brenner (2004). Haaga, D. A. F. (2004). A healthy dose of criticism for randomized trials: Comment on Westen, Novotny, and Thompson-Brenner (2004). Author Reply to Comments (Psychological Bulletin, 130, 677-683): Westen, D., Novotny, C. M., & Thompson-Brenner, H. K. (2004b). The next generation of psychotherapy research: Reply to Ablon and Marci (2004), Goldfried and Eubanks-Carter (2004), and Haaga (2004). ➤ Evidence-Based Psychodynamic Psychotherapy: Review of Treatment Outcome Research Original Article: Shedler, J. (2010). The efficacy of psychodynamic psychotherapy. <i>American Psychologist, 56</i>, 98-109. Replies to Original Article (American Psychologist, 66, 147-152):

	<p>Anestis, M. D., Anestis, J. C., & Lilienfeld, S. O. (2011). When it comes to evaluating psychodynamic therapy, the devil is in the details.</p> <p>McKay, D. (2011). Methods and mechanisms in the efficacy of psychodynamic psychotherapy.</p> <p>Thombs, B. D., Jewett, L. R., & Bassel, M. (2011). Is there room for criticism of studies of psychodynamic psychotherapy?</p> <p>Tyron, W. W., & Tyron, G. S. (2011). No ownership of common factors.</p> <p>Author Response to Replies (<i>American Psychologist</i>, 66, 152-154):</p> <p>Shedler, J. (2011). Science or ideology?</p> <p>➤ HANDOUT: Mihura, J. L. <i>Is psychodynamic therapy evidence-based? An overview of key issues in the treatment process and outcome literature.</i></p>
02/01	<p>➤ Overview of Psychodynamic Theory</p> <p>Gabbard, G. O. (2014). The theoretical basis of dynamic psychiatry. In <i>Psychodynamic psychiatry in clinical practice</i> (5th ed., pp. 33-74). American Psychiatric Press, Inc.</p> <p>➤ Early Freud Contributions and Unconscious Motivation</p> <p>Freud, S. (1893). On the psychical mechanism of hysterical phenomena. <i>SE III</i>, 25-39.</p> <p>Custers, R., & Aarts, H. (2010). The unconscious will: How the pursuit of goals operates outside conscious awareness. <i>Science</i>, 329, 47-50.</p> <p>➤ Developmental Levels of Personality Organization</p> <p>McWilliams, N. (2011). Developmental levels of personality organization. <i>Psychoanalytic diagnosis: Understanding personality structure in the clinical process</i> (2nd ed.; pp. 43-69). Guilford Press.</p> <p>Interview with Nancy McWilliams: http://www.psychologytoday.com/blog/21st-century-aging/201006/not-your-parents-psychotherapy-psychodynamic-therapy-today.</p>
02/08	<p>➤ VIDEO: The Snake Pit and Discussion (1:48)</p> <p>➤ Trauma and Dissociation: The Importance of Psychological Integration</p> <p>Van der Kolk, B.A., & Van der Hart, O. (1989). Pierre Janet and the breakdown of adaptation in psychological trauma. <i>American Journal of Psychiatry</i>, 146, 1530-1540.</p> <p>➤ Defenses</p> <p>Newman, L. S., Duff, K. J., & Baumeister, R. F. (1997). A new look at defensive projection: Thought suppression, accessibility, and biased person perception. <i>JPSP</i>, 72, 980-1001.</p> <p>Vaillant, G. E. (1993). Why praise the human ego? In <i>The wisdom of the ego</i> (pp. 6-27). Harvard University Press.</p> <p>Vaillant, G. E. (1993). A matter of definition. In <i>The wisdom of the ego</i> (pp. 28-75). Harvard University Press.</p>
02/15	<p>➤ DISCUSS THOUGHT PAPER FOCUSED ON THE SNAKE PIT</p> <p>START READING: Shapiro, D. (1965). <i>Neurotic styles</i>. Oxford, England: Basic Books.</p>
02/22	<p>➤ ***For Class Discussion, Choose a Person, Real or Imagined (Someone you know or a character in a film or book – preferably the latter so the rest of the class can relate) and describe how they fit each of the three styles: Obsessive-Compulsive, Paranoid, and Hysterical</p> <p>FINISH READING: Shapiro, D. (1965). <i>Neurotic styles</i>. Oxford, England: Basic Books.</p>
