

Course Number: PSY 6330/7330
Course Name: Psychodynamic Psychotherapy
Time: Fall 2012; M 4:00-6:30pm
Place: University Hall 1610

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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 and relationally-based therapy, and their integration with psychodynamic therapy. Although we will engage in readings and discussion about borderline and psychotic syndromes, the goal for the course is for the student to apply their learning to treating adult neurotic conditions.

Overview of Course Structure

1. The class format includes some introductory didactic presentations by the instructor, discussion of readings, observational learning by viewing therapy tapes, and student presentations. Outside of class time, there are also two movies to watch and discuss.
2. Evaluation methods and grades
 - a. **Thought papers** (4 papers x 10 pts = 40 total pts). Every 2 weeks the first part of the semester (during theory readings) and one week towards the end (therapy/treatment focus), a 3-5 single-spaced page thought paper is due discussing the class readings and discussions for the previous two weeks. It should be easiest to write the papers immediately after you've done the readings and the discussion so it is fresh on your mind. 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 papers 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 nearly-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.). I will post everyone's papers Google Docs, so you can see others' thought papers. It is very enlightening to see what others think!
 - b. **Instructional booklet** (Final Project) (20 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. Expected things that are not specific products:
 - i. **Attendance** is required and part of your grade. Unfortunately, you can't earn points this way, only lose them. 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.
 - ii. **Class discussion** (15 weeks x 2 pts = 30 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.
 - iii. **Movie attendance and discussion** (2 x 5 pts = 10 total points): Two movies outside of class are required, as is the discussion of the movie content in relation to the class. Originally the idea was to meet together, order a pizza, watch the movies and then discuss but given the range of schedules for this class, I might have to go with you watching it on your own and then discussing (it's much more impromptu and easier to remember the movie the first way, if possible).

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/utlc/accessibility>; Phone: 419-530-4981; TTY: 419-530-2612).

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.

Required Articles & Chapters

See Class Schedule ...

CLASS SCHEDULE	
Date	Subject and Associated Readings
08/20	<ul style="list-style-type: none"> ➤ Overview of Course Content and Expectations (Syllabus) ➤ Learning Context for Psychodynamic Theory and Therapy Mihura, J. L. (2012, August). <i>Learning context for students' attitudes and understanding of psychodynamic theory and treatment</i>. Psychodynamic Psychotherapy Lecture, Toledo, OH. <i>Updated from:</i> 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.
08/27	<ul style="list-style-type: none"> ➤ Basic Introduction to the Psychodynamic Area of Study <i>Original Article:</i> Bornstein, R. F. (2001). The impending death of psychoanalysis. <i>Psychoanalytic Psychology, 18</i>, 3-20. <i>Replies to Original Article (Psychoanalytic Psychology, 19, 552-579):</i> 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). <i>Author Response to Replies (Psychoanalytic Psychology, 19, 580-590):</i> 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.
09/03	<ul style="list-style-type: none"> ➤ LABOR DAY (Two weeks of readings are due next class period)
09/10	<ul style="list-style-type: none"> ➤ <u>CLASS FROM 4:00-7:30 DUE TO MONDAY HOLIDAYS AND BREAKS</u> ➤ Evidence-Based Psychodynamic Psychotherapy: Review of Basic Considerations <i>Original Article:</i> 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. <i>Replies (Psychological Bulletin, 130, 664-676):</i> 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). <i>Author Response to Replies (Psychological Bulletin, 130, 677-683):</i>

