



**Karolinska  
Institutet**

Course syllabus for

# **Basic training in psychotherapeutic method, 60 credits**

Basutbildning i psykoterapeutisk metod, 60 hp

This course has been cancelled, for further information see Transitional provisions in the last version of the syllabus.

Please note that the course syllabus is available in the following versions:

Autumn2010 , Autumn2011 , Autumn2014 , Autumn2015 , Autumn2017 , Spring2020

Course code	1QA067
Course name	Basic training in psychotherapeutic method
Credits	60 credits
Form of Education	Higher Education, study regulation 2007
Main field of study	Psychotherapy
Level	First cycle, has less than 60 credits in first-cycle course/s as entry requirements
Grading scale	Pass, Fail
Department	Department of Clinical Neuroscience
Decided by	Programnämnd 8
Decision date	2010-05-21
Revised by	Programme Committee 8
Last revision	2014-05-07
Course syllabus valid from	Autumn 2014

## **Specific entry requirements**

Education in and practical experience of human care profession. Vocational education must have included at least 150 hours of teaching in subjects such as psychology, sociology, education and/or psychiatry, or additional university education in a behavioural science subject or in psychiatry worth 30 higher education credits. And proficiency in Swedish and English equivalent to Swedish B/Swedish 3 and English A/English 6.

## **Objectives**

### ***Knowledge and understanding***

On completion of the course, the student should be able to:

- describe and in a basic way explain the disciplinary foundation of the field and the relationship

between science and clinical experience.

- describe psychological functions at a basic level.
- describe at a basic level different mental diseases and psychiatric diagnostics.
- describe and explain at a general level psychological/neuropsychological models for psychopathology.
- at a basic level, describe similarities and differences between psychodynamic and cognitive-behavioural therapy treatment.
- at a basic level, compare both cognitive-behavioural therapy theory and psychodynamic theory with general psychology.
- describe how one's individual contribution can be evaluated from a scientific basis.
- account at a basic level for different psychotherapeutic approaches.

### ***Skills and abilities***

On completion of the course, the student should be able to:

- apply theoretical knowledge in clinical work
- participate when assessing diagnosis, psychotherapy indication and treatment planning.
- establish a constructive working relationship with a patient.
- during supervision plan, carry out and document treatment from a scientific basis.
- demonstrate the ability to identify his/her need for additional knowledge and continuous skill development.
- demonstrate the ability to reflect on and use information, advice and feedback from a supervisor.
- demonstrate the ability to present, at a basic level, relevant clinical material and problems for a supervisor and other clinical officials within healthcare.
- demonstrate the ability to formulate at a basic level relevant issues and views regarding clinical material to other participants in a supervisory group and to other clinical professionals in healthcare.
- adapt to and cooperate with different professionals within clinical activities.
- seek information and be able to reason concerning different therapeutic theories and the current research situation
- review his/her psychotherapeutic treatment based on science and proven experience

### ***Judgement and approach***

On completion of the course, the student should be able to:

- realise the importance of legal and ethical aspects of his/her own therapeutic treatment.
- under supervision, identify limitations of his/her therapeutic role and whether a patient should be referred to another colleague or other therapeutic treatment.
- identify and reflect on his/her need for continuous skill development.
- realise the importance of the fact that the supervisor carries the clinical responsibility for the patient and that this has consequences for one's freedom as a therapist.

## **Content**

The course comprise two years of half-time studies including theory as well as clinical application of one year each of the psychotherapeutic methods cognitive behaviour therapy and psychodynamic psychotherapy. Patient care under supervision takes place within primary care, and supervisions include at least 135 hours group supervision in the respective psychotherapeutic method. In the course, theoretical modules are included such as basic psychology, psychiatric diagnostics and psychological models of pathology, communication methodology, research and clinical evaluation as well as law and ethics.

**Basic psychology 1, 2 hp** Module 1 is given during semester 1 and includes the fields memory, cognition, and learning psychology. **The psychotherapeutic interview, 2 hp** Module 2 is given during

