

**TO:** Psychiatry Residents  
**FROM:** Abe Wolf, Ph.D.  
**DATE:** December 6, 2010  
**SUBJECT:** Syllabus for *Core Competencies in Psychotherapy*

*Core Competencies in Psychotherapy* meets on the listed dates at 12:15 – 1:15 in Room 840, 8th floor of the Hamann Building. The assigned readings for this lecture are listed below.

The following are the basic texts. Additional readings distributed prior to scheduled lecture.

- Beitman, B. D. & Yue, D. (2004). *Learning Psychotherapy*. New York: W.W. Norton & Company. Module 1: Basic Listening Skills  
Gabbard, G. O. (2004). *Long-Term Psychodynamic Psychotherapy: A Basic Text*. Washington, DC: American Psychiatric Publishing, Inc.  
Winston, A., Rosenthal, R. N., & Pinsky, H. (2004). *Introduction to Supportive Psychotherapy*. Washington DC: American Psychiatric Association.

#### **January 11, 2011 – Overview**

- Clemens, N. A. (2001). Keeping the Psyche in Psychiatry. *Journal of Psychiatric Practice*, 7, 53-54.  
Druss, B. G. (2010). The Changing Face of U.S. Mental Health Care. *American Journal of Psychiatry*, 167, 1419-1421.  
MetroHealth Medical Center, Department of Psychiatry, Residency Training Program, *Psychotherapy Goals and Objectives*  
Moran, M. (2009). Psychiatrists Lament Decline of Key Treatment Modality. *Psychiatric News*, 44, 8-25.  
Olfson, M. & Marcus, S. C. (2010). National Trends in Outpatient Psychotherapy. *American Journal of Psychiatry*, 167, 1456-1463.

#### **January 25, 2011 – The Nuts and Bolts**

- Gabbard, G. O. (2004). *Long-Term Psychodynamic Psychotherapy: A Basic Text*. Washington, DC: American Psychiatric Publishing, Inc. pp 41-58  
Othmer, E. & Othmer, S. C. (2002). *The Clinical Interview Using DSM-IV-TR Volume 1: Fundamentals*. Washington, DC: American Psychiatric Publishing, Inc. pp 1-43  
Pope, K. S. & Keith-Spiegel, P. (2008). A practical approach to boundaries in psychotherapy: making decisions, bypassing blunders, and mending fences. *Journal of Clinical Psychology*, 64, 638-652.  
Winston, A., Rosenthal, R. N., & Pinsky, H. (2004). *Introduction to Supportive Psychotherapy*. Washington DC: American Psychiatric Association. pp 67-82  
Supervision Tracking Form, Permit for Audiotaping

#### **February 8, 2011 – Basic Listening Skills**

- Beitman, B. D. & Yue, D. (2004). *Learning Psychotherapy*. New York: W.W. Norton &

Company. Module 1: Basic Listening Skills pp. 23-30

**February 22, 2011 – Verbal Response Modes and Intentions – Part 1**

Beitman, B. D. & Yue, D. (2004). *Learning Psychotherapy*. New York: W.W. Norton & Company. Module 2: Verbal Response Modes and Intentions pp. 43-74  
Handout attachments

**March 8, 2011 – Verbal Response Modes and Intentions – Part 2**

Beitman, B. D. & Yue, D. (2004). *Learning Psychotherapy*. New York: W.W. Norton & Company. Module 2: Verbal Response Modes and Intentions pp. 43-74  
Gabbard, G. O. (2004). *Long-Term Psychodynamic Psychotherapy: A Basic Text*. Washington, DC: American Psychiatric Publishing, Inc. pp 59-75  
Winston, A., Rosenthal, R. N., & Pinsky, H. (2004). *Introduction to Supportive Psychotherapy*. Washington DC: American Psychiatric Association. pp 25-41  
Handout attachments

**March 22, 2011 – Working Alliance**

Beitman, B. D. & Yue, D. (2004). *Learning Psychotherapy*. New York: W.W. Norton & Company. Module 3: Working Alliance pp. 75-98  
Rogers, C. R. (1957). The necessary and sufficient conditions of therapeutic personality change. *Journal of Consulting Psychology*, 21, 95–103.  
Winston, A., Rosenthal, R. N., & Pinsky, H. (2004). *Introduction to Supportive Psychotherapy*. Washington DC: American Psychiatric Association. pp 83-96  
Wolf, A.W. (2007) Part I & II Evidence-based Psychotherapy Relationships

**April 5, 2011 – Inductive Reasoning to Determine Patterns**

Beitman, B. D. & Yue, D. (2004). *Learning Psychotherapy*. New York: W.W. Norton & Company. Module 3: Inductive reasoning to determine patterns. pp. 99-146

**April 19, 2011 – Strategies for Change**

Beitman, B. D. & Yue, D. (2004). *Learning Psychotherapy*. New York: W.W. Norton & Company. Module 5: Strategies for change. pp. 147-226  
Friedman, E. H. (1990). The Bridge. In E.H.Friedman (Ed.), *Friedman's Fables* ( New York, NY: Guilford Publications.  
Prochaska, J. O., DiClemente, C. C., & Norcross, J. C. (1992). In Search of How People Change: Applications to Addictive Behaviors. *American Psychologist*, 47, 1102-1114.

**May 3, 2011 – Resistance**

Arkowitz, H. (2002). Toward an Integrative Perspective on Resistance to Change. In *Session: Psychotherapy in Practice*, 58, 219-227.  
Beitman, B. D. & Yue, D. (2004). *Learning Psychotherapy*. New York: W.W. Norton & Company. Module 5: Strategies for change. pp. 226-250

Engle, D. E. & Arkowitz, H. (2006). An Overview of Resistance and Ambivalence. In

D.E.Engle & H. Arkowitz (Eds.), *Ambivalence in Psychotherapy: Facilitating Readiness to Change* (pp. 1-12). New York, NY: Guilford Publications.

Gabbard, G. O. (2004). *Long-Term Psychodynamic Psychotherapy: A Basic Text*. Washington, DC: American Psychiatric Publishing, Inc. pp 99-117

**May 17, 2011 – Transference and Countertransference**

Beitman, B. D. & Yue, D. (2004). *Learning Psychotherapy*. New York: W.W. Norton & Company. Module 7: Transference and Countertransference. pp. 251-314

Gabbard, G. O. (2004). *Long-Term Psychodynamic Psychotherapy: A Basic Text*. Washington, DC: American Psychiatric Publishing, Inc. pp 131-152

Freud, S. (1912). The Dynamics of Transference. *The Standard Edition of the Complete Psychological Works of Sigmund Freud, Volume XII (1911-1913): The Case of Schreber, Papers on Technique and Other Works*, 97-108

**May 31, 2011 – Termination**

Beitman, B. D. & Yue, D. (2004). *Learning Psychotherapy*. New York: W.W. Norton & Company. Module 8: Termination. pp. 315-342

Gabbard, G. O. (2004). *Long-Term Psychodynamic Psychotherapy: A Basic Text*. Washington, DC: American Psychiatric Publishing, Inc. pp 153-171

Hardy, J.A. & Woodhouse, S.S (2008) How We Say Goodbye: Research on Psychotherapy Termination [www.divisionofpsychotherapy.org/eNews\\_items/NUCUTermination.pdf](http://www.divisionofpsychotherapy.org/eNews_items/NUCUTermination.pdf)

**June 14, 2011 - Conclusion**

c: Toni Johnson, M.D.