

PSPR07, Course 7: Psychotherapy Practice and Theory, 20 credits

Kurs 7: Psykoterapi - psykoterapeutisk teori, 20 högskolepoäng
Second Cycle / Avancerad nivå

Details of approval

The syllabus was approved by the board of the Department of Psychology on 2014-11-11 and was last revised on 2025-11-12 by Programme Committee for the Master of Science Programme in Psychology. The revised syllabus comes into effect 2025-11-12 and is valid from the autumn semester 2025.

General information

The course is a compulsory component of semester 3 to 10 of the Master of Science programme in Psychology.

Language of instruction: Swedish
Some components may be in English.

Main field of study

Specialisation

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AXX, Second cycle, in-depth level of the course cannot be classified

Learning outcomes

On completion of the course, the students shall be able to

Knowledge and understanding

- demonstrate knowledge of key concepts, explanatory models, approaches and treatment principles within psychodynamic, cognitive behavioural and family-based psychotherapy
- demonstrate knowledge of key issues within psychotherapy research and the type of methodology used to address them
- demonstrate knowledge of the theoretical foundations and current research within intersectionality, violence in close relationships and men's violence against women

Competence and skills

- demonstrate the ability to interact constructively with others to solve tasks in groups
- demonstrate the ability to explain different psychopathological states as well as the associated psychotherapeutic treatments in relation to psychotherapeutic theory
- demonstrate the ability to assimilate the contents of current research articles about psychotherapy research and account for the issues, methods, results and discussions included in them

Judgement and approach

- demonstrate the ability to critically analyse and account for similarities and differences between key forms of psychotherapy
- demonstrate the ability to critically reflect on psychotherapeutic treatment and psychopathological states taking intersectionality and ethics into account
- demonstrate the ability to critically review and assess different positions in discussions of effective psychotherapy from the point of view of research
- demonstrate the ability to reflect on the approaches and methods of the psychotherapist
- demonstrate the ability to develop self-awareness based on the therapeutic consultation for professional development

Course content

The aim of the course is to provide the future psychologist with a general introduction to the theories of psychotherapy and their links to research. It covers basic knowledge of treatment models and methods in psychodynamic, cognitive behavioural and family-based psychotherapy. This knowledge is a foundation for course 9 and provides together with this course the understanding, knowledge and judgement with regard to psychotherapeutic theories and methods required to be able to perform psychotherapeutic treatment under supervision during course 9.

The course consists of four modules:

Module 7:1. Introduction to Psychotherapy Practice and Research, 4 credits.

The module serves as a general overview of psychotherapy and its history, the development trends and important forms of psychotherapy that are not covered in modules 7:2 and 7:3, particularly family therapy. Furthermore, the module includes a basic introduction to methods and findings in psychotherapy research. The different types of psychotherapy research introduced include effectiveness research, process research, meta-analysis and research using qualitative methods. The focus is initially placed on basic concepts (e.g. evidence, therapeutic alliance, internal and external validity) and on comparative studies of different forms of therapy.

Module 7:2. Psychotherapy Theory and Treatment Methods: Psychodynamic Therapies, 8 credits.

The module covers psychotherapeutic theory and treatment methods in psychodynamic psychotherapy and is based on previously acquired knowledge of man from a biological and cognitive perspective, of psychopathology and of different theories within personality and developmental psychology.

The main emphasis is on individual adult psychotherapy, but psychotherapy for children and their families as well as group therapy are also included in the course. Couples therapy is also addressed. The module deals with different theories, fundamental concepts, explanatory models, approaches and treatment principles of psychotherapy and follows up the contents of 7:1 with seminars about research specialising in psychodynamic therapy. Psychodynamic psychotherapy is compared with other key forms of psychotherapy, and similarities and differences are

highlighted and critically analysed. Furthermore, psychotherapy and the professional role of the psychotherapist are discussed from the perspectives of gender and society.

Module 7:3. Psychotherapy Theory and Treatment Methods: Cognitive Behavioural Therapies, 8 credits.

