



Faculty of Social Sciences

PSPV04, Supplementary Course: Psychological Treatment and Psychotherapy, 20 credits

Kompletteringskurs: Psykologisk behandling och psykoterapi, 20 högskolepoäng

Second Cycle / Avancerad nivå

Details of approval

The syllabus was approved by the board of the Department of Psychology on 2017-03-07 and was last revised on 2017-03-07. The revised syllabus applies from 2017-08-28, autumn semester 2017.

General Information

The course is a compulsory component of the course package "Bridging programme for international graduates in Psychology, 90 credits"..

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

Main field of studies

Psychology

Depth of study relative to the degree requirements

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 good knowledge of key concepts, models, approaches and therapy principles in psychodynamic and cognitive behavioural psychotherapy

Competence and skills

- demonstrate a highly independent ability to perform advanced psychological therapy, based on psychodynamic or cognitive behavioural psychotherapeutic methods, under supervision

Judgement and approach

- demonstrate the ability to critically analyse and account for similarities and differences between key forms of psychotherapy
- demonstrate the ability to actively create and maintain a good professional therapeutic relationship in the meeting with a client in psychotherapy, and to identify and independently handle difficulties that can arise in the therapeutic interaction
- demonstrate the ability to apply a professional and ethical approach when working with a client

Course content

The aim of the course is to enable students to carry out psychodynamic or cognitive behavioural psychotherapy under supervision, and apply psychotherapeutic methods which are well supported in relevant theory and psychotherapy research. 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 the following components:

Component 1: Psychotherapeutic Theory (5 credits)

Component 2: Supervised Client Work and Seminar Series (10 credits)

Component 3: Supervised Client Work (5 credits)

Course design

The teaching consists of lectures, seminars, group exercises and client work under supervision. Parts of the course are integrated with courses on the MSc programme in Psychology. In order to be allowed to start on the supervised client work, students must have passed the course PSPV02, Professional Conversation Methodology for Psychologists, and the theoretical component of course 4 on semester 1, which prepares the student for supervised client work. Attendance is compulsory during seminars, supervision and group exercises, and during all components that provide an introduction to the course and to the client work. Students who have been unable to participate due to circumstances such as accidents or sudden illness will always be offered the opportunity to compensate for or retake compulsory components during the current semester. This also applies to students who have been absent because of duties as an elected student representative. In the case of valid absence, students are responsible for contacting the course director. In case of absence due to other reasons, the course director is to make an individual assessment and decide on a supplementary task to be completed.

Assessment

The assessment is based on written exams and on participation in seminars, project work and group presentations.

For every written exam, three opportunities are offered: a first exam, a retake and a catch-up exam. Two further re-examinations on the same course content are offered within a year of a major change or discontinuation of the course. After this, further re-examination opportunities are offered but in accordance with the current course syllabus.

The assessment of the supervised client work is arranged continuously, partly through compulsory attendance at supervision sessions and through the supervisor's continuous assessment of the client work and participation in the supervision, and partly through continuous medical record keeping as well as written documentation of the therapy process in connection with completion of the client work.

For a grade of Pass on the whole course, the student must have completed all items of 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 one more opportunity to complete the supervised client work.
- 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.

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.

Subcourses that are part of this course can be found in an appendix at the end of this document.

Grades

Marking scale: Fail, Pass.

For the grade of Pass, the student must fulfil the learning outcomes specified 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, the student must be admitted to the course package "Bridging programme for international graduates in Psychology, 90 credits". For admission to the course package, the following requirements apply:

Entry requirements:

- An international degree in Psychology which makes the student qualified for work as a psychologist in the country issuing the degree or, if the profession is not regulated in the country of issue, which includes at least four years of study and results in a second-cycle degree in psychology (e.g. Master (120 credits) in Psychology with clinical specialisation). The degree is to include the core areas of psychology such as cognition, learning and developmental psychology. It must also include research methodology and psychopathology/psychiatry or the equivalent (e.g. mental health). Furthermore, the degree is to include practical elements or the applicant must have documented professional experience as a psychologist.

- Swedish 3 or Swedish as a Second Language 3

- English 6 or the equivalent

Selection: The selection takes place through an overall assessment of the applicant's qualifications, such as previous studies and relevant professional or vocational experience.

Subcourses in PSPV04, Supplementary Course: Psychological Treatment and Psychotherapy

Applies from H17

- 1701 Psychotherapy Theories, 5,0 hp
Grading scale: Fail, Pass
- 1702 Supervised Psychotherapy and Psychotherapy Seminar Series, 10,0 hp
Grading scale: Fail, Pass
- 1703 Supervised Psychotherapy, 5,0 hp
Grading scale: Fail, Pass