

**The UNIVERSITY of WESTERN ONTARIO
LONDON CANADA**

**Department of Psychology
Psychology 9320: Psychotherapy Approaches**

1.0 COURSE INFORMATION

Instructor: Dr. David J. A. Dozois
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Classes: Tuesdays 9:00 - 12:00
Room WH 36

2.0 COURSE OBJECTIVES

This course will introduce students to important concepts, issues, and theories in contemporary psychotherapy, with major emphasis on evidence-based practice. The course will examine the theoretical rationales, goals, therapeutic techniques, and efficacy of several different therapeutic approaches, broadly subsumed under psychodynamic, cognitive, behavioral, humanistic, existential, and experiential modalities. This course will also address various issues in psychotherapy such as investigating effectiveness and assessing psychotherapy outcome. Through lectures, class presentations, readings, videos, class discussions, and experiential class exercises, students will critically evaluate the theories and techniques of major approaches to psychotherapy. Enrolment is restricted to clinical psychology students. This course is intended to serve as an overview course for more junior clinical students. Half course; one term.

3.0 TEXTBOOK

Required Texts:

Corsini, R. J. & Wedding, D. (Eds.). (2019). *Current Psychotherapies* (11th ed.). Boston, MA: Cengage.

A list of required readings for the course will also be made available to you.

Recommended Professional Texts (for future reference)

Antony, M. M. & Barlow, D. H. (Eds.). (2010). *Handbook of assessment and treatment planning for psychological disorders* (2nd ed.). New York: Guilford Press.

Barlow, D. H. (2014). *Clinical handbook of psychological disorders: A step-by-step treatment manual*. (5th ed.). New York: Guilford Press.

Bennett, R., & Oliver, J. E. (2019). *Acceptance and commitment therapy: 100 key points and techniques*. London: Routledge.

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- Beck, A. T., Rush, A. J., Shaw, B. F., & Emery, G. (1979). *Cognitive therapy of depression*. New York: Guilford Press.
- Beck, J. S. (2011). *Cognitive therapy: Basics and beyond* (2nd ed.). New York: Guilford Press.
- Castonguay, L. G., & Beutler, L. E. (Eds.). (2006). *Principles of therapeutic change that work*. New York: Oxford University Press.
- Clark, D. A., & Beck, A. T. (2010). *Cognitive therapy of anxiety disorders: Science and practice*. New York: Guilford.
- Dobson, D., & Dobson, K. S. (2016). *Evidence-based practice of cognitive-behavioral therapy* (2nd ed). New York: Guilford Press.
- Dobson, K. S., & Dozois, D. J. A. (Eds.). (2019). *Handbook of cognitive-behavioral therapies* (4th ed.). New York: Guilford Press.
- Dozois, D. J. A. (Ed.). (2014). CBT: General Strategies. Volume 1. In S. G. Hofmann (Series Ed.), *The Wiley handbook of cognitive-behavioral therapy*. Oxford: Wiley-Blackwell.
- Feldman, C., & Kuyken, W. (2019). *Mindfulness: Ancient wisdom meets modern psychology*. New York: Guilford Press.
- Greenberg, L. S. (2011). *Emotion-focused therapy*. Washington, DC: American Psychological Association.
- Hayes, S. C., & Lillis, J. (2012). *Acceptance and Commitment Therapy*. Washington, DC: American Psychological Association.
- Klerman, G. L., Weissman, M. M., Rounsaville, B. J., & Chevron, E. S. (1984). *Interpersonal psychotherapy of depression*. New York: Basic Books.
- Lambert, M. J. (Ed.). (2013). *Bergin and Garfield's handbook of psychotherapy and behavior change* (6th ed.). New York: Wiley.
- Lemma, A., Target, M., & Fonagy, P. (2011). *Brief dynamic interpersonal therapy: A clinician's guide*. New York: Oxford University Press.
- Martell, C. R., Dimidjian, S., & Herman-Dunn, R. (2010). *Behavioral activation for depression: A clinician's guide*. New York: Guilford Press.
- Nezu, A. M., Nezu, C. M., & D'Zurilla, T. J. (2013). *Problem-solving therapy: A treatment manual*. New York: Springer.

