Course Objectives

1. To survey the fundamental principles that guide psychodynamic psychotherapy by highlighting core elements of the treatment process including the therapeutic attitude, the nature of the treatment relationship, and the primary role of the psychotherapist.
2. To deepen the student’s conceptualization of the clinical process through participation in discussions of seminal papers from the literature on methodology and actual case material.
3. To enhance the student’s self-awareness within the clinical interaction.

Required Texts: Four texts are required for this class:


Course Requirements: All readings are required. The class format is lecture/discussion and students must be prepared to discuss their reflections of the assigned reading material at the time of class.

Two Papers are required:

Paper 1 (2-4 pages) is due at the beginning of the 5th class. In this paper, the student details his/her personal therapeutic vision/philosophy using the outline provided.
**Paper 2 (10-12 pages)** is due the last day of class. In this paper, students will describe a case from their internship utilizing key ideas from the course to highlight aspects of the treatment. An outline will be provided to serve as a guide.

Each paper must be formatted according to APA guidelines and turned in on the date it is due. Late papers will be given a failing grade. Plagiarism will not be tolerated.

The grade consists of 25% class participation, 25% Paper One, and 50% Paper Two. Attendance is mandatory except in the case of personal emergency. Any student who misses more than one class will have his/her overall course grade lowered a level for each missed session.

**Class 1: What is Psychoanalytic Psychotherapy?**


**Class 2: The Essential Qualities of an Effective Psychotherapist Part 1: Courageousness and Authenticity**


**Class 3: The Essential Qualities of an Effective Psychotherapist Part 2: Curiosity and Imagination**


**Class 4: Impediments to Maintaining an Effective Therapeutic Attitude**


**Class 5: Beginning a Treatment**


**Class 6: Listening**


Class 7: Free Association


Class 8: Gathering Clinical Data Utilizing the Transference and Countertransference


Class 9: Putting it All Together/ Synthesizing the Data into Initial Case Formulations


Class 10: What the Therapist Says and/or Does With What is Temporarily Known


**Class 11: The Empathic Response**


**Class 12: Silence**


**Class: 13: Fundamentals of Interpretation**


Class 14: Transference Interpretations


Class 15: Countertransference Interpretations


Class 16: Managing Treatment Dilemmas: Building and Maintaining the frame