semester 1 and includes theory and practical exercise of communication methodology based on psychotherapy research, information and communication theory and an introduction in motivational interviewing. **Cognitive behavioral therapy methods 1, 6 hp** Module 3 is given during semester 1 and includes basic theory and concept for problem analysis and treatment. **Supervised cognitive behavioural therapy 1, 5 hp** Module 4 is given during semester 1 and includes both problem analysis and psychotherapeutic treatment under supervision. The sessions are recorded in audio or video formats, and written session reports and concluding treatment reports are produced for every client. Supervision takes place in groups of four students. **Psychiatric diagnostic and psychological models of pathology, 3 hp** Module 5 is given during semester 2 and includes models of some of the most common psychiatric diagnoses with an emphasis on anxiety, depression and personality disorders and an orientation in psychiatric diagnostics according to DSM and other common diagnostic instruments. **Cognitive behavioral therapy methods 2, 7 hp** Module 6 is given during semester 2 and includes diagnosis specific theories and methods for problem analysis and treatment. This module mainly includes treating anxiety and depression syndromes. In addition, an introduction is provided to treating e.g. addiction and dependence, eating disorders, behavioural medicine and relationship problems. **Supervised cognitive behavioural therapy 2, 5 hp** Module 7 is given during semester 2 and is a continuation from the supervisions of previous semester. It includes both problem analysis and psychotherapeutic treatment under supervision. The sessions are recorded in audio or video formats, and written session reports and concluding treatment reports are produced for every client. Supervision takes place in groups of four students. **Research and clinical evaluation, 2.5 hp** Module 8 is given during semester 3 and includes an introduction to the evidence concept, an overview of the very latest research in the area, and an introduction to methods for quality assurance. There is also an introduction to relevant databases and search methods so that students can continue to keep themselves up-to-date. **Psychodynamic method 1, 7.5 hp** Module 9 is given during semester 3 and includes the fields basic psychodynamic theory basic psychodynamic technology, and psychodynamic investigation and communication methodology. **Supervised psychodynamic psychotherapy 1, 5 hp** Module 10 is given during semester 3 and includes psychotherapeutic treatment under supervision. Session reports and concluding psychotherapy summaries are written and submitted as working materials and for assessment. Supervision takes place in groups of four students. **Law and ethics, 0.5 hp** Module 11 is given during semester 4 and includes legislation that regulates psychotherapeutic activities and basic ethical principles. **Basic psychology 2, 4 hp** Module 12 is given during semester 4 and includes the fields emotion and developmental psychology. **Psychodynamic method 2, 5.5 hp** Module 13 is given during semester 4 and is a continuation of the previous semester's Psychodynamic method 1. This part includes the fields basic psychodynamic theory, basic psychodynamic technology, and psychodynamic investigation and communication methodology. **Supervised psychodynamic psychotherapy 2, 5 hp** Module 14 is given during semester 4 and is a continuation of the supervision of previous semester. This module includes psychotherapeutic treatment under supervision. Session reports and concluding psychotherapy summaries are written and submitted as working materials and for assessment. Supervision takes place in groups of four students.

## Teaching methods

The theoretical teaching is given through lectures, seminars, workshops and group work. Placement takes place in primary health care centres. The supervision on the clinical parts takes place in groups of about 4 students in each. In all student-active tuition forms i.e. supervision, seminars, workshops and group work, an 80% attendance is required. With a larger absence, the fail grade is recorded.

## Examination

The modules in *Basic psychology* (1, 12), *Psychiatric diagnostic and psychological models of psychopathology* (5), *Research and clinical evaluation* (8), and *The psychotherapeutic interview* (2) are examined orally and in writing once or twice a semester during the semesters that the modules are current. The module *Law and Ethics* (11) is examined through web examination.

The modules in *Cognitive behavioral therapeutic methods* (3, 6) are examined during semester 1 and 2, while the modules in *Psychodynamic method* (9, 13) are examined during semester 3 and 4. The modules are examined through written home examinations and web examinations.

The modules in *Supervised cognitive behavioural therapy* (4, 7) and *Supervised psychodynamic treatment* (10, 14) are examined through continuous assessment of the student's skills via written reports, recorded psychotherapy sessions and in supervision. The student should during the CBT module carry out two treatments and during the PDT module two further treatments. The student must also have completed the requirements of medical record-keeping during each semester to be approved on respective part. The student should during the introduction of the treatment in CBT carry out a behavioural analysis/case conceptualisation and of the treatment in PDT a case study. After completed treatment, the student should write a treatment report according to instructions. In addition to this the student should before each supervision session deliver a session report and sound recording to the supervisor and the other course participants in the group and actively contribute to the others work in the supervision sessions. To be able to be examined on module 7, passed results for module 4 are required. To be able to be examined on module 14, passed results of module 10 are required.

Marking of the degree project implies that the students in the first stage can receive pass, fail or supplementation. In the case of supplementation, the student has a week to carry this out. After that, the grade is recorded as pass or fail. Because independent written works should be current for assessment, they must have been submitted before the deadline, which is stated in the timetable in connection with beginning of the term. Lectures are not compulsory but all contents may be examined.

#### *Limitation of number of examinations and practical training*

The student who has not participated in a subpart can be prescribed an additional assignment by the current teacher to compensate for the absence. Students who miss or fail an examination for a theoretical module are entitled to carry out a new examination a maximum of six times. A student who fails on the clinical modules 4, 7, 10 and 14 can be examined on these parts no more than one additional time.

The examiner may, with immediate effect, interrupt a student's clinical placement (or equivalent) if the student demonstrates such serious deficiencies in knowledge, skills or attitude that patient safety or patient confidence in healthcare is at risk. If a clinical placement is interrupted in this way the student is deemed to have failed that element and to have used up one clinical placement opportunity. In such cases, an individual action plan should be set up stating which activities and tests are required before the student is qualified for a new clinical placement on the course.

## **Transitional provisions**

An examination will be made available for a period of one year in the event of the course being discontinued or a new course syllabus being devised.

## **Other directives**

The course evaluation will be carried out in accordance with the guidelines established by the Board of Higher Education.