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- Prochaska, J. O., & Norcross, J. C. (2013). *Systems of psychotherapy: A transtheoretical analysis* (9th ed.). Pacific Grove: Brooks/Cole.
- Rief, W. (Ed.). (2014). Specific Disorders. Volume 2. In S. G. Hofmann (Series Ed.), *The Wiley handbook of cognitive-behavioral therapy*. Oxford: Wiley-Blackwell.
- Roemer, L., & Orsillo, S. M. (2009). *Mindfulness- and acceptance-based behavioural therapies in practice*. New York: Guilford Press.
- Segal, Z. V., Williams, J. M. G., & Teasdale, J. D. (2013). *Mindfulness-based cognitive therapy for depression* (2nd ed.). New York: Guilford Press.
- Smits, J. A. (Ed.). (2014). Specific Disorders. Volume III. In S. G. Hofmann (Series Ed.), *The Wiley handbook of cognitive-behavioral therapy*. Oxford: Wiley-Blackwell.
- Stosahl, K., Robinson, P., & Gustavsson, T. (2012). *Brief interventions for radical change: Principles and practice of focused acceptance and commitment therapy*. Oakland, CA: New Harbinger.

Other Resources

Journals

In addition to theory and research in various journals which deal with psychopathology and other behavioral and emotional problems (e.g., *Journal of Abnormal Psychology*, *Journal of Consulting and Clinical Psychology*, *Psychological Assessment*, *Clinical Psychology Review*), are several journals that specialize in cognitive and behaviour therapy (e.g., *Journal of Behavior Therapy and Experimental Psychiatry*, *Journal of Rational-Emotive and Cognitive-Behavior Therapy*, *Behaviour Research and Therapy*, *Behavior Therapy*, *Behavior Modification*, *Behavioral Assessment*, *Journal of Applied Behavior Analysis*, *Cognitive Therapy and Research*, *Cognitive and Behavioral*, and *International Journal of Cognitive Therapy*). Also available is the *Journal of Psychotherapy Integration*, published by the Society for the Exploration of Psychotherapy Integration and devoted to theoretical and empirical articles on different therapy orientations.

Evidence-Based Practice

A number of resources related to evidence-based practice can be found at the following website: <https://mcgill.ca/psy/evidence-based-practice>

Other Psychotherapy Internet Resources

The Beck Institute: www.beckinstitute.org

The International Association for Cognitive Psychotherapy: www.the-iacp.com

Association for Behavior and Cognitive Therapies (ABCT): www.abct.org/home/

Academy of Cognitive Therapy: www.academyofct.org

Psychotherapy.net: www.psychotherapy.net/home

4.0 EVALUATION

In addition to reading and participating in class discussions, demonstrations, and exercises, you will be required to do the following:

1) *Term Paper* (40%)

You are to write a term paper of 12-15 pages in length, excluding references. Please conform to APA (2009; 6th edition) format.

For the paper, there are at least three possible options:

1) *Comparative Treatment Analysis*. Provide a critical comparison of two or more types of treatment for the same disorder. This may or may not be a disorder and/or form of treatment presented in the course, and you can include treatments that do not currently have empirical support. Identify the ways in which the treatments are similar (common factors) and the ways in which they differ, both at a conceptual level and in practice. *Briefly* summarize the research support for the efficacy of each treatment and any relevant psychotherapy process research that illuminates its mode of action.

2) *Review Paper*. Provide an in-depth critical review of the research literature on the efficacy of one specific treatment protocol or approach to a specific disorder. This should follow the format of a *Psychological Bulletin* or *Clinical Psychology Review* article. Again, you need not limit yourself to interventions discussed in the course. The review should address any conceptual and methodological limitations of the existing literature.

3) *Theoretical Paper*. Provide an in-depth analysis of a theoretically-driven topic, drawing on data to support your arguments or points. Example topics include whether or not the results of randomized controlled trials can be generalized to typical clinical settings, whether “common factors” across forms of psychotherapy are more powerful than specific interventions, or whether a credible “psychotherapy placebo” could be developed for clinical research. These are just examples, and I am open to many possible ideas.

The objective of the term paper is to broaden and deepen your knowledge in a particular system of psychotherapy or issue pertinent to its evaluation or use. Essays are due one week after the last day of classes.

2) *Presentation* (35%)

You will also be responsible for delivering a presentation (1 hour) on one of the assigned topics. Your presentation should review critically the theoretical underpinnings, therapeutic approaches and empirical literature on a particular treatment strategy. Your grade for this assignment will be based on the clarity, organization and interest generated from the presentation; style of presentation; appropriateness and relevance of the research reviewed; depth of understanding of the empirical literature, a discussion of the implications and future directions; and, the degree of critical thinking demonstrated. Please send your Power Point slides to me by email after your presentation. Topic areas and dates of presentations will be assigned at the beginning of the course.

