

**YESHIVA UNIVERSITY
FERKAUF GRADUATE SCHOOL OF PSYCHOLOGY**

Concepts in Psychotherapy

Spring 2017
PSC 6191
Wednesdays 12-1:50 PM, Room C05

Instructor:

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Course Description

This course will explore principles of change in psychotherapy. Students will be introduced to empirically based principles that are common across theoretical orientations. They will also be introduced to major themes and concepts from the four main psychotherapy traditions: psychodynamic, cognitive-behavioral, experiential/humanistic, and systemic. Students will be encouraged to reflect on similarities and differences across the approaches. Students will also reflect on their own personal theories of how people change, and actively engage with the course material to develop a thoughtful, informed perspective on how therapy works.

Course Objectives/Goals

By the end of the semester, students will have attained:

1. Knowledge of empirically based principles of change that are common across theoretical orientations.
2. Knowledge of major themes and concepts associated with the psychodynamic, cognitive-behavioral, experiential/humanistic, and systemic traditions.
3. Awareness of their own implicit theories of how people change and the ability to explore these theories in the context of the theoretical and research literature.

Course Processes

This course will include weekly lectures and discussions, readings, responses to readings, and papers, as well as one quiz on APA style.

Lectures and discussions: Students are encouraged to participate actively in class discussions. Class meetings will often include viewing and discussing video of therapy sessions. Attendance and close attention are important. **Laptops may not be used during class.**

Readings: Students are expected to read the assigned readings before class. During the course of the semester, readings may be added to address questions and issues that arise from class discussions. Some weeks, students will also be assigned a video to watch.

Responses to readings: Students are required to respond to the readings by posting on Canvas by noon on Tuesday (24 hours before class meets). This is an opportunity to reflect on what you found interesting or difficult, what you agreed with or disagreed with, and to ask any questions

that the readings raised for you. You must write about at least one of the readings—you do not have to write about all of them. You can also comment on the postings of other students.

Papers: Students will write a paper about a case study in the middle of the semester. At the end of the term, students will write a final paper about how therapy works. This final paper should integrate students' own beliefs about how therapy works with the material from the course.

Quiz: Students will take a quiz on APA style early in the semester. The goal of this quiz is to familiarize students with APA guidelines for writing psychology papers.

Course requirements and Evaluation of Competency

Final grades will be based on the following:

1. APA quiz (5%)
2. Case study paper (30%)
3. Final paper on how therapy works (35%)
4. Responses to readings and class participation (30%)

Final grades will be based on the following scale:

A+	97-100
A	93-96
A-	90-92
B+	87-89
B	83-86
B-	80-82 <i>note that a grade of B- or below is grounds for being placed on academic warning</i>
C	70-79
F	0-69

Attendance is important. Two unexcused absences may negatively impact your grade; three unexcused absences are grounds for failing the class.

Students with disabilities who are enrolled in this course and who will be requesting documented disability-related accommodations should make an appointment with the Office of Disability Services (646-592-4132) during the first week of class. Once you have been approved for accommodations, please contact me to ensure their successful implementation.

Course Textbooks and Readings

Students should purchase the APA publication manual:

American Psychological Association (2010). *Publication manual of the American Psychological Association* (6th ed.). Washington, DC: American Psychological Association.
Available at www.apastyle.org/manual/index.aspx for \$29.95. Also available on Amazon.

All other readings will be posted on Canvas. Some weeks I will also assign a video to watch. The videos will be accessible through PsycInfo, which can be accessed via the library's website.

Course Sequence

Week 1 (1/18) Introduction to the course and to psychotherapy research

Goldfried, M.R. (1980). Toward the delineation of therapeutic change principles. *American Psychologist*, 35, 991-999.

Lilienfeld, S.O., Ritschel, L.A., Lynn, S.J., Cautin, R.L., & Latman, R.D. (2014). Why ineffective psychotherapies appear to work: A taxonomy of causes of spurious therapeutic effectiveness. *Perspectives on Psychological Science*, 9, 355-387.

Week 2 (1/25) APA style and Responsiveness

APA Publication manual

- Skim chapters 2-7

Stiles, W.B., Honos-Webb, L., & Surko, M. (1998). Responsiveness in psychotherapy. *Clinical Psychology: Science and Practice*, 5, 439-458.