Language of instruction: Swedish.

The course will not be credited in a degree together with another course the student has completed and passed which completely or partly corresponds to the contents of this course. The following course is completely overlapping: 9QA067 Basic Training in Psychotherapeutic Method, 60 credits (current from autumn term 2014).

Note that this version of the course syllabus only applies for students who have started the course in full earliest autumn term 2014 and not for students who are admitted to the course earlier and have ongoing studies.

## **Literature and other teaching aids**

***Mandatory literature***

Mandatory literature

*Bernstein, Douglas A.; Penner, Louis A.; Clarke-Stewart, Alison*

**Psychology.**

9th ed., International ed. : Belmont, Calif. : Wadsworth, 2011. - 1 v.

ISBN:978-1-111-34406-1 (pbk) LIBRIS-ID:12281450

[Library search](#)

***Mandatory literature***

*Allgulander, Christer*

**Introduktion till klinisk psykiatri**

2. uppl. : Lund : Studentlitteratur, 2008 - 318 s.

ISBN:978-91-44-04936-6 LIBRIS-ID:10674788

[Library search](#)

*Herlofson, Jörgen; Landqvist, Mats*

**MINI-D IV. diagnostiska kriterier enligt DSM-IV-TR.**

Danderyd : Pilgrim Press, 2002 - 311 s.

ISBN:91-973050-9-x

[Library search](#)

***Mandatory literature***

*Rollnick, Stephen; Miller, William R.; Butler, Christopher C.*

**Motiverande samtal i hälso- och sjukvård : att hjälpa människor att ändra beteende**

Lund : Studentlitteratur, 2009 - 273 s.

ISBN:978-91-44-05262-5 LIBRIS-ID:11584447

[Library search](#)

***Mandatory literature***

*Ramnerö, Jonas; Törneke, Niklas*

**Beteendets ABC : en introduktion till behavioristisk psykoterapi**

2., [rev.] uppl. : Lund : Studentlitteratur, 2013 - 232 s.

ISBN:978-91-44-07959-2 LIBRIS-ID:13909031

[Library search](#)

**KBT inom psykiatri**

*Öst, Lars-Göran*

2. rev. & utökade utgåvan : Stockholm : Natur & Kultur, 2013 - 424 s.

ISBN:9789127135604 (inb.) LIBRIS-ID:14291372

[Library search](#)

***Mandatory literature*****Oxford guide to behavioural experiments in cognitive therapy**

*Bennett-Levy, James*

Oxford : Oxford University Press, 2004 - xxi, 461 s.

ISBN:0-19-852916-3 (hft.) LIBRIS-ID:9373318

[Library search](#)

*Linton, Steven James; Flink, Ida*

## **12 verktyg i KBT : från teori till färdighet**

1. utg. : Stockholm : Natur & kultur, 2011 - 390 s.

ISBN:978-91-27-12112-6 (inb.) LIBRIS-ID:11789339

[Library search](#)

## ***Mandatory literature***

### **Etik och juridik för psykologer och psykoterapeuter**

*Sverne Arvill, Ebba; Hjelm, Åke; Johnsson, Lars-Åke; Sääf, Christina*

5. uppl. : Lund : Studentlitteratur, 2012 - 346 s.

ISBN:978-91-44-07543-3 LIBRIS-ID:13434329

[Library search](#)

## ***Mandatory literature***

### **Research methods in clinical psychology : an introduction for students and practitioners**

*Barker, Chris; Pistrang, Nancy; Elliott, Robert; Barker, Chris*

2nd ed. : New York : J. Wiley, 2002 - 284 s.

ISBN:0-471-49087-3 (hbk) LIBRIS-ID:8648141

[Library search](#)

## ***Mandatory literature***

*Fonagy, Peter; Target, Mary.*

### **Psychoanalytic theories : perspectives from developmental psychopathology**

London : Whurr, 2003. - xv, 402 p.

ISBN:1-86156-239-X (pbk.) LIBRIS-ID:8922680

[Library search](#)

*Summers, R. F.; Barber, J. P.*

### **Psychodynamic psychotherapy : A guide to evidence-based practice**

2009 - 356 s.

ISBN:978-1-60623-443-3

[Library search](#)

*Book, Howard E.*

### **How to practice brief psychodynamic psychotherapy : the core conflictual relationship theme method**

Washington, DC : American Psychological Association, cop. 1998 - xx, 181 p.

ISBN:1-55798-465-4 (alk. paper) ; LIBRIS-ID:6327863

[Library search](#)

*McWilliams, Nancy*

### **Psychoanalytic diagnosis : understanding personality structure in the clinical process**

2. ed. : New York : Guilford, cop. 2011 - xxi, 426 s.

ISBN:1609184947 LIBRIS-ID:12293956

[Library search](#)

***Mandatory literature***

*Bender, Suzanne L.; Messner, Edward.*

**Becoming a therapist : what do I say, and why?**

New York : The Guilford Press, 2003 - 332 s.

ISBN:1-57230-804-4 (hardback) LIBRIS-ID:8577953

[Library search](#)