03/01	<p>➤ Case Formulation: Triangle of the Conflict</p> <p>McCullough, L. et al. (2003). Affect and affect phobia in short-term treatment. In <i>Treating affect phobia: A manual for short term dynamic psychotherapy</i> (Ch. 1). New York: Guilford.</p> <p>McCullough, L. et al. (2003). Affect phobia, psychodynamic conflict, and Malan's two triangles. In <i>Treating affect phobia: A manual for short term dynamic psychotherapy</i> (Ch. 2). New York: Guilford.</p> <p>McCullough, L. et al. (2003). How to formulate a core psychodynamic conflict: Spotting affect phobias. In <i>Treating affect phobia: A manual for short term dynamic psychotherapy</i> (Ch. 4), New York: Guilford.</p> <p>➤ Object Relations & Attachment Theories</p> <p>Freud, S. (1917). Mourning and melancholia. <i>Standard Edition</i>, 14, 237-243.</p> <p>Bretherton, I. (1992). The origins of attachment theory: John Bowlby and Mary Ainsworth. <i>Developmental Psychology</i>, 26, 759-775.</p> <p>Andersen, S., & Chen, S. (2002). The relational self: An interpersonal social-cognitive theory.</p>

	<p><i>Psychological Review</i>, 109, 619-645.</p> <p>Wachtel, P. (1993). Cyclical psychodynamics I: Vicious circles. In <i>Therapeutic communication: Principles and effective practice</i> (16-29). New York: The Guilford Press.</p>
03/08	➤ SPRING BREAK: NO CLASS
03/15	<p>➤ MIHURA AT CONFERENCE (SPA): NO FORMAL CLASS</p> <p>➤ Object Relations: Winnicott and Kohut</p> <p>Winnicott, D. (1953). Transitional objects and transitional phenomena: A study of the first not-me possession. <i>International Journal of Psycho-Analysis</i>, 34, 89-97.</p> <p>Winnicott, D. (1960). Ego distortion in terms of true and false self. In <i>Maturational processes and the facilitating environment</i> (140-152). New York: Basic Books.</p> <p>Kohut, H., & Wolf, E. (1978). The disorders of self and their treatment: An outline. <i>International Journal of Psychoanalysis</i>, 59, 413-425.</p> <p>➤ Case Formulation: Triangle of the Person</p> <p>Book, H. E. (1998). Identifying the CCRT focus. In <i>How to practice brief psychodynamic psychotherapy: The core conflictual relationship theme method</i> (Ch. 2) Washington, DC: American Psychological Association.</p> <p>Reference Guide: Luborsky, L. (1998). A guide to the CCRT method. In L. Luborsky & P. Crits-Christoph (Eds.), <i>Understanding transference: The Core Conflictual Relationship Theme method</i> (pp. 15-42). Washington, DC: APA.</p>
03/22	<p>➤ Summary of Components of Psychodynamic Treatment</p> <p>Gabbard, G. O. (2005). Treatments in dynamic psychiatry: Individual psychotherapy. (Ch. 4) <i>Psychodynamic psychiatry in clinical practice</i> (4th ed.). American Psychiatric Press, Inc.</p> <p>➤ Beginning the Therapy</p> <p>McWilliams, N. (2004). Preparing the client. <i>Psychoanalytic psychotherapy: A practitioner's guide</i> (pp. 73-98). New York: Guilford Press.</p> <p>McWilliams, N. (2004). Boundaries I: The frame. <i>Psychoanalytic psychotherapy: A practitioner's guide</i> (pp. 99-131). New York: Guilford Press.</p> <p>➤ Basic skills</p> <p>Peebles, M. J. (2012). History taking: How much is enough? <i>Beginnings: The art and science of planning psychotherapy</i>. (2nd edition; pp. 67-80) New York: Routledge.</p> <p>➤ Frederickson, J. (1999). Basic listening skills (Ch. 1-3). <i>Psychodynamic psychotherapy: Learning to listen from multiple perspectives</i> (pp. 1-49). Brunner/Mazel.</p> <p>Discuss case examples with video clips</p>
03/29	<p>➤ Review DK Intake (Mihura's case)</p> <p>➤ Therapy Relationship Factors</p> <p>Greenson, R. R. (1960). Empathy and its vicissitudes. <i>International Journal of Psycho-analysis</i>, 41, 418-424.</p> <p>Hilsenroth, M. J., Cromer, T. D., & Ackerman, S. J. (2012). How to make practical use of therapeutic alliance research in your clinical work (pp. 361-380). In R.A. Levy et al. (eds.), <i>Psychodynamic psychotherapy research: Evidence-based practice and practice-based evidence</i>. New York: Humana Press.</p> <p>Gabbard, G. O. (2001). A contemporary psychoanalytic model of countertransference. <i>Journal of Clinical Psychology</i>, 57, 983-991.</p> <p>➤ References: Meta-analyses on Evidence-Based Therapy Relationship Factors</p> <p>Elliott, R., Bohart, A. C., Watson, J. C., & Greenberg, L. S. (2011). Empathy. <i>Psychotherapy</i>, 48, 43-49.</p> <p>Horvath, A. O., Del Re, A. C., Flückiger, C., & Symonds, D. (2011). Alliance in individual psychotherapy. <i>Psychotherapy</i>, 48, 9-16.</p> <p>Norcross, J. C., & Wampold, B. E. (2011). Evidence-based therapy relationships: Research conclusions and clinical practices. <i>Psychotherapy</i>, 48, 98-102.</p>
