



Faculty of Social Sciences

## **PSPR09, Course 9: Psychotherapy - Methods and Application, 18 credits**

*Kurs 9: Psykoterapi - metoder och tillämpning, 18 högskolepoäng*  
**Second Cycle / Avancerad nivå**

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### **Details of approval**

The syllabus was approved by the board of the Department of Psychology on 2014-11-11 and was last revised on 2024-05-15 by Programme Committee for the Master of Science Programme in Psychology. The revised syllabus comes into effect 2024-09-02 and is valid from the autumn semester 2024.

### **General information**

The course is a compulsory component of semester 7 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 specialised and critical knowledge of key theoretical concepts and models of the psychodynamic and cognitive behavioural methods of psychotherapeutic treatment
- demonstrate knowledge of how intersectional perspective and different groups of power could affect psychotherapeutic treatment

## Competence and skills

- demonstrate the ability to interact constructively with others to solve tasks in groups
- demonstrate the ability to apply psychological theory continuously and, taking relevant social factors and a holistic perspective on society into account, identify and analyse problems and resources in people seeking help
- demonstrate a highly independent ability to perform advanced supervised psychological treatment based on psychodynamic and cognitive behavioural methods of psychotherapy
- demonstrate the ability in the therapeutic work with clients to actively and highly independently pay attention to human rights and problematize psychosocial factors from a comprehensive societal perspective and make suggestions for or apply appropriate actions
- demonstrate the ability to actively create and maintain a good professional therapeutic relationship in the meeting with a client in psychotherapy, and be able to identify and independently manage difficulties which may arise in the therapeutic work
- demonstrate the ability to independently relate to and solve ethical dilemmas and apply current legislation governing professional healthcare
- demonstrate the ability to independently reflect upon and apply experiences from their personal therapy and other life experiences in relation to the role as clinical psychologist

## Judgement and approach

- demonstrate the ability to actively and critically reflect on their own role in therapeutic work, independently assess when advanced psychological treatment requires supervision, and constructively assimilate supervision
- demonstrate the ability to apply a therapeutic approach informed by the view that all understanding and analysis of clients is hypothetical and may need reexamination based on new material that emerges in the treatment

## Course content

The student should, under supervision, conduct assessments with clients seeking treatment at the Psychotherapy Clinic. The aim is for the student to be able to inform clients about the conditions for treatment and make a clinical assessment of clients' mental illness and problems as well as the client's resources and motivation for treatment. Furthermore, to decide which form of therapy would be appropriate based on the data available on the client's problems and on the client's wishes and needs.

The course aims to enable the students to perform psychodynamic and cognitive behavioural psychotherapy under supervision, and to apply psychotherapeutic methods firmly based in relevant theories and psychotherapy research to the treatment. A further aim is to enable the students conduct therapy taking into account a societal perspective on the client, and ethical and legal considerations. The students are also to actively and critically reflect on their own role and the applicability of the method for different problems.

The course is divided into three modules; module 9:1 Psychodynamic Psychological Treatment, 8 credits, module 9:2 Cognitive Behavioural Psychological Treatment, 8 credits and, module 9:3 Case Study Methods, 2 credits.

Module 9:1. Psychodynamic Psychological Treatment, 8 credits.

Semester 7 and semester 9 start with seminars aiming to provide the future psychologists with specialised knowledge of theories and methods of psychodynamic psychotherapy. The topics addressed are the different phases of psychotherapy, diagnostics based on psychodynamic models, the relationship and process of therapy, the professional approach and the therapeutic interaction in the meeting with a client, and issues of ethics and accountability. In parallel with the seminars, the student will under supervision, conduct a minimum of three assessment sessions with clients at the Psychotherapy Clinic. The aim is to apply knowledge of models for assessment and diagnostics and practice clinical skills. This is followed by the supervised client work, in which the future psychologist is to acquire specialised knowledge and increased awareness of the professional role, its function from the perspective of gender and society, and specialised skills in the application of theories of treatment. The student is also to perform regularly supervised psychotherapy with a client. The supervision is continuous and takes place in groups of no more than four students for a total of 120 hours (60 hours for each approach). A part of the client work is that the student produces concluding written documentation. In parallel with the supervised client work, seminars provide students with specialised study of psychotherapeutic methods and approaches.

Module 9:2. Cognitive Behavioural Psychological Treatment, 8 credits.

