



# PSY 868

## Psychotherapy

S1 Day 2014

*Psychology*

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#### **Disclaimer**

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## General Information

Unit convenor and teaching staff

Unit Convenor

Jac Brown

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Contact via [jac.brown@mq.edu.au](mailto:jac.brown@mq.edu.au)

Credit points

4

Prerequisites

(Admission to MClinPsych or DClinPsych) and PSY904 and PSY961 and (PSY962 or PSY978) and (PSY965 or PSY977)

Corequisites

Co-badged status

Unit description

This unit will focus on the theoretical underpinnings of dynamic psychotherapy. It will explore the self of the therapist and how that relates to the current practice of self-psychology. The connection between presenting problems and the level of self development will form the basic building block of the unit. Students will be exposed to a number of ways of conceptualising aspects of self and a range of therapeutic interventions to strengthen the self and thus impact on the presenting problem. Integrating these tools with other therapeutic modalities will form an important part of the unit. Students will be encouraged to focus on aspects of the client-therapist relationship as a fundamental base for becoming effective therapeutic practitioners.

## Important Academic Dates

Information about important academic dates including deadlines for withdrawing from units are available at <https://www.mq.edu.au/study/calendar-of-dates>

## Learning Outcomes

On successful completion of this unit, you will be able to:

Develop new awareness of self that the therapist takes into therapy through reference to attachment theory.

Demonstrate skills in assessment of the level of self development from a Self Psychology perspective.

Demonstrate skills in establishing and repairing the therapeutic alliance in conducting

sessions with clients.

Demonstrate skills in strengthening the self in sessions with clients from a Self Psychological perspectives.

Develop a beginning integration of self psychology with current ways of working with clients.

Assess personal performance in demonstrating the above skills.

Critically reflect upon readings and own experience of doing this unit

## Assessment Tasks

Name	Weighting	Due
<a href="#"><u>Attendance and Participation</u></a>	20%	Week selected by student
<a href="#"><u>Critical Reflections</u></a>	20%	One week after each workshop
<a href="#"><u>Conceptualization</u></a>	60%	30/05/14

### Attendance and Participation

Due: **Week selected by student**

Weighting: **20%**

The nature of this professional course requires that you attend **all** unit sessions, as it will be difficult to successfully complete the unit without such a rigorous requirement. Because of the nature of the training, missed sessions cannot be adequately compensated through the usual ways of reading and discussion with a fellow student who attended the session. This requirement is in line with the professional expectation and commitment that you attend all sessions that you schedule for your clients and other work responsibilities. If there are *exceptional* circumstances where a session must be missed, this will need to be arranged with your lecturer in advance. Failure to do so implies a lack of professionalism and thus your overall performance in the unit. Missed sessions may require additional work, to be arranged with your lecturer. Failure to attend at least 80 percent of your classes, which is the university's minimum standard, will mean that you have not fulfilled all of the requirements of the unit and will thus be unable to pass the unit at an acceptable standard.

**Leading Class Discussion:** Select two of the starred readings and lead the class in a critical discussion of the reading. This will mean that you should find one or two discussion starters in the reading that may be controversial statements or questions and ask the class to reflect on the issues raised in this manner. Facilitate the discussion by encouraging responses from the class, responding if appropriate or facilitating other responses from other class members.

**Length:** 20 Minutes

On successful completion you will be able to:

- Demonstrate skills in strengthening the self in sessions with clients from a Self Psychological perspectives.
- Develop a beginning integration of self psychology with current ways of working with clients.
- Assess personal performance in demonstrating the above skills.
- Critically reflect upon readings and own experience of doing this unit

## Critical Reflections

Due: **One week after each workshop**

Weighting: **20%**

For this assessment, you will need to hand in about two pages for each workshop where you reflect on a number of things: a) Your reading, reflections on workshops, and how you may integrate this material into your own way of working. b) Your self progress towards the goal of becoming an effective therapist who can adequately deal with the therapeutic alliance with your client in a way that creates change. Thus, you should provide meaningful comment on the challenges that you wish to give yourself in this unit and note your progress towards meeting these challenges in your interactions with family, friends and with clients if you have clients at this stage.

