

Psych. 467  
Spring 1990

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385 Straub Hall  
Ext. 4900

## PSYCHOTHERAPEUTIC METHODS

### SYLLABUS

**TEXT:** (CW) Corsini, R. J., & Wedding, D. (1989). *Current Psychotherapies*. (4th ed.). Itasca, Ill.: F.E. Peacock.

**READINGS:** (P) Packet available at Campus Copy

<i>Date</i>	<i>Day</i>	<i>Topic</i>	<i>Reading</i>
3/29	H	Introduction and overview	
4/3	U	Elements Common to Psychotherapies	CW: 1, P-1
4/5	H	Clinical Research Methodology	P-2
4/10	U	Guest Speaker: Interventions: Psychodynamic <i>Dr. Pam Birrell</i>	CW: 2, P-3
4/12	H	Interventions: Psychodynamic Perspectives	CW: 3, P-4
4/17	U	Evaluating Therapy Outcome	CW: 4, P-5,6
4/19	H	Guest Speaker: Humanistic Therapies <i>Dr. Irwin Norparstack</i>	CW: 5, 9,
4/24	U	Film: Humanistic Therapies and Gestalt	CW: 10, 14-C
4/26	H	***** MID-TERM I *****	
5/1	U	Behavioral Approaches	CW: 7, P-7,8
5/3	H	FILM: Multimodal Therapy	CW 13
5/8	U	Guest Speaker <i>Dr. David Illig</i>	P-8
5/10	H	Cognitive Approaches	CW: 6, P-9
5/15	U	Cognitive Approaches: RET	CW: 8, P-10
5/17	H	Systems Approaches	CW: 11, P-11
5/22	U	Guest Speaker: Marital & Family Approaches <i>Dr. Nancy Hawkins</i>	CW: 12, P-12
5/24	H	Marital and Family (Cont'd)	P-13
5/29	U	Special Issues	CW: 14-A, CW: 14-B
5/31	H	***** MID-TERM II *****	

#### IMPORTANT DATES:

4/27/90 Mid-term-I  
5/ 9/90 Last day for paper topic/outline approval  
5/21/90 Last day for "free" feedback on paper  
5/29/90 Papers due by 5:00PM  
5/31/90 Mid-term-II

## COURSE DESCRIPTION

### CONTRACT BETWEEN STUDENTS AND PROFESSOR

The course description to follow becomes the basis for a contract between the student and the professor. There are certain conditions that require your understanding up front: there may be significant differences between what I require and what other similar courses require. For example there is a midterm on the last day of class and a paper is due the last week of classes. Please note the conditions for this course, and if there is anything in what follows that is not acceptable to you, or if you do not have the necessary course background, you should speak with me before committing to this class. I will assume that you have read the material to follow and that this contract will be in effect for the duration of this course. Please read it carefully.

### COURSE OBJECTIVES

In this course we will survey selected forms of psychotherapy and various therapeutic methods for effecting change. This course is for psychology majors, and graduate students in related fields (e.g., counseling psychology). Through readings and lectures will (a) survey modern-day approaches to various forms of psychotherapy, including marital and family therapies, (b) compare theories underlying the various modes of psychotherapy, and (c) examine specific approaches and associated techniques used by the various therapies. We will focus also on empirical research that addresses the effectiveness of therapy. We will learn about the methods used by researchers to determine whether therapy is effective. The course will not prepare you to do psychotherapy or counseling with friends or relatives! Our emphasis will be on theories and research related to therapies.

Prerequisites: Psych. 302-303; Psych. 427 or 469.

### FORMAT:

The course will include lectures, readings, films depicting forms of psychotherapy, and guest speakers from the Eugene community, who are practicing therapists.

### LEARNING AIDS:

1. I will prepare study guides in the form of lists of concepts and vocabulary terms for you to master for exams. Questions will be based on these concepts.
2. There will be handouts detailing what is expected for the papers in this class, with suggested topics and journal titles.
3. You must have prior approval of a paper topic and an outline for your paper (last day is May 9, 1990). Although this sounds like a chore it is actually a way to ensure that (a) you get started on your paper, and (b) that you select a topic that is feasible!
4. You may receive free feedback on a typed draft of your paper submitted before May 21, 1990. We will assign a tentative grade for the paper. You do not have to do this however, but it is available should you wish to do so.
5. Both the TA (Mark Edy) and I will be available for office hours. We encourage you to meet with us. Some students may have difficulty talking one-on-one with professors, but now may be the time to give up that inhibition. What better course to do it in! If you are a shy person --and you manage to talk with us-- we will give you a nontransferable certificate of accomplishment (with an expiration date!) indicating that you are now a certifiably mentally healthy person. (Only one per family, please!)

## READINGS:

Readings will be assigned from the text, Corsini and Wedding (1990) *Current Psychotherapies*, (4th ed), together with 13 selected papers, available as a packet from Campus Copy. Assigned readings will not be available in the library reserve room.

## ASSIGNMENTS & GRADING:

Course grades will be based on the following menu of activities:

<i>Activity:</i>		<i>Total:</i>
Mid-term Exams:	(I) 30%      (II) 20%	50% *
Two Research Reaction Papers		20%
Term Paper		30%
		100%

\* NOTE: Exams will cover material from lectures (including guest lectures and from the films.

### *Mid-Term Exams:*

There will be two mid-term exams, worth 30% and 20% respectively. The exams will combine multiple choice, short answers and definitions. These exams are scheduled as follows:

Mid-term I (30%)	April 26, 1990
Mid-term II (20%)	May 31, 1990 (last day of class)

There is no final exam in this class. Only the first midterm can be made up. The make up exam will be a critical summary of the assigned readings, and is due not later than 10 days after the first exam date.

### *Research Reaction Papers:*

Each student is to select two research papers, published within the past 5 years in professional journals, dealing with some issue in therapy. (A list of appropriate journals will be provided.) The purpose of the reviews (one due within the first and the other due within the second half of the course) is to provide a firsthand opportunity to see how knowledge is generated in this field. Your reaction paper should represent your understanding and evaluation of the study as it relates to what you have learned up to that point in the course on the particular topic covered in the publication. I will provide a separate instruction sheet detailing this assignment.

### *Paper:*

The paper for this course should focus on a specific topic relating to psychotherapy and one that has a number of research papers published on it. The paper should not be more than 10 typed pages, including one page of references. It is a literature review paper, not an empirical research paper like those you wrote for Psych. 303. The paper should deal with some defined issue in psychotherapy: specific topics might include treating anxiety disorders, cognitive treatments of depression, treating sexual dysfunctions, etc. Others may focus on some aspect of the therapy process, as in therapist client characteristics and treatment outcome, or psychotherapy for ethnic and multicultural groups. Others might focus on evaluating therapy effectiveness, answering the question, does psychotherapy "work?" The audience always should be the intelligent lay person who is reading your paper much as one would an article in an encyclopedia, i.e., a quick introduction to a topic in psychotherapy research. Please note: the paper must be based on a topic that has empirical research supporting it, again, as found in scientific journals. I will prepare a handout on the paper. Papers will NOT be accepted after the stated deadline, and incomplete will not be given for this course.