

**DESCRIPTION OF COURSE UNIT FOR DOCTORAL STUDIES
AT VILNIUS UNIVERSITY
(Interdisciplinary course)**

Scientific Area/eas, Field/ds of Science	Natural Sciences (N 000): Biology (N 010) Social Sciences (S 000): Sociology (S 005); Psychology (S 006); Law (S 001)			
Faculty, Institute, Department/Clinic	Clinic of Psychiatry Institute of Clinical Medicine Faculty of Medicine			
Course unit title (ECTS credits, hours)	Psychotherapy 5 credits (135 hours)			
Study method	Lectures	Seminars	Consultations	Self-study
Number of ECTS credits	1	-	1	3
Method of the assessment (in 10 point system)	<p><u>Presentation of the report and its evaluation:</u> The report is presented on a specific topic that is coordinated with the lecturers (the doctoral student must analyze, review and present the latest scientific publications related to the target topic).</p> <p><u>The report is evaluated on a 10-point scale:</u></p> <ul style="list-style-type: none"> a) clarity, expediency of selection of sources and arguments (6 points); b) substantiation of the conclusions with the arguments set out in the text (2 points); c) language culture, consistency of teaching (1 point); d) compliance with citation rules (1 point). 			
PURPOSE OF THE COURSE UNIT				
To help study and understand the essential principles and methods of modern psychotherapy.				
THE MAIN TOPICS OF COURSE UNIT				
<p><u>Basic theoretical paradigms of psychotherapy:</u> psychoanalysis and its directions (drive, ego psychology, object relations theories, self-psychology);</p> <p><u>Modern psychoanalytic theories:</u> attachment, mentalization theories.</p> <p>Behavioral and cognitive theories, humanistic - existential school of psychotherapy. Interpersonal psychotherapy, art therapy. Integration of psychotherapy.</p> <p>Defence mechanisms, their levels, significance in the process of psychodynamic diagnosis and psychotherapy. Coping mechanisms. Ego strength diagnostics.</p> <p><u>Theoretical understanding of the process of psychotherapy:</u> therapeutic alliance, transfer, counter-transfer, resistance, negative therapeutic response, working through, corrective emotional experience.</p> <p><u>The main types of psychotherapy:</u> individual and group therapy, family therapy, short-term psychotherapy, crisis intervention.</p> <p><u>Psychotherapy for mental disorders:</u> mood, anxiety, eating disorders, addictions, somatoform disorders. Psychotherapy in cases of somatic diseases, psychotherapy in a pain clinic, psychotherapy of terminal conditions.</p>				

Psychotherapeutic treatment of personality disorders: important aspects in the treatment of emotionally unstable type personality disorder, narcissistic, histrionic, antisocial types of personality disorder. Psychotherapy for milder personality disorders (avoidant, dependent, obsessive compulsive types of personality disorder). Aspects of psychotherapeutic treatment for patients of different ages: child psychotherapy, adolescent psychotherapy, elderly patients. Combination of psychotherapy and pharmacotherapy, possible complications and mistakes. Ethical standards of psychotherapy, the most common ethical challenges, risks and possible mistakes in the process of psychotherapy, regularities of their avoidance and ways to correct them. Legal aspects of psychotherapy. Research in psychotherapy, their planning and conducting. Psychotherapy and modern neuroscience. Teaching psychotherapy, understanding the process of supervision. Legal regulation of the psychotherapist profession in Europe and in the world.

RECOMMENDED LITERATURE SOURCES

1. McWilliams, N. *Psychoanalytic Diagnosis, Second Edition: Understanding Personality Structure in the Clinical Process*. Guilford Press, 2011
2. *Psychodynamic Diagnostic Manual, Second Edition: PDM-2 Second Edition* by Vittorio Lingiardi and Nancy McWilliams; Guilford Press, 2017
3. Luyten, P., Mayes, L.C., Fonagy, P., Target, m., Blatt, S.J., *Handbook of Psychodynamic Approaches to Psychopathology*, The Guilford Press, 2015
4. *Comprehensive textbook of psychotherapy: theory and practice*; edited by Andrés J. Consoi, Larry E. Beutler, and Bruce Bongar. Oxford University Press, 2017
5. Storebø OJ, Stoffers-Winterling JM, Völlm BA, Kongerslev MT, Mattivi JT, Jørgensen MS, Faltinsen E, Todorovac A, Sales CP, Callesen HE, Lieb K, Simonsen E. Psychological therapies for people with borderline personality disorder. *Cochrane Database of Systematic Reviews* 2020, Issue 5. Art. No.: CD012955. DOI: 10.1002/14651858.CD012955.pub2.
6. <https://npsa-association.org/education-training/videos1/>

CONSULTING LECTURERS

1. Coordinating lecturer: Rima Viliūnienė (Assoc. prof. dr.)
2. Giedrė Bulotienė (Assoc. prof. dr.)

APPROVED:

By Council of Doctoral School of Medicine and Health Sciences at Vilnius University
15th of June, 2022

Chairperson of the Board: Prof. Janina Tutkuvienė