**Length:** 500 words/2-3 pages

On successful completion you will be able to:

- Develop new awareness of self that the therapist takes into therapy through reference to attachment theory.
- Demonstrate skills in assessment of the level of self development from a Self Psychology perspective.
- Demonstrate skills in establishing and repairing the therapeutic alliance in conducting sessions with clients.
- Demonstrate skills in strengthening the self in sessions with clients from a Self Psychological perspectives.
- Develop a beginning integration of self psychology with current ways of working with clients.
- Assess personal performance in demonstrating the above skills.
- Critically reflect upon readings and own experience of doing this unit

## Conceptualization

Due: **30/05/14**

Weighting: **60%**

Present a client that you are currently working with or have worked with in the past, and conceptualise the case from a self psychological perspective. Describe the level of self development, type of affect regulation, selfobject functioning and organizing principles that are present in the client. Relate these aspects to the presenting problem. Propose ways of integrating this with other models of therapy that you currently use. Develop some ways of managing this client which are informed by self psychology. Critically evaluate your work and comment on any new learning that emerges from this project with your client.

**Length:** 2000-2500 words

On successful completion you will be able to:

- Demonstrate skills in assessment of the level of self development from a Self Psychology perspective.
- Demonstrate skills in establishing and repairing the therapeutic alliance in conducting sessions with clients.
- Develop a beginning integration of self psychology with current ways of working with clients.
- Assess personal performance in demonstrating the above skills.
- Critically reflect upon readings and own experience of doing this unit

## Delivery and Resources

### Seminar & Workshop Program

Seminar/Workshop Topic	Lecturer
<b>Seminar:</b> Introduction to the unit & Organisation for the four workshops	JB
<b>Workshop 1:</b> Historical perspective of Self Psychology: Using attachment theory to develop self understanding	JB
<b>Workshop 2:</b> Kohut and Self Psychology: Theory of the development of self and an integrated assessment model	JB

<b>Workshop 3:</b> Affect theory in relation to self development strengthening self assessment and intervention	JB
<b>Workshop 4:</b> Intervention through interpretation and the therapeutic relationship	JB

## Policies and Procedures

Macquarie University policies and procedures are accessible from [Policy Central](#). Students should be aware of the following policies in particular with regard to Learning and Teaching:

Academic Honesty Policy [http://mq.edu.au/policy/docs/academic\\_honesty/policy.html](http://mq.edu.au/policy/docs/academic_honesty/policy.html)

Assessment Policy <http://mq.edu.au/policy/docs/assessment/policy.html>

Grading Policy <http://mq.edu.au/policy/docs/grading/policy.html>

Grade Appeal Policy <http://mq.edu.au/policy/docs/gradeappeal/policy.html>

Grievance Management Policy [http://mq.edu.au/policy/docs/grievance\\_management/policy.html](http://mq.edu.au/policy/docs/grievance_management/policy.html)

Disruption to Studies Policy [http://www.mq.edu.au/policy/docs/disruption\\_studies/policy.html](http://www.mq.edu.au/policy/docs/disruption_studies/policy.html) *The Disruption to Studies Policy is effective from March 3 2014 and replaces the Special Consideration Policy.*

In addition, a number of other policies can be found in the [Learning and Teaching Category](#) of Policy Central.

## Student Code of Conduct

Macquarie University students have a responsibility to be familiar with the Student Code of Conduct: [https://students.mq.edu.au/support/student\\_conduct/](https://students.mq.edu.au/support/student_conduct/)

## Student Support

Macquarie University provides a range of support services for students. For details, visit <http://students.mq.edu.au/support/>

## Learning Skills

Learning Skills ([mq.edu.au/learningskills](http://mq.edu.au/learningskills)) provides academic writing resources and study strategies to improve your marks and take control of your study.

- [Workshops](#)
- [StudyWise](#)

- [Academic Integrity Module for Students](#)
- [Ask a Learning Adviser](#)

## Student Services and Support

Students with a disability are encouraged to contact the [Disability Service](#) who can provide appropriate help with any issues that arise during their studies.

## Student Enquiries

For all student enquiries, visit Student Connect at [ask.mq.edu.au](http://ask.mq.edu.au)

## IT Help

For help with University computer systems and technology, visit <http://informatics.mq.edu.au/help/>.

When using the University's IT, you must adhere to the [Acceptable Use Policy](#). The policy applies to all who connect to the MQ network including students.

## Graduate Capabilities

### PG - Discipline Knowledge and Skills

Our postgraduates will be able to demonstrate a significantly enhanced depth and breadth of knowledge, scholarly understanding, and specific subject content knowledge in their chosen fields.