It is important that your presentations provide a comprehensive and up-to-date critical review of empirical literature pertaining to a particular treatment approach.

3) Thought Papers (15%)

You will submit 6 thought papers over the course of the semester. Each thought piece will be **maximum** 1 page and **maximum** 500 words. Additional pages and/or words will not be read or graded. On the other hand, shorter pieces are welcome. Each thought piece should discuss a single idea taken from a given week's readings and must be submitted at the beginning of the class in which the material covered is being discussed.

The purpose of the thought pieces is to encourage critical reflection on the course material. Having prepared in advance should also facilitate class discussion. One should take as a starting point a single issue, observation, controversy, reaction, etc., that comes from the readings. There is no specified form or style that must be used, personal pronouns are permissible (even encouraged), and citations are not necessary provided that sources are clear. Personal observations about the link between the material, one's own presuppositions, emerging clinical experience, and/or development of identity as a clinician are welcome. External sources may be used if they are already familiar to you, but time should *not* be spent consulting additional materials. Although the form of presentation is flexible, submissions should be free of spelling and grammar errors; style will not be graded directly, but good style always helps one to convey ideas more clearly.

Five of the thought papers must stem from one of the topics covered in the class. The sixth thought paper will address the following questions: Which psychotherapeutic approach resonates with you most both in terms of a match with your personality style and the empirical evidence? Which therapeutic approach would you be least likely to use in practice? Why?

4) Class participation (10%)

In addition to the aforementioned requirements, you will also receive a mark for class participation. This mark will be based on your showing up for class, demonstrating that you have read the material consistently and are able to take part in discussion, your involvement in classroom demonstrations, and your input on the films.



Assignment	Percentage	Due Date
Term Paper	40%	December 10, 2019
Presentation	35%	To be scheduled
Thought Papers	15%	Five to be scheduled (6 th due on December 3, 2019)
Class participation	10%	Ongoing

5.0 TOPICS AND SCHEDULE

Topic	Date
Introduction to Systems of Psychotherapy and their Evaluation	September 10, 2019
Assessment-Treatment Link and Case Conceptualization	September 17, 2019
Psychodynamic Therapy (including Brief Dynamic Psychotherapies)	September 24, 2019
Client-centered Therapy and Existential Psychotherapy	October 1, 2019
Experiential Therapies (Gestalt therapy and Emotion-Focused Therapy)	October 8, 2019
Behavior Therapy	October 15, 2019
Cognitive Therapy	October 22, 2019
Rational Emotive Behaviour Therapy and other CBTs	October 29, 2019
Interpersonal Psychotherapy	November 5, 2019
Motivational Interviewing	November 12, 2019
Acceptance and Commitment Therapy	November 19, 2019
Mindfulness-Based Cognitive Therapy	November 26, 2019
Psychotherapy Integration	December 3, 2019

The Structure of Class Time

The structure of our class time will typically be divided into two sections. First there will be a presentation lasting 1 hour. Following this presentation, I will lead discussion and supplement the material presented. Following this, we will either watch and discuss a film on one of the psychotherapeutic approaches or practice some of the psychotherapy skills that bear on a particular approach. I will take the lead for the first two weeks. After this, we will begin presentations. A schedule of class presentations and films/intervention skills are appended to the course outline.

Class Videos:

A variety of different videos will be shown in class throughout the semester in order to illustrate the application of various therapeutic approaches. These videos are an integral part of the course. When watching the videos, try to keep the following questions in mind:

1. What was the therapist trying to accomplish? What were the therapist's goals?
2. How was the therapist trying to accomplish the goals (in #1 above)?
3. What was the theoretical basis for what the therapist was doing? Do you think the theory was applied skillfully?
4. Do you think the therapy was helpful to the person? If so, what about it was helpful? If not, why do you think it wasn't?
5. Was the therapy ethical (why or why not)?
6. If you were looking for a therapist, would you consider going to the one in the video (why or why not)?

6.0 COURSE READINGS

Introduction to Systems of Psychotherapy and their Evaluation

Dumont, F. (2019). Introduction to 21st-century psychotherapy. In R. J. Corsini & D. Wedding (Eds.), *Current Psychotherapies* (11th ed., pp. 1-19). Boston, MA: Cengage.

Tasca, G. A., Angus, L., Bonli, R., Drapeau, M., Fitzpatrick, M., Hunsley, J., & Knoll, M. (2019). Outcome and progress monitoring in psychotherapy: Report of a Canadian Psychological Association Task Force. *Canadian Psychology* (online first, June 13, 2019).

