

Department of Psychology
University of Pittsburgh

Syllabus for PSY 2250 – Systems of Psychotherapy

Fall Term 2003
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In this course we will survey systems of psychotherapy in historical context, as well as to review some of the literature pertaining to treatment effectiveness. However, little time will be devoted to behavior therapy, cognitive behavior therapy, or the treatment of children, and group techniques will hardly be addressed at all. The course grade will depend on participation in class discussion but will primarily reflect performance on an open-book, take-home final examination in essay format. This exam will be distributed at noon on Thursday, October 9, and will be due one week later, at noon on Thursday, October 16. Credit will be deducted if the examination is turned in late.

If you have a disability for which you are or may be requesting an accommodation, you are encouraged to contact both your instructor and Disability Resources and Services, 216 William Pitt Union, 412 648-7890/412 383-7355 (TTY), as early as possible in the term. DRS will verify your disability and determine reasonable accommodations for this course.

Please make sure to complete the reading *prior* to the lecture for which it is assigned.

LECTURE TOPICS AND REQUIRED READING

8-28-03	Historical context; meta-analysis; Dodo bird; efficacy vs. effectiveness; common factors
Reading	Sharf (2004), pp. 25-78
9-4-03	Psychoanalysis
Reading	Sharf (2004), pp. 79-156
9-11-03	Neo-analytic schools
Reading	Sharf, pp. 542-554 Cornes and Frank (1996) Crits-Christoph and Gibbons (2002)
9-18-03	More neo-analytic schools; IPT; interpretation and transference

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Reading	Sharf (2004), pp. 157-236
9-25-03	Existential and humanist therapies
Reading	Sharf (2004), pp. 237-275, 437-534 Greenberg and Foerster (1996)
10-2-03	Gestalt therapy; feminist therapy; family approaches
Reading	Sharf (2004), pp. 534-542, 554-633 Freedheim (1992)
10-9-03	Other schools; comparisons; large-scale therapy studies

REFERENCE LIST

Cornes, C., & Frank, E. (1996). Interpersonal psychotherapy. In L.J. Dickstein & M.B. Riba (Eds.), *American Psychiatric Press Review of Psychiatry* (Vol. 15), pp. 91-107. Washington, D.C.: American Psychiatric Publishing, Inc.

Crits-Christoph, P., & Gibbons, M.B.C. (2002). Relational interpretations. In J.C. Norcross (Ed.), *Psychotherapy relationships that work* (pp. 285-300). New York: Oxford University Press.

Freedheim, D.K. (Ed.). (1992). *History of psychotherapy: A century of change* (pp. 391-449). Washington, D.C.: American Psychological Association.

Greenberg, L.S., & Foerster, F.S. (1996). Task analysis exemplified: The process of resolving unfinished business. *Journal of Consulting and Clinical Psychology*, **64**, 439-446.

Sharf, R.S. (2004). *Theories of psychotherapy and counseling: Concepts and cases* (3d ed.). Pacific Grove, CA: Brooks/Cole—Thomson Learning.