Semester 7 and semester 9 start with seminars aiming to provide the future psychologists with specialised knowledge of theories and methods of cognitive behavioural psychotherapy. The topics addressed are the different phases of psychotherapy, functional and cognitive analysis and case description, a treatment plan, therapeutic interventions, the therapeutic process, the professional approach and the therapeutic interaction in the meeting with a client, and issues of ethics and accountability. In parallel with the seminars, the student will under supervision, conduct a minimum of three assessment sessions with clients at the Psychotherapy Clinic. The aim is to apply knowledge of models for assessment and diagnostics and practice clinical skills. This is followed by the supervised client work, in which the future psychologist is to acquire specialised knowledge and increased awareness of the professional role, its function from the perspective of gender and society, and specialised skills in the application of theories of treatment. The student is also to perform regularly supervised psychotherapy with a client. The supervision is continuous and takes place in groups of no more than four students for a total of 120 hours (60 hours for each approach). A part of the client work is that the student produces concluding written documentation. In parallel with the supervised client work, seminars provide specialised study of psychotherapeutic methods and approaches aiming to enable students to integrate theoretical knowledge with practical experience.

Module 9:3, Case Study Methods in Psychotherapy, 2 credits.

The module is offered in semesters 7-10. The module includes teaching of different case study methodology used in psychotherapy research. The module also includes integration seminars. During semester 9 should the students conduct assessments of clients seeking treatment at the Psychotherapy clinic.

## Course design

The teaching includes lectures, seminars, group exercises and supervised client work. Lectures, seminars, supervision and home assignments are compulsory.

The director of the psychotherapy office can, in consultation with the course director and the supervisor, immediately interrupt the student's therapy work if they find that that the client or student is at risk of harm.

## Assessment

The assessment of course 9 is based on active participation in group exercises and seminars and written tests. Furthermore, the compulsory assessment sessions that the student must carry out with clients, are examined orally by supervisors and through written documentation in a psychotherapy record. Students who are unable to participate in a compulsory component due to circumstances such as accidents or medical reasons will be offered a complementary assignment. This also applies to students who have been absent because of duties as an elected student representative. The content and extent of the complementary assignment are determined by the lecturer in charge of the relevant component. Students who are absent from more than two compulsory components in the preparatory seminar series will not be offered more complementary assignments during the same semester.

Students who fail the seminars and group exercises will be offered to complete these components as soon as possible, but no sooner than the semester following the one in which the student was failed. The accomplishment of the assessment sessions cannot be supplemented but must be carried out in the semester in which they are assigned. In order to commence the supervised client work the student must have passed the initial seminar series.

Assessment of the supervised client work is continuous, partly based on compulsory attendance in the supervision group and on the supervisor's continuous assessment of the client work and the participation in the supervision group, partly on continuous file keeping and written documentation of the therapy process in connection with completion of the client work.

The learning outcome associated with the ability to cooperate constructively with others to solve tasks in groups is assessed by the examiner in consultation with the module director for each module. Students who are failed during an ongoing course because of serious deficiencies will be assessed by the course director to determine whether their knowledge and skills are sufficient to redo the module. The assessment is based on a written and oral critical reflection, in which the student is to demonstrate a nuanced understanding of what has occurred, of his or her own role and of constructive alternatives for action. Serious deficiencies are to be understood as shortcomings in professional and ethical approach, particularly with regard to establishing task-oriented relationships with other group members, clients, lecturers or supervisors.

The assessment, is to take into account skills and development in the therapy and supervision process. The assessment criteria applied are to be found in the current rules of procedure for client work that are distributed at the start of the course (see separate appendix to this course syllabus). The assessment is made by the examiner in consultation with the course director and supervisor concerned, and, if needed, lecturers on the modules, at the end of semester 8, when the first therapy approach is completed, and at the end of semester 10.

In order to commence the second therapy approach, the student must have passed the first approach. For a Pass on modules 9:1 and 9:2, students must have completed all the items in the written agreement concerning client work. The written agreement is included in the current rules of procedure for the psychotherapy office.

If a student fails the assessment of supervised client work, the following applies

- The student is offered another opportunity to complete each therapy approach. This can take place in the form of group supervision or, if there are special reasons, individual supervision.

- The re-examination is to be planned by the course director and is to commence as soon as possible, but no sooner than the semester following the one in which the student was failed.
- A student who fails the first approach twice will not be allowed to commence client work according to the second approach.

If the supervisor, the director of the psychotherapy office and the course director find that a student has considerable deficiencies in relevant knowledge and skills, interpersonally, ethically and professionally, the student must perform relevant complementary assignments in accordance with an individual plan before being allowed to start work with a new client. The plan may also include an interview in which the student's suitability is assessed. Complementary assignments and interview results will be holistically assessed by the director of the psychotherapy office, the director of studies, course director, examiner and representative of the supervisors.

Complementary assignments and a possible interview may take place once a semester.

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.

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## **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 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.