	<p>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).</p> <p>➤ Evidence-Based Psychodynamic Psychotherapy: Review of Treatment Outcome Research <i>Original Article:</i> Shedler, J. (2010). The efficacy of psychodynamic psychotherapy. <i>American Psychologist</i>, 56, 98-109. <i>Replies to Original Article (American Psychologist, 66, 147-152):</i> Anestis, M. D., Anestis, J. C., & Lilienfeld, S. O. (2011). When it comes to evaluating psychodynamic therapy, the devil is in the details. McKay, D. (2011). Methods and mechanisms in the efficacy of psychodynamic psychotherapy. Thombs, B. D., Jewett, L. R., & Bassel, M. (2011). Is there room for criticism of studies of psychodynamic psychotherapy? Tyron, W. W., & Tyron, G. S. (2011). No ownership of common factors. <i>Author Response to Replies (American Psychologist, 66, 152-154):</i> Shedler, J. (2011). Science or ideology?</p> <p>➤ HANDOUT: Mihura, J. L. (2012, August). <i>Is psychodynamic therapy evidence-based? An overview of key issues in the treatment process and outcome literature.</i> Psychodynamic Psychotherapy Lecture, Toledo, OH.</p> <p>➤ THOUGHT PAPER #1 DUE FROM 8/20 & 8/27</p>
09/17	<p>➤ Overview of Psychodynamic Theory Gabbard, G. O. (2005). The theoretical basis of dynamic psychiatry. In <i>Psychodynamic psychiatry in clinical practice</i> (4th ed.). American Psychiatric Press, Inc.</p> <p>➤ Early Freud Contributions and Unconscious Motivation Freud, S. (1893). On the psychological mechanism of hysterical phenomena. <i>SE III</i>, 25-39. 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 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. <i>Interview with Nancy McWilliams:</i> http://www.psychologytoday.com/blog/21st-century-aging/201006/not-your-parents-psychotherapy-psychoanalytic-therapy-today.</p>
09/24	<p>➤ Movie "The Snake Pit" and Discussion with Reading 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 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. Vaillant, G. E. (1993). Why praise the human ego? In <i>The wisdom of the ego</i> (pp. 6-27). Harvard University Press. Vaillant, G. E. (1993). A matter of definition. In <i>The wisdom of the ego</i> (pp. 28-75). Harvard University Press.</p> <p>THOUGHT PAPER #2 DUE FROM 9/10 & 9/17</p>
10/01	➤ FALL BREAK
10/08	<p>➤ Object Relations & Attachment Theories Freud, S. (1917). Mourning and melancholia. <i>Standard Edition</i>, 14, 237-243. Bretherton, I. (1992). The origins of attachment theory: John Bowlby and Mary Ainsworth. <i>Developmental Psychology</i>, 26(5), 759-775. Andersen, S., & Chen, S. (2002). The relational self: An interpersonal social-cognitive theory. <i>Psychological Review</i>, 109, 619-645. 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>
10/15	➤ Object Relations: Winnicott

	<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>➤ Self Psychology: Kohut</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>➤ Introduction to Basic 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>THOUGHT PAPER DUE #3 FROM 09/24 & 10/08 (NEXT ONE DUE 11/23)</p>
10/22	<p>➤ Film "Ordinary People" and Discussion of Readings</p> <p>➤ Therapy Relationship Factors</p> <p>Peebles-Kleiger, M. J. (2002). Alliance. In <i>Beginnings: The art and science of planning psychotherapy</i> (pp. 14-24). Hillsdale, NJ: The Analytic Press, Inc.</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>Lambert, M. J. (2010). Therapist effects. <i>Prevention of treatment failure: The use of measuring, monitoring, and feedback in clinical practice</i> (pp.175-202). American Psychological Association, Washington, DC.</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>
10/29	<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>➤ 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><u>Reference Guide:</u> 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> <p>➤ Discuss case examples with video clips</p>
11/05	<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-Kleiger, M. J. (2002). History taking—comprehensive or selective? <i>Beginnings: The art and science of planning psychotherapy</i>. (pp. 35-52) Hillsdale, NJ: The Analytic Press, Inc.</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>➤ DK Intake (Mihura's case)</p>
11/12	➤ VETERAN'S DAY
11/19	<p>➤ Treatment Interventions: Triangle of Conflict</p> <p>McCullough, L. et al. (2003). Defense restructuring, Section 1: Defense recognition. In <i>Treating affect 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> <p>➤ DK Session 2 (Mihura's case)</p>
11/26	<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>➤ Meta-analysis</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>➤ DK Later Session (Mihura's case)</p>
12/03	<p>➤ <u>CLASS FROM 4:00-7:30 DUE TO MONDAY HOLIDAYS AND BREAKS</u></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>➤ Interpreting transference: Sheffield Training Tape (Dynamic vs. Behavioral)</p> <p>➤ DK Later Session (Mihura's case)</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> <p>➤ THOUGHT PAPER #4 DUE: THERAPY/TREATMENT FOCUS</p>
12/10	➤ FINALS WEEK (Instructional Booklet: Due 12/12 Wed)

PSYCHODYNAMIC THERAPY TRAINING RESOURCES

.....TO BE POPULATED LATER

Books

Articles and Chapters

Training Videos