



**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:

Autumn2011 , [Autumn2014](#) , [Autumn2015](#) , [Autumn2016](#) , [Autumn2017](#) , [Spring2020](#)

Course code	9QA067
Course name	Basic training in psychotherapeutic method
Credits	60 credits
Form of Education	Contract education (credits)
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	2011-08-26
Course syllabus valid from	Autumn 2011

## **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. Swedish and English language skills equivalent to Swedish A and English B at Swedish upper secondary school are also required.

## **Objectives**

On completion of the course, the student should be able to: Knowledge and understanding Show basic knowledge of the scientific basis of the field and basic knowledge of the connection between science and proven experience. Show extensive knowledge of psychological functions. Show basic knowledge of different mental illnesses and familiarity with psychiatric diagnostics. Show extensive knowledge of psychological/neuropsychological explanatory models for psychopathology. Be able to account at a basic level for similarities and differences between psychodynamic therapy and cognitive behavioural therapy. Be able to compare both cognitive behavioural therapy theory and psychodynamic theory with

psychological science at a basic level. Be able to describe how their own work contributions can be evaluated on a scientific basis. Skills and ability Be able to apply theoretical knowledge in clinical work. Be able to participate in assessing diagnoses, psychotherapy indications and treatment planning. Be able to demonstrate a constructive working relationship with a patient. With supervision and on a scientific basis, be able to plan, carry out and document treatment work. Assessment ability and attitudes Be able to take an inquisitive and critical approach to different therapeutic theories and to the state of the art. Be able to review their own work on the basis of science and proven experience. Be able to adopt a critical attitude towards their own work on the basis of legal and ethical aspects. With supervision, be able to determine whether a patient should be referred to another colleague or for a different therapeutic treatment. Be able to reflect on their need for further knowledge and to continuously develop their competence.

## Content

The course comprises one year of theoretical education and clinical practice in the psychotherapeutic methods cognitive behavior therapy and psychodynamic psychotherapy, respectively. Clinical practice under supervision is carried out within primary care. Clinical supervision encompasses at least 135 hours of group supervision in each method. In addition, the course includes education in basic psychology, psychological models of psychopathology and psychiatric diagnostics, the clinical interview, research and clinical evaluation, and law and ethics.

**Basic psychology 1, 2 hp** This module is given during term 1 and covers the fields of memory, cognitive, and learning psychology. **Basic psychology 2, 4 hp** This module is given during term 4 and covers the fields of emotional and developmental psychology. **Psychological models of pathology and psychiatric diagnostic, 3 hp** This module is given during term 2 and includes explanatory models relating to some of the most common psychiatric diagnoses, including anxiety, depression and personality disorders, as well as an introduction to the procedure of diagnostics in accordance with DSM-IV. Other diagnostic instruments are introduced. Students own performance may be recorded in audio or video formats. **The psychotherapeutic interview, 2 hp** This module is given during term 1. includes theory and practical rehearsal of interview techniques based on psychotherapy research, information and communication theory and an introduction to the Motivational Interviewing (MI) method. Students own performance is recorded in audio or video formats as part of the examination. **Cognitive behavioral therapy methods 1, 6 hp** This module is given during term 1 and includes basic theory and concepts for problem analysis and treatment. **Cognitive behavioral therapy methods 2, 7 hp** This module is given during term 2 and includes basic theory and concepts for problem analysis and treatment related to specific diagnoses. The 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 1, 5 hp** This module is given during term 1 and includes both problem analysis and psychotherapeutic treatment work under supervision. The sessions 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. **Supervised cognitive behavioural therapy 2, 5 hp** This module is given during term 2 and is a continuation of the supervision module given previous term. It includes both problem analysis and psychotherapeutic treatment work under supervision. The sessions 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** This module is given during term 3 and includes an introduction to the concept of evidence, a review of the very latest research within the field, and an introduction to quality assurance methods. There is also an introduction to relevant databases and search methods so that students can continue to keep themselves up-to-date. **Law and ethics, 0.5 hp** This module is given during term 4 and covers legislation that governs psychotherapeutic work and basic ethical principles. **Psychodynamic method 1, 7.5 hp** This module is given during term 3 and includes the areas of basic psychodynamic theory, basic psychodynamic techniques, and psychodynamic investigation and interview techniques. **Psychodynamic method 2, 5.5 hp** This module is given during term 4 and is a continuation of the module Psychodynamic method 1 given previous term. The module includes the areas of basic psychodynamic

theory, basic psychodynamic techniques, and psychodynamic investigation and interview techniques.

