

Course Name: Psychodynamic Psychotherapy Practicum

Course Number: PSY 6830/7830

Time: Spring 2014; Mondays 10:00am to 12:00pm

Place: University Hall 1610

Instructor: Rebecca J. Alperin, Ph.D.

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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 (e.g., utilizing client-centered and/or cognitive-behavioral approaches as needed, while conceptualizing from a psychodynamic perspective).

Theory Concepts

- Unconscious conflict
- The working alliance
- Transference and countertransference
- Affect phobia and CCRT method
- Integrating other theories/techniques into practice

Therapy Concepts

- How to conceptualize cases
- How to bring psychodynamic therapy
- 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

- Be prepared to discuss your cases in each supervision meeting. Bring any session video recordings you would like to review and any hard copy files to supervision. This is considered a "group supervision" practicum, meaning input from all members of the class is appreciated and encouraged.
- Please complete progress notes in Titanium within two days of your session. Intake reports (first draft) should be completed within one week of your intake.
- If any immediate need/emergencies, please contact me via phone or email (if you will not be in class due to illness, etc., please try and inform me prior to class time via cell or email).

Class Dates

- January 6, 13, 27
- February 3, 10, 17, 24
- March 10, 17, 24, 31
- April 7, 14, 21, 28
- NO CLASS on January 20 (MLK Day) or March 3 (UT Spring Break)