Beutler, L.E., Harwood, T.M., Kimpara, S., Verdirame, D., & Blau, K. (2011). Coping style. *Journal of Clinical Psychology*, 67, 176-183. doi: 10.1002/jclp.20752

Beutler, L.E., Harwood, T.M., Michelson, A., Song, X., & Holman, J. (2011). Resistance/reactance level. *Journal of Clinical Psychology*, 67, 133-142. doi: 10.1002/jclp.20753

Norcross, J.C., Krebs, P.M., & Prochaska, J.O. (2011). Stages of change. *Journal of Clinical Psychology*, 67, 143-154. doi: 10.1002/jclp.20758

Watch Larry Beutler video

Week 3 (2/1): APA quiz and Expectations/fostering hope

Constantino, M.J., Glass, C.R., Arnkoff, D.B., Ametrano, R.M., & Smith, J.Z. (2011). Expectations. *Journal of Clinical Psychology*, 67, 184-192. doi: 10.1002/jclp.20754

Swift, J.K., & Greenberg, R.P. (2015). *Premature termination in psychotherapy: Strategies for engaging clients and improving outcomes.* (pp. 65-78). Washington, DC: American Psychological Association. doi: 10.1037/14469-004

Watch John Norcross video

Week 4 (2/8): The Alliance

Bordin, E.S. (1979). The generalizability of the psychoanalytic concept of the working alliance. *Psychotherapy: Theory, Research, and Practice*, 16, 252-260.

Horvath, A.O, Del Re, A.C., Fluckiger, C., & Symonds, D. (2011). Alliance in individual psychotherapy. *Psychotherapy*, 48, 9-16.

Westra, H.A., & Aviram, A. (2013). Core skills in motivational interviewing. *Psychotherapy, 50*, 273-278. doi: 10.1037/a0032409

Watch Bill Miller video

Week 5 (2/15): The alliance continued

Hayes, J.A., Gelso, C.J., Hummel, A.M. (2011). Managing countertransference. *Psychotherapy, 48*, 88-97. doi: 10.1037/a0022182

Muran, J.C., & Hungr, C. (2013). Power plays, negotiation, and mutual recognition in the therapeutic alliance: "I never met a client I didn't like...eventually." In A.W. Wolf and M.R. Goldfried (Eds.), *Transforming negative reaction to clients: From frustration to compassion* (pp. 23-44). Washington, DC: American Psychological Association.

Safran, J.D., Muran, J.C., & Eubanks-Carter, C. (2011). Repairing alliance ruptures. *Psychotherapy, 48*, 80-87. doi: 10.1037/a0022140

Watch Jeremy Safran video

Week 6 (2/22): Insight and corrective experiences

Castonguay, L.G., & Hill, C.E. (2007). *Insight in psychotherapy*. Washington, DC: American Psychological Association.
Chapters 1 and 3

Castonguay, L.G., & Hill, C.E. (2012). *Transformation in psychotherapy: Corrective experiences across cognitive behavioral, humanistic, and psychodynamic approaches*. Washington, DC: American Psychological Association.
Chapters 2 and 4

Friedlander, M.L., Sutherland, O., Sandler, S., Kortz, L., Bernardi, S., Lee, H.H., & Drozd, A. (2012). Exploring corrective experiences in a successful case of short-term dynamic psychotherapy. *Psychotherapy, 49*, 349-363. doi: 10.1037/a0023447

Huang, T.C.-C., Hill, C.E., Strauss, N., Heyman, M., & Hussain, M. (2016). Corrective relational experiences in psychodynamic-interpersonal psychotherapy: Antecedents, types, and consequences. *Journal of Counseling Psychology, 63*, 183-197. doi: 10.1037/cou0000132

Week 7 (3/1) Feedback and clinical judgement

Tracey, J.G., Wampold, B.E., Lichtenberg, J.W., & Goodyear, R.K. (2014). Expertise in psychotherapy: An elusive goal? *American Psychologist, 69*, 218-229. doi: 10.1037/a0035099

Werbart, A., von Below, C., Brun, J., & Gunnarsdottir, H. (2015). "Spinning one's wheels": Nonimproved patients view their psychotherapy. *Psychotherapy Research, 25*, 546-564. doi: 10.1080/10503307.2014.989291

Lambert, M.J. (2015). Progress feedback and the OQ-system: The past and the future. *Psychotherapy, 52*, 381-390. doi: 10.1037/pst0000027

Chow, D.L., Miller, S.D., Seidel, J.A., Kane, R.T., Thornton, J.A. & Andrews, W.P. (2015). The role of deliberate practice in the development of highly effective psychotherapists. *Psychotherapy, 52*, 337-345. doi: 10.1037/pst0000015

Watch Scott Miller video

Week 8 (3/8): Short-term psychodynamic approaches—CASE STUDY PAPER DUE

Luborsky, L. (1984). *Principles of psychoanalytic psychotherapy: A manual for supportive-expressive treatment*. New York: Basic Books.
Chapters 5, 6, 7, 8, 9

Osborn, K.A.R., Ulvenes, P.G., Wampold, B.E., & McCullough, L. (2015). Creating change through focusing on affect: Affect phobia therapy. In N.C. Thoma & D. McKay (Eds.), *Working with emotion in cognitive-behavioral therapy: Techniques for clinical practice* (pp. 146-171). New York: Guilford Press.