Weissman, M., & Cuijpers, P. (2017). Psychotherapy over the last four decades. *Harvard Review of Psychiatry*, 25, 155-158.

Assessment-Treatment Link and Case Conceptualization

Christon, L. M., McLeod, B. D., & Jensen-Doss, A. (2015). Evidence-based assessment meets evidence-based treatment: An approach to science-informed case conceptualization. *Cognitive and Behavioral Practice*, 22, 36-48.

Persons, J. B., Brown, C. L., & Diamond, A. (2019). Case formulation-driven cognitive behaviour therapy. In K. S. Dobson & D. J. A. Dozois (Eds.), *Handbook of cognitive-behavioral therapies* (4th ed., pp. 145-168). New York: Guilford Press.

Psychodynamic Therapy (including Brief Dynamic Psychotherapies)

Safran, J. D., Kriss, A., & Foley, V. K. (2019). Psychodynamic psychotherapies. In R. J. Corsini & D. Wedding (Eds.), *Current Psychotherapies* (11th ed., pp. 21-57). Boston, MA: Cengage.

Steinert, C., Munder, T., Rabung, S., Hoyer, J., & Leichsenring, F. (2017). Psychodynamic

therapy: As efficacious as other empirically supported treatments? A meta-analysis testing equivalence of outcomes. *American Journal of Psychiatry*, 174, 943-953.

Client-centered Therapy and Existential Psychotherapy

Raskin, N. J., Rogers, C. R., & Witty, M. C. (2019). Client-centered therapy. In R. J. Corsini & D. Wedding (Eds.), *Current Psychotherapies* (11th ed., pp. 101-156). Boston, MA: Cengage.

Yalom, I. D., & Josselson, R. (2014). Existential psychotherapy. In R. J. Corsini & D. Wedding (Eds.), *Current Psychotherapies* (11th ed., pp. 273-308). Boston, MA: Cengage.

Experiential Therapies (Gestalt therapy and Emotion-Focused Therapy)

Mullings, B. (2017). A Literature review of the evidence for the effectiveness of experiential psychotherapies. Melbourne: PACFA.

Yontef, G., Jacobs, L., & Bowman, C. (2019). Gestalt therapy. In R. J. Corsini & D. Wedding (Eds.), *Current Psychotherapies* (11th ed., pp. 309-348). Boston, MA: Cengage.

Behavior Therapy

Antony, M. M. (2019). Behavior therapy. In R. J. Corsini & D. Wedding (Eds.), *Current Psychotherapies* (11th ed., pp. 199-236). Boston, MA: Cengage.

Dimidjian, S., Martell, C. R., Herman-Dunn, R., & Hubble, S. (2014). Behavioral activation for depression. In D. H. Barlow (Ed.), *Clinical handbook of psychological disorders* (5th ed., pp. 353-393). New York: Guilford Press.

Vorstenbosch, V., Newman, L., & Antony, M. M. (2014). Exposure techniques. In D. J. A. Dozois (Ed.), CBT: General Strategies. Volume 1. In S. G. Hofmann (Series Ed.), *The Wiley handbook of cognitive-behavioral therapy* (pp. 45-65). Oxford: Wiley-Blackwell.

Cognitive Therapy

Beck, A. T., & Dozois, D. J. A. (2014). Cognitive theory and therapy: Past, present and future. In S. Bloch, S. A. Green, & J. Holmes (Eds.), *Psychiatry – past, present and prospect* (pp. 366-382). Oxford, England: Oxford University Press.

Beck, A. T., & Weishaar, M. E. (2019). Cognitive therapy. In R. J. Corsini & D. Wedding (Eds.), *Current Psychotherapies* (11th ed., pp. 237-272). Boston, MA: Cengage.

Rational Emotive Behaviour Therapy (and other CBTs)

Dozois, D. J. A., Dobson, K. S., & Rnic, K. (2019). Historical and philosophical bases of the

cognitive-behavioral therapies. In K. S. Dobson & D. J. A. Dozois (Eds.), *Handbook of cognitive-behavioral therapies* (4th ed., 1-31). New York: Guilford Press.

Ellis, A., & Ellis, D. J. (2019). Rational emotive behavior therapy. In R. J. Corsini & D. Wedding (Eds.), *Current Psychotherapies* (11th ed., pp. 157-1-98). Boston, MA: Cengage.

