



אוניברסיטת בן-גוריון בנגב  
Ben-Gurion University of the Negev



## **Psychotherapy Integration**

An advance undergraduate seminar.

Instructor: Golan Shahar, Ph.D.; Editor: Journal of Psychotherapy Integration.

Department of Psychology

Ben-Gurion University of the Negev

Mondays 08:00am-10:00am

[shaharg@bgu.ac.il](mailto:shaharg@bgu.ac.il)

**Description:** The principal aim of this advanced seminar is to introduce the students to the integrative movement in psychotherapy. I will discuss the philosophical and historical underpinnings of the field, key integrative models, integrative applications for specific disorders and problems, and the bridge between psychotherapy integration and empirical research.

### **Course requirements:**

Mandatory attendance.

Oral presentation (in groups).

Paper submission (in couples).

## Specific topics:

### 1. Psychotherapy's road map: The psychodynamic approach.

Golan's presentation.

Reading:

- Dewsbury, D. A. (2009). Is psychology losing its foundation? *Review of General Psychology, 4*, 281-289.
- Shahar, G. (2010). Poetics, pragmatics, schematics and the psychoanalysis-research dialogue (rift). *Psychoanalytic Psychotherapy, 24*, 315-328.

### 2. Psychotherapy's road map: The cognitive-behavioral therapy (CBT) approach.

Golan's presentation.

Reading:

- What is CBT? <http://www.babcp.com/files/Public/what-is-cbt-web.pdf>

### 3. Psychotherapy's road map: The humanistic-existential approach.

Golan's presentation.

Reading:

- Laing, A. A., & Kriz, J. (2012). The renewal of humanism in European psychotherapy: Developments and applications. *Psychotherapy, 49*, 430-436.

### 4. Psychotherapy's road map: The family-systems approach.

Golan's presentation.

Reading:

- Beavin, J., & Segal, L. (1982). What is family-systems theory? *Journal of Communication, 32*, 89-107.

### 5. Empirical research.

Golan's presentation.

Readings:

- Ziv-Beiman, S., & Shahar, G. (in press). Psychotherapy Integration. In R. Cautin & S. Lilinfeld (Eds.), *The Encyclopedia of Clinical Psychology*. New York: Wiley.
- Stricker, G. (2010). A new look at psychotherapy integration. *Journal of Psychotherapy*

*Integration, 20, 397-405.*

- Wachtel, P. (2010). Psychotherapy integration and integrative psychotherapy: Process or product? *Journal of Psychotherapy Integration, 20, 406-416.*

6. Wachtel's Cyclical Psychodynamics.

Students' presentation.

Reading:

- Wachtel, P. (2011). Cyclical psychodynamics (Chapters 4-6 in *Therapeutic Communication*, pp. 66-120). New York: Guilford.
- Shahar, G. (2013). An integrative psychotherapist's account of his focus in the treatment of self-critical patients. *Psychotherapy, 50, 322-325.*

7. Stages of change.

Students' presentation.

Reading:

- Prochaska, J.O., and C.C. DiClemente. (2005). The Transtheoretical Approach. In *J. C. Norcross & M. Goldfried (Eds.) Handbook of Psychotherapy Integration (2<sup>nd</sup> Ed, 147-171)*. New York: Oxford University Press.

8. Anxiety disorders.

Students' presentation.

Reading:

- Wolf, B. (2005). Integrative psychotherapy for the anxiety disorders. In *J. C. Norcross & M. Goldfried (Eds.) Handbook of Psychotherapy Integration (2<sup>nd</sup> Ed, 281-298)*. New York: Oxford University Press.

9. Depression.

Students' presentation.

Reading:

- McCullough, J. P. (2005). Cognitive Behavioral Analysis System of Psychotherapy (CBASP) for chronic depression. In *J. C. Norcross & M. Goldfried (Eds.) Handbook of Psychotherapy Integration (2<sup>nd</sup> Ed, 263-280)*. New York: Oxford University Press.

10. Personality disorders.

Students' presentation.

Reading:

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

11. Spirituality.

Students' presentation.

Reading:

- Sollod, R. N. (2005). Integrating spirituality with psychotherapy. In *J. C. Norcross & M. Goldfried (Eds.) Handbook of Psychotherapy Integration (2<sup>nd</sup> Ed, 403-416)*. New York: Oxford University Press.

12. Brain and biology.

Golan's presentation.

Reading:

- Kinley, J. L., & Reyno, S. M. (2016). Project for a scientific psychiatry: A neurobiologically informed, phasic, brain-based model if integrated psychotherapy. 61-73.
- Tanzer, M. (2016). Commentary on "Project for a scientific psychiatry: A neurobiologically informed, phasic, hierarchical, brain-based model of integrated psychotherapy". *Journal of Psychotherapy Integration, 26*, 74-77.

13. Culture.

Students' presentation.

Reading:

- Brown, L. S. (2009). Cultural competence: A new way of thinking about integration in

therapy. *Journal of Psychotherapy Integration*, 19, 340-354.

#### 14. Training.

##### Students' presentation.

Reading:

- Boswell, J. F., Castanguay, L. G., & Pincus, A. L. (2009). Trainee theoretical orientation: Profile and potential predictors. *Journal of Psychotherapy Integration*, 19, 291-312.
- Norcross, J. C., & Halgin, R. P. (2005). Training in psychotherapy integration. In J. C. Norcross & M. Goldfried (Eds.) *Handbook of Psychotherapy Integration* (2<sup>nd</sup> Ed, 439-458). New York: Oxford University Press.