This graduate capability is supported by:

### Learning outcomes

- Demonstrate skills in assessment of the level of self development from a Self Psychology perspective.
- Demonstrate skills in establishing and repairing the therapeutic alliance in conducting sessions with clients.
- Demonstrate skills in strengthening the self in sessions with clients from a Self Psychological perspectives.
- Develop a beginning integration of self psychology with current ways of working with clients.

### Assessment tasks

- Critical Reflections
- Conceptualization

### PG - Critical, Analytical and Integrative Thinking

Our postgraduates will be capable of utilising and reflecting on prior knowledge and experience,

of applying higher level critical thinking skills, and of integrating and synthesising learning and knowledge from a range of sources and environments. A characteristic of this form of thinking is the generation of new, professionally oriented knowledge through personal or group-based critique of practice and theory.

This graduate capability is supported by:

## **Learning outcomes**

- Develop new awareness of self that the therapist takes into therapy through reference to attachment theory.
- Demonstrate skills in establishing and repairing the therapeutic alliance in conducting sessions with clients.
- Demonstrate skills in strengthening the self in sessions with clients from a Self Psychological perspectives.
- Develop a beginning integration of self psychology with current ways of working with clients.
- Assess personal performance in demonstrating the above skills.
- Critically reflect upon readings and own experience of doing this unit

## **Assessment tasks**

- Attendance and Participation
- Critical Reflections

## **PG - Research and Problem Solving Capability**

Our postgraduates will be capable of systematic enquiry; able to use research skills to create new knowledge that can be applied to real world issues, or contribute to a field of study or practice to enhance society. They will be capable of creative questioning, problem finding and problem solving.

This graduate capability is supported by:

## **Learning outcomes**

- Develop new awareness of self that the therapist takes into therapy through reference to attachment theory.
- Demonstrate skills in assessment of the level of self development from a Self Psychology perspective.
- Demonstrate skills in establishing and repairing the therapeutic alliance in conducting sessions with clients.
- Develop a beginning integration of self psychology with current ways of working with clients.
- Assess personal performance in demonstrating the above skills.



- Critically reflect upon readings and own experience of doing this unit

## Assessment tasks

- Critical Reflections
- Conceptualization

## PG - Effective Communication

Our postgraduates will be able to communicate effectively and convey their views to different social, cultural, and professional audiences. They will be able to use a variety of technologically supported media to communicate with empathy using a range of written, spoken or visual formats.

This graduate capability is supported by:

## Learning outcomes

- Demonstrate skills in assessment of the level of self development from a Self Psychology perspective.
- Demonstrate skills in establishing and repairing the therapeutic alliance in conducting sessions with clients.
- Assess personal performance in demonstrating the above skills.

## Assessment tasks

- Attendance and Participation
- Critical Reflections
- Conceptualization

## PG - Engaged and Responsible, Active and Ethical Citizens

Our postgraduates will be ethically aware and capable of confident transformative action in relation to their professional responsibilities and the wider community. They will have a sense of connectedness with others and country and have a sense of mutual obligation. They will be able to appreciate the impact of their professional roles for social justice and inclusion related to national and global issues

This graduate capability is supported by:

## Learning outcomes

- Develop new awareness of self that the therapist takes into therapy through reference to attachment theory.
- Demonstrate skills in establishing and repairing the therapeutic alliance in conducting sessions with clients.
- Develop a beginning integration of self psychology with current ways of working with

clients.

- Assess personal performance in demonstrating the above skills.
- Critically reflect upon readings and own experience of doing this unit

## Assessment tasks

- Critical Reflections
- Conceptualization

## PG - Capable of Professional and Personal Judgment and Initiative

Our postgraduates will demonstrate a high standard of discernment and common sense in their professional and personal judgment. They will have the ability to make informed choices and decisions that reflect both the nature of their professional work and their personal perspectives.

This graduate capability is supported by:

## Learning outcomes

- Develop new awareness of self that the therapist takes into therapy through reference to attachment theory.
- Demonstrate skills in assessment of the level of self development from a Self Psychology perspective.
- Demonstrate skills in establishing and repairing the therapeutic alliance in conducting sessions with clients.
- Demonstrate skills in strengthening the self in sessions with clients from a Self Psychological perspectives.
- Develop a beginning integration of self psychology with current ways of working with clients.
- Assess personal performance in demonstrating the above skills.
- Critically reflect upon readings and own experience of doing this unit

## Assessment tasks

- Attendance and Participation
- Critical Reflections
- Conceptualization