**Supervised psychodynamic psychotherapy 1, 5 hp** This module is given during term 3 and include psychotherapeutic treatment work 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. **Supervised psychodynamic psychotherapy 2, 5 hp** This module is given during term 4 and is a continuation of the supervision module given previous term. The module include psychotherapeutic treatment work 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 takes place through lectures, seminars and group exercises. Supervision in the clinical modules takes place in groups of four students.

## Examination

Examination takes place in the form of both written examinations and active participation in seminars and group exercises, for attendance is mandatory at all teaching sessions. The Basic psychology, Psychological models of psychopathology and psychiatric diagnostics Research and clinical evaluation and Psychotherapeutic interviews modules are examined on one or two occasions during those terms when the modules are given, in the form of a combined written and oral examination. Psychotherapeutic interviews are also examined using audio or video recordings. The Law and ethics module is included in this examination during term 4. If a student fails any part of the examination, only this section will be repeated. The Cognitive behavioural therapy methods module is examined during terms 1 and 2, while the Psychodynamic method module is examined during terms 3 and 4. Role play, video recording and oral examinations take place during terms 1 and 2. A minimum of 80% attendance is required for the theoretical modules in order to be eligible to take the examination. During the Supervised psychodynamic psychotherapy and Supervised cognitive behavioural therapy modules, students must attend at least 80% of the sessions each term, work actively with their own patients and contribute to the work of others under supervision. For the Supervised cognitive behavioural therapy modules, students must also submit session reports and recordings to the supervisor and the other course participants in the group before each treatment session, carry out 1-2 treatments and write a treatment report (including behavioural analysis) in accordance with instructions. For the Supervised psychodynamic psychotherapy modules, students must also submit session reports and recordings to the supervisor and the other course participants in the group before each treatment session, carry out 1-2 treatments and write a treatment report (including behavioural analysis) in accordance with instructions. Limited number of examinations or practical training sessions - - - - - Students who have not participated in part of the module can be given additional tasks by the relevant member of teaching staff to compensate for their 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. Students who fail the Supervised psychodynamic psychotherapy and Supervised cognitive behavioural therapy modules can be examined in these modules on a maximum of one additional occasion. A students work-based education or equivalent may be ended immediately by an examiner if the student demonstrates such a serious lack of knowledge, skills or attitude that patient safety or patients confidence in medical care is jeopardised. When work-based education is interrupted like this, the student fails the current module and one instance of work-based education has been used. In such cases, an individual action plan will be drawn up detailing which activities and knowledge checks are required before the student will be given the opportunity to carry out a new instance of work-based education on this course. Students who fail work-based education or equivalent as a result of demonstrating such a serious lack of knowledge, skills or attitude that patient safety or patients confidence in medical care is jeopardised will only be authorised to carry out a new instance of work-based education once the individual action plan has been carried out.

## 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 revised.

## Other directives

Course evaluation will be carried out in accordance with the guidelines established by the Board of Higher Education. Language of instruction: Swedish. The course is a copy of 1QA067, Basic training in psychotherapeutic method (Autumn 2011).

## Literature and other teaching aids

*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](#)

*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](#)

*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](#)

*Ramnerö, Jonas; Törneke, Niklas*

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

Lund : Studentlitteratur, 2006 - 249 s.

ISBN:91-44-04374-0 LIBRIS-ID:10082183

[Library search](#)

*Westbrook, David; Kennerley, Helen.; Kirk, Joan.*

### **An introduction to cognitive behaviour therapy : skills and applications**

2. ed. : London : SAGE, 2011 - 435 p.

ISBN:978-1-84860-686-9 (inb.) LIBRIS-ID:12159800

[Library search](#)

### **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](#)

*Sverne Arvill, Ebba*

**Etik och juridik för psykologer och psykoterapeuter**

4 uppl : 2010

ISBN:978-91-44-06628-8 LIBRIS-ID:11790095

[Library search](#)

**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](#)

*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](#)

*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](#)