The module covers theories and treatment methods within cognitive behavioural psychotherapy and is based on previously acquired knowledge of man from a biological and cognitive perspective, of psychopathology and of different theories within personality and developmental psychology.

The main emphasis is on individual adult psychotherapy, but psychotherapy for children and their families as well as group therapy are also included in the course. Couples therapy is also addressed. The module deals with different theories, fundamental concepts, explanatory models, approaches and treatment principles of psychotherapy and follows up the contents of 7:1 with seminars about research specialising in cognitive behavioural therapy. Cognitive behavioural psychotherapy is compared with other key forms of psychotherapy, and similarities and differences are highlighted and critically analysed. Furthermore, psychotherapy and the professional role of the psychotherapist are discussed from the perspectives of gender and society.

Module 7:4. Therapeutic Consultation for Professional Development, 0 credits.

The module implies that the future psychologist is undergoing personal therapy. Personal therapy shall be initiated in semester 4 and preferably end during semester 7. The therapy is to be performed by a registered psychotherapist who also is licensed psychologist. All individual therapy of the same form is to take place regularly, with the exception of possible summer and holiday breaks.

At the beginning of personal therapy, the therapist signs a form outlining personal therapy to confirm that he or she is familiar with the conditions of personal therapy. The form is handed in by the student to the teacher responsible for the module.

The module is available in two different designs, A and B. The first, A, applies to students who in the autumn semester 2022 are registered for program semester 6 and higher. The second, B, applies to students who in the autumn term 2022 are registered for program semester 5 and all subsequent semester groups.

A

30 hours of individual therapy with one and the same therapist

30 hours of individual therapy with two therapists, representing the same or different therapeutic approaches. The shortest treatment period must amount to at least 10 hours

15 hours of individual therapy and 30 hours of group therapy

60 hours of group therapy.

B

20 sessions of 45 minutes of individual therapy with one and the same therapist. If necessary, it is possible to change therapist (hours completed count)

20 sessions of 90 minutes of group therapy

Group therapy can take place in groups of six psychology students with one and the same therapist. Students who want this form of therapy can sign up with the subcourse leader. A group will be organised when six or more students have signed up.

Course design

The teaching consists of lectures, seminars, group exercises and personal therapy. Compulsory participation is required in the seminars and group exercises. Students who have been unable to participate due to circumstances such as accidents or sudden illness will be offered the opportunity to compensate for or re-take compulsory components. This also applies to students who have been absent because of duties as an elected student representative. The contents and scope of the complementary assignment are decided by the relevant course director. A student who has been absent from more than two compulsory components per module of course 7 will not be offered further opportunities to compensate during the same semester.

Assessment

The assessment is based on written and oral exams as well as active participation in group exercises and seminars. The assessment of module 7:4 is based on a completed personal therapy, on active participation in the seminar on the personal therapy and on an individual written assignment.

The learning outcome on constructive interaction in groups is assessed by the examiner in consultation with the module director. A more detailed assessment of the learning outcome will take place if there are founded indications of inability to cooperate documented through interviews with the individuals concerned.

Three opportunities for examination are offered for the written tests of all modules: a first examination and two re-examinations. Two further re-examinations on the same course content are offered within a year of a major change of the the course (e.g. change of the required reading). After this, further re-examination opportunities are offered but in accordance with the current course syllabus.

The examiner, in consultation with Disability Support Services, may deviate from the regular form of examination in order to provide a permanently disabled student with a form of examination equivalent to that of a student without a disability.

Grades

Grading scale includes the grades: Fail, Pass

The grades awarded are Pass or Fail. For a grade of Pass, the student must have attained the learning outcomes stated for the course.

At the start of the course students are informed about the learning outcomes stated in the syllabus and about the grading scale and how it is applied in the course.

Entry requirements

To be admitted to the course, students must be admitted to the Master of Science programme in Psychology and meet the requirements for progression described in the current programme syllabus.