04/05	<p>➤ Treatment Interventions: Triangle of Conflict</p> <p>McCullough, L. et al. (2003). Defense restructuring, Section 1: Defense recognition. In <i>Treating affect</i></p>

	<p><i>phobia: A manual for short term dynamic psychotherapy</i> (Ch. 5). New York: Guilford.</p> <p>McCullough, L. et al. (2003). Defense restructuring, Section 2: Defense relinquishing. In <i>Treating affect phobia: A manual for short term dynamic psychotherapy</i> (Ch. 6). New York: Guilford.</p> <p>McCullough, L. et al. (2003). Affect restructuring, Section 1: Affect experiencing. In <i>Treating affect phobia: A manual for short term dynamic psychotherapy</i> (Ch. 7). New York: Guilford.</p> <p>McCullough, L. et al. (2003). Affect restructuring, Section 2: Affect expression. In <i>Treating affect phobia: A manual for short term dynamic psychotherapy</i> (Ch. 8). New York: Guilford.</p> <p>➤ Video on Affect Phobia with Leigh McCullough</p>
04/12	<p>➤ Treatment Interventions: Triangle of Conflict and Defense Analysis</p> <p>Frederickson, J. (1999). Defense analysis (Ch. 8-9). <i>Psychodynamic psychotherapy: Learning to listen from multiple perspectives</i> (pp. 165-203). Brunner/Mazel.</p> <p>Frederickson, J. (1999). Conflict analysis (Ch. 4-5). <i>Psychodynamic psychotherapy: Learning to listen from multiple perspectives</i> (pp. 51-110). Brunner/Mazel.</p> <p>Wachtel, P. L. (1980). What should we say to our patients? On the wording of therapists' comments. <i>Psychotherapy: Theory, Research & Practice</i>, 17, 183-188.</p> <p>➤ Treatment Interventions: Relational Conflicts and Transference</p> <p>Book, H. E. (1998). Making the unspoken components of the CCRT explicit. In <i>How to practice brief psychodynamic psychotherapy: The core conflictual relationship theme method</i> (Ch. 3) Washington, DC: American Psychological Association.</p> <p>Book, H. E. (1998). The goal of BPP: Actualizing the wish. In <i>How to practice brief psychodynamic psychotherapy: The core conflictual relationship theme method</i> (Ch. 4) Washington, DC: American Psychological Association.</p> <p>Frederickson, J. (1999). Transference analysis (Ch. 6-7). <i>Psychodynamic psychotherapy: Learning to listen from multiple perspectives</i> (pp. 111-163). Brunner/Mazel.</p> <p>➤ Reference: Meta-analysis on Affect Focus in Therapy</p> <p>Diener, M. J., Hilsenroth, M. J., & Weinberger, J. (2007). Therapist affect focus and patient outcomes in psychodynamic psychotherapy: A meta-analysis. <i>American Journal of Psychiatry</i>, 164, 936-941.</p> <p>➤ Review and Discuss Therapy Video During Class</p>
04/19	<p>➤ Mentalization</p> <p>Readings TBA</p> <p>Gabbard, G. O. (1993). An overview of countertransference with borderline patients. <i>Journal of Psychotherapy Practice and Research</i>, 2, 7-18.</p> <p>➤ VIDEO: Mentalization-Based Therapy</p>
04/26	<p>➤ Interpreting transference: Sheffield Training Tape (Dynamic vs. Behavioral)</p> <p>➤ Review and Discuss Therapy Video During Class</p> <p>➤ Review and Discuss Manualized Approaches to Treatment</p> <p>➤ Termination</p> <p>Weiner, I. B., & Bornstein, R. F. (2009). Termination. In <i>Principles of psychotherapy: Promoting evidence-based psychodynamic practice</i> (3rd ed.). New York: Wiley.</p> <p>McCullough, L. et al. (2003). Termination. In <i>Treating affect phobia: A manual for short term dynamic psychotherapy</i> (Ch. 12). New York: Guilford.</p>
05/03	<p>➤ FINALS WEEK (Instructional Booklet: Due 05/03 Wed)</p>