Watch Leigh McCullough video

Week 9 (3/15): Time-limited dynamic psychotherapy

Levenson, H. (1995). *Time-limited dynamic psychotherapy*. New York: Basic Books.
Chapters 3, 4, 5, 6, 8, 9, 10

Watch Hanna Levenson video

Week 10 (3/22): Interpersonal psychotherapy

[Note—classes follow Monday schedule, but we will still meet]

Hinrichson, G.A., & Clougherty, K.F. (2006). Interpersonal psychotherapy: Origins, structure, research, and applications. In *Interpersonal psychotherapy for depressed older adults* (pp. 43-59). Washington, DC: American Psychological Association.

Lipsitz, J.D., & Markowitz, J.C. (2013). Mechanisms of change in interpersonal therapy (IPT). *Clinical Psychology Review, 33*, 1134-1147. doi: 10.1016/j.cpr.2013.09.002

Markowitz, J.C., Svartberg, M., & Swartz, H.A. (1998). Is IPT time-limited psychodynamic psychotherapy? *Journal of Psychotherapy Practice & Research, 7*, 185-195.

Watch Greg Hinrichson video

3/29—NO CLASS

Week 11 (4/5) Experiential/humanistic tradition

Rogers, C.R. (1957). The necessary and sufficient conditions of therapeutic personality change.

Journal of Consulting Psychology, 21, 95-103.

Elliott, R., Bohart, A.C., Watson, J.E., & Greenberg, L.S. (2011). Empathy. *Psychotherapy, 48*, 43-49. doi: 10.1037/a0022187

Farber, B.A., & Doolin, E.M. (2011). Positive regard. *Psychotherapy 48*, 58-64. doi: 10.1037/a0022141

Kolden, G.G., Klein, M.H., Wang, C.-C., Austin, S.B. (2011). Congruence/genuineness. *Psychotherapy, 48*, 65-71. doi: 10.1037/a0022064

Greenberg, L.S. (2002). *Emotion-Focused Therapy: Coaching clients to work through their feelings*. Washington, DC: American Psychological Association. Chapters 3 and 4

Watch Rhonda Goldman video

4/12—SPRING BREAK

Week 12 (4/19): Common vs specific factors in psychodynamic and cognitive-behavioral therapies: Treatments for BPD

Kernberg, O.F., Yeomans, F.E., Clarkin, J.F., & Levy, K.N. (2008). Transference focused psychotherapy: Overview and update. *The International Journal of Psychoanalysis, 89*, 601-620.

Rizvi, S.L., & Salters-Pedneault, K. (2013). Borderline personality disorder. In W. O'Donohue & S.O. Lilienfeld (Eds.), *Case studies in clinical psychological science: Bridging the gap from science to practice* (pp. 301-322). New York: Oxford University Press.

Watch Marsha Linehan video

Watch Otto Kernberg video

Week 13 (4/26): Treatments for BPD continued

Bateman, A. & Fonagy, P. (2013). Mentalization-based treatment. *Psychoanalytic Inquiry, 33*, 595-613.

Kellogg, S.H., & Young, J.E. (2006). Schema therapy for borderline personality disorder. *Journal of Clinical Psychology, 62*, 445-458.

Watch Jeff Young video

Week 14 (5/3): Family/systems tradition

Goldklank, S. (2009). "The Shoop Shoop song": A guide to psychoanalytic-systemic couple therapy. *Contemporary Psychoanalysis, 45*, 3-25. doi: 10.1080/00107530.2009.10745984

Johnson, S., & Bradley, B. (2009). Emotionally focused couple therapy: Creating loving

relationships. In J. H. Bray & M. Stanton (Eds.), *The Wiley-Blackwell handbook of family psychology* (pp. 402-415). Chichester, UK: Wiley-Blackwell. doi: 10.1002/9781444310238.

Miklowitz, D.J. (2012). Family treatment for bipolar disorder and substance abuse in late adolescence. *Journal of Clinical Psychology, 68*,502-513. doi: 10.1002/jclp.21855

Watch Sue Johnson video

Week 15 (5/10)—Psychotherapy Integration

Castonguay, L.G., Eubanks, C.F., Goldfried, M.R., Muran, J.C., & Lutz, W. (2015). Research on psychotherapy integration: Building on the past, looking to the future. *Psychotherapy Research, 25*, 365-382. doi: 10.1080/10503307.2015.1014010

Goldfried, M.R. (2015). A professional journey through life. *Journal of Clinical Psychology, 71*, 1083-1092. doi: 10.1002/jclp.22218

Wachtel, P.L. (1991). From eclecticism to synthesis: Toward a more seamless psychotherapeutic integration. *Journal of Psychotherapy Integration, 1*, 43-54.

Watch Marv Goldfried video

Watch Paul Wachtel video

May 16—FINAL PAPER DUE