Interpersonal Psychotherapy

Bleiberg, K. L., & Markowitz, J. C. (2014). Interpersonal psychotherapy for depression. In D. H. Barlow (Ed.), *Clinical handbook of psychological disorders* (5th ed., pp. 332-352). New York: Guilford.

Verdeli, H., & Weissman, M. M. (2019). Interpersonal psychotherapy. In R. J. Corsini & D. Wedding (Eds.), *Current Psychotherapies* (11th ed., pp. 349-390). Boston, MA: Cengage.

Motivational Interviewing

Miller, W. R., & Rollnick, S. (2013). *Motivational interviewing: Helping people change* (3rd ed.). New York: Guilford.

- Chapter 2: The spirit of motivational interviewing (pp. 14-24).
- Chapter 3: The method of motivational interviewing (pp. 25-36).

Westra, H. A. (2014). Using motivational interviewing to manage resistance. In D. J. A. Dozois (Ed.), CBT: General Strategies. Volume 1. In S. G. Hofmann (Series Ed.), *The Wiley handbook of cognitive-behavioral therapy* (pp. 331-352). Oxford: Wiley-Blackwell.

Acceptance and Commitment Therapy

Herbert, J. D., & Forman, E. M. (2014). Mindfulness and acceptance techniques. In D. J. A. Dozois (Ed.), CBT: General Strategies. Volume 1. In S. G. Hofmann (Series Ed.), *The Wiley handbook of cognitive-behavioral therapy* (pp. 131-156). Oxford: Wiley-Blackwell.

Mindfulness-Based Cognitive Therapy

Alsubaie, M., Abbott, R., Dunn, B., Dickens, C., Keil, T. F., et al. (2017). Mechanisms of action in mindfulness-based cognitive therapy (MBCT) and mindfulness-based stress reduction (MBSR) in people with physical and/or psychological conditions: A systematic review. *Clinical Psychology Review*, 55, 74-91.

Fruzzetti, A. E., McLean, C., & Erikson, K. M. (2019). Mindfulness and acceptance interventions. In K. S. Dobson & D. J. A. Dozois (Eds.), *Handbook of cognitive-behavioral therapies* (4th ed., 271-296). New York: Guilford Press.

Psychotherapy Integration

Norcross, J. C., & Beutler, L. E. (2019). Integrative psychotherapies. In R. J. Corsini & D. Wedding (Eds.), *Current Psychotherapies* (11th ed., pp. 527-560). Boston, MA: Cengage.

Norcross, J. C., & Beutler, L. E., & Goldfried, M. R. (2019). Cognitive-behavioral therapy and psychotherapy integration. In K. S. Dobson & D. J. A. Dozois (Eds.), *Handbook of cognitive-behavioral therapies* (4th ed., 318-345). New York: Guilford Press.

TOPICS & PRESENTERS

Topic	Presenter	Last 1-2 Hours (David)	Date
Introduction to Systems of Psychotherapy and their Evaluation	David	Discussion	September 10, 2019
Assessment-Treatment Link and Case Conceptualization	David	Film: Christine Padesky, Case-Conceptualization; Exercises	September 17, 2019
Psychodynamic Therapy (including Brief Dynamic Psychotherapies)		Film: Hanna Levenson, Time-Limited Dynamic Psychotherapy & Discussion and/or Film: Donald Freedheim, Short-Term Dynamic Therapy & Discussion	September 24, 2019
Client-Centered Therapy		Film: Nathaniel J. Raskin, Client-Centered Therapy & Discussion	October 1, 2019
Experiential Therapies (Gestalt therapy and Emotion-Focused Therapy)		Les Greenberg, Emotion-Focused Therapy & Discussion	October 8, 2019
Behavior Therapy		Practice of Behavioral Activation and Exposure Strategies	October 22, 2019
Cognitive Therapy		Film: Judith Beck, Cognitive Therapy & Discussion	October 29, 2019
Rational Emotive Behaviour Therapy		Practice of Cognitive Therapy techniques	November 5, 2019

Interpersonal Psychotherapy	Film: Gregory Hinrichsen, Interpersonal Psychotherapy for Older Adults with Depression	November 12, 2019
Motivational Interviewing	Motivational Interviewing Exercises	November 19, 2019
Acceptance and Commitment Therapy	Film: Steven Hayes, Acceptance and Commitment Therapy & Discussion	November 26, 2019
Mindfulness-Based Cognitive Therapy	Film: Zindel Segal, Mindfulness-Based CT for Depression; Exercises & Discussion	December 3, 2019
Psychotherapy Integration	Discussion and Wrap Up	December 10, 2019