UNIVERSITY
OF ECONOMICS AND HUMAN SCIENCES
IN WARSAW

Field of study:

Psychology

Subject: Psychotherapy

Level of study: graduate studies
System of study: Full-time
Profile of studies: general academic
Subject: Psychotherapy

Form of classes and the ECTS points

	Number of hours	ECTS points	Credit
exercises	30		credit with mark
Total	30	5	

Aims of teaching

• Introducing the students to the fundamental philosophical and epistemological assumptions of the science of psychotherapy.
• Placing psychotherapy in the wider historical, social, and scientific context.
• Familiarizing students with the similarities and differences between the major contemporary modalities of psychotherapy, as well as with general empirical data concerning their effectiveness.
• Providing an overview and description of basic counseling competencies (e.g., establishing the therapeutic relationship, including patient cultural factors into the case conceptualization, etc.)
• Bringing to the students' attention the ethical issues in psychotherapy practice, as well as highlighting the importance of continued self-development.
• Cautioning the students to the prevalence of suicidal behaviors and suicide and the need to react appropriately to specific warning signs of suicide.
• Educating students on the necessity of recognizing and combating pseudoscientific mental health treatments and fallacious arguments concerning mental disorders and psychotherapy.
• Informing students about the best practices of incorporating cultural factors into psychotherapy (age, gender, race, ethnicity, religion).

Intended learning outcomes

KNOWLEDGE		
SYMBOL	**DESCRIPTION**	**REFERENCE TO THE PROFILE OUTCOME**
P_W1	The student can define and describe the general process of psychotherapy, highlighting its major components and their mutual relationships.	Ps_WG09_Mgr Ps_WG11_Mgr Ps_WG12_Mgr
P_W2	The student is conscious of the place and role of psychotherapy in contemporary society, distinguishing it from other forms of helping relationships.	Ps_WG03_Mgr Ps_WK04_Mgr
P_W3	The student can differentiate between and compare the most popular modalities of psychotherapy today.	Ps_WG03_Mgr
P_W4	The student is aware of the differences between evidence-based and pseudoscientific treatments and how to avoid the latter.	Ps_WG01_Mgr Ps_WG04_Mgr
P_W5	The student possesses a basic knowledge base about the effectiveness of psychotherapy and research methodologies of studying it.	Ps_WG04_Mgr

SKILLS		
SYMBOL	**DESCRIPTION**	**REFERENCE TO THE PROFILE OUTCOME**
P_U1	The student is able to independently search for, select, and critically assess theoretical and empirical data concerning psychotherapy.	Ps_UW03_Mgr
P_U2	The student is equipped with appropriate knowledge and skills to continue education as a mental health professional.	Ps_UK01_Mgr Ps_UO01_Mgr Ps_UU01_Mgr
P_U3	The student can provide a basic rationale for general clinical decisions in psychotherapy, such as referrals to specific treatments.	Ps_UW08_Mgr Ps_UK01_Mgr
P_U4	The student can effectively challenge common misconceptions about psychotherapy, its nature, and its effectiveness.	Ps_UW06_Mgr

SOCIAL COMPETENCES

SYMBOL	DESCRIPTION	REFERENCE TO THE PROFILE OUTCOME
P_K1	The student is sensitive to and respectful of individual differences, especially regarding psychological functioning and mental disorders.	Ps_KO02_Mgr Ps_KO05_Mgr Ps_KO06_Mgr
P_K2	The student is aware of the prevalence of mental disorders and suicidal behaviors and is able to react with respect and appropriate considerations to people exhibiting such symptoms.	Ps_KO02_Mgr Ps_KO05_Mgr Ps_KR01_Mgr Ps_KR02_Mgr Ps_KR04_Mgr Ps_KR05_Mgr
P_K3	The student is able to implement fundamental counseling skills (e.g., active listening, empathetic reflection etc.) in a variety of professional settings.	Ps_KO01_Mgr Ps_KO03_Mgr Ps_KO04_Mgr Ps_KR03_Mgr Ps_KR04_Mgr Ps_KR05_Mgr

Course content

NUMBER	DESCRIPTION	FORM OF CLASSES	NUMBER OF HOURS
1	1. Introduction. The generic model of psychotherapy, the RCT design.	exercises	3 / 3
2	2. The history of psychotherapy.	exercises	3 / 3
3	3. Psychoanalysis and psychodynamic psychotherapy.	exercises	3 / 3
4	4. Humanistic, client-centered, and existential psychotherapy.	exercises	3 / 3
5	5. Family therapy, group therapy, support groups, coaching.	exercises	3 / 3
6	6. The therapeutic relationship.	exercises	3 / 3
7	7. Self-harm and suicide in psychotherapy.	exercises	3 / 3
8	8. Cross-cultural psychotherapy and psychotherapy with specific populations. Ethical issues.	exercises	3 / 3
9	9. Pseudoscience in psychotherapy.	exercises	3 / 3

NUMBER	DESCRIPTION	FORM OF CLASSES	NUMBER OF HOURS
10	10. Course revision.	exercises	3 / 3

Conditions of completion

EXERCISES

TYPE OF CREDIT	CREDIT INFLUENCE (IN %)
Exam (for the lecturers only)	100

Teaching methods

- Analysis of practical case studies
- lectures
- lectures accompanied by an analysis of case studies
- movies
- multimedia presentations

Reading (compulsory)

- Consoli, A. J., Beutler, L. E., & Bongar, B. (Eds).. Comprehensive textbook of psychotherapy: Theory and practice 2016

Reading (additional)

- Lack of literature

Odniesienie efektów przedmiotowych do efektów kierunkowych, treści kształcenia, metod weryfikacji

SYMBOL	REFERENCE OF A GIVEN OUTCOME TO THE PROFILE OUTCOME	REFERENCE OF A GIVEN OUTCOME TO THE COURSE CONTENT	REFERENCE OF A GIVEN OUTCOME TO THE VERIFICATION METHODS
KNOWLEDGE			
P_W1	Ps_WG09_Mgr Ps_WG11_Mgr Ps_WG12_Mgr	1 2 3 4 5 6 7 8 9 10	Exam
P_W2	Ps_WG03_Mgr Ps_WK04_Mgr	1 2 3 4 5 6 7 8 9 10	Exam
P_W3	Ps_WG03_Mgr	1 2 3 4 5 6 7 8 9 10	Exam
P_W4	Ps_WG01_Mgr Ps_WG04_Mgr	1 2 3 4 5 6 7 8 9 10	Exam
P_W5	Ps_WG04_Mgr	1 2 3 4 5 6 7 8 9 10	Exam

SYMBOL	REFERENCE OF A GIVEN OUTCOME TO THE PROFILE OUTCOME	REFERENCE OF A GIVEN OUTCOME TO THE COURSE CONTENT	REFERENCE OF A GIVEN OUTCOME TO THE VERIFICATION METHODS
SKILLS			
P_U1	Ps_UW03_Mgr	1 2 3 4 5 6 7 8 9 10	Exam
P_U2	Ps_UK01_Mgr Ps_UO01_Mgr Ps_UU01_Mgr	1 2 3 4 5 6 7 8 9 10	Exam
P_U3	Ps_UW08_Mgr Ps_UK01_Mgr	1 2 3 4 5 6 7 8 9 10	Exam
P_U4	Ps_UW06_Mgr	1 2 3 4 5 6 7 8 9 10	Exam
SYMBOL	REFERENCE OF A GIVEN OUTCOME TO THE PROFILE OUTCOME	REFERENCE OF A GIVEN OUTCOME TO THE COURSE CONTENT	REFERENCE OF A GIVEN OUTCOME TO THE VERIFICATION METHODS
SOCIAL COMPETENCES			
P_K1	Ps_KO02_Mgr Ps_KO05_Mgr Ps_KO06_Mgr	1 2 3 4 5 6 7 8 9 10	Exam

SYMBOL	REFERENCE OF A GIVEN OUTCOME TO THE PROFILE OUTCOME	REFERENCE OF A GIVEN OUTCOME TO THE COURSE CONTENT	REFERENCE OF A GIVEN OUTCOME TO THE VERIFICATION METHODS
SOCIAL COMPETENCES			
P_K2	Ps_KO02_Mgr Ps_KO05_Mgr Ps_KR01_Mgr Ps_KR02_Mgr Ps_KR04_Mgr Ps_KR05_Mgr	1 2 3 4 5 6 7 8 9 10	Exam
P_K3	Ps_KO01_Mgr Ps_KO03_Mgr Ps_KO04_Mgr Ps_KR03_Mgr Ps_KR04_Mgr Ps_KR05_Mgr	1 2 3 4 5 6 7 8 9 10	Exam