Brandeis University
Department of Psychology
Spring, 2015

PSYCHOLOGY 167b
Schools of Psychotherapy

Instructor: Dr. Raymond Knight
Office: Brown 322
Office Hours: Tuesday 7:30 AM - 8:30 AM; Thursday 8:30 AM - 9:30 AM

Teaching Fellow: Franklyn Graham
Office: Brown 16
Office Hours: Wednesday 3:30 PM - 5:00 PM

TOPICS:

I. Introduction (January 13 - 20)
   - Wedding & Corsini, Chapter 1
   - Dezetter, Briffault, Lakhdar, & Kovess-Masfety, 2013
   - Norcross & Rogan (2014)
   - Strupp (1973)
   - Westamacott & Hunsley (2010)

II. Psychoanalysis and Its Variations (January 22 - February 7)
   A. Freud:
      - Wedding & Corsini, Chapter 2
      - Freud (1905, 1910, 1913, 1914, 1915, 1937)
      - Schut et al. (2005)
      - Shedler (2010)
   B. The Ego Analysts:
      - Ford & Urban (1963), Chapter 6
   C. Sullivan:
      - Ford & Urban (1963), Chapter 14
      - Green (1964) (book)

III. Learning Theory and Behavior Modification (February 10 – March 5)
   A. General Introduction:
      - Wedding & Corsini, Chapter 6 B.
      - Dollard and Miller:
         - Dollard & Miller (1950), Part V of book—“The new conditions of therapeutic learning”
C. Wolpe - Systematic Desensitization: Tryon (2005)

D. Operant Conditioning and Modeling:
   Gendreau, Listwan, Kuhns, & Exum (2014)
   Kourassanis, Jones, & Frieup (in press)

E. Implosive Therapy:
   Shipley (1979)

F. Multimodal Therapy:
   Wedding & Corsini, Chapter 11

   Levine & Fasnacht (1974)

**MIDTERM - March 10**

IV. **Perceptual-Phenomenological Approaches** (March 12 - 17)
   Wedding & Corsini, Chapter 4 of textbook
   Freire, Elliott, & Westwell (2014)

V. **Existential and Gestalt Approaches** (March 19 - 24)
   Wedding & Corsini, Chapters 8 & 9
   Paivio & Greenberg (1995)
   Schneider & Krug (2010)

VI. **Cognitive Approaches** (March 26 - April 2)
   Wedding & Corsini, Chapters 5 & 7
   Baardseth et al. (2013)
   McCraken & Vowles (2014)
   Siev & Chambless (2007)

VII. **Mindfulness** (April 14)
   Wedding & Corsini, Chapter 12
   Davis & Hayes (2011)

VIII. **Some Special Issues in Psychotherapy Research** (April 16)
   Goldfried, Raue, & Castonguay (1998)
   Hunsley (2007)
   Lambert & Barley (2002)
Levitt (2014)
Lilienfeld (2007)
Munder, Brütsch, Leonhart, Gerger, & Barth (2013)
Poston & Hanson (2010)

IX. Summary and Conclusions (April 21 – April 23)

Wedding & Corsini, Chapter 15
Goldfried, Castonguay, & Safran (2003)
Norcross, Pfund, & Prochaska (2013)
Paris (2013)

FILMS:

February 26 "Broad Spectrum Behavior in a Group." Arnold Lazarus
March 3 "Three Approaches to Psychotherapy: Multimodal Behavior Therapy"
March 17 "Three Approaches to Psychotherapy: Carl Rogers."
March 24 "Three Approaches: Fritz Perls"
April 2 "Three Approaches: Albert Ellis"

TAPES:

During the semester there will be several extra, optional sessions from 7-9 p.m. These sessions will involve either playing and discussing various taped therapy sessions or discussing specific course related topics. Below are listed the topics of the evening sessions that will be held this year. The day for these sessions will be determined by a survey of the most accessible evening for students.

Week of:

Feb. 1 Ego Analyst (Tape of "middle" session)
Feb. 8 Discussion: Sullivanian Psychotherapy in I never promised you a rose garden.
Feb. 22 Demonstration: relaxation and implosion--place to be announced
March 1 Wolpe (Systematic desensitization tape)
March 8 Questions about midterm (review or going over test)
March 15 Johnson and Rogers ("Young man" tape)
March 22 Pearls (dream analysis tape)
March 29 Ellis (various clients' tapes)
April 12 Jourard (existential quest - discussion of the comparison of various practices)
April 19 Meichenbaum videotape
April 26 Discussion: Research issues and the relation between various systems of psychotherapy. Questions and answers for final.

Although the sessions listed on the prior page are optional, listening to the various tapes to be played in these sessions will help you on the final exam. If you cannot attend the sessions, the next best thing is to read the sessions, which will be posted in the course materials section concomitant with presentations of tapes in the extra sessions.

REQUIRED TEXT:


CHAPTERS ON LATTE:


PURCHASE ON AMAZON
Green, H. (1964). *I never promised you a rose garden*. New York: The New American Library, Inc. (You can purchase a paperback version on Amazon for $.01, so it is not on reserve. For slightly more, you can get it on your Kindle, Nook, or Ipad.)

**REQUIRED READINGS (articles on LATTE)**


**GOALS OF THE COURSE**

1. Demystification of the psychotherapy process.
2. Elucidation of the therapist’s underlying assumptions about personality, philosophy, the nature of man, etc.
3. Development of a critical attitude toward psychotherapy without losing sight of its complexity.
4. Sharing the excitement of a burgeoning field, whose current foci are *empiricism, innovation, and evaluation*.
5. An appreciation of the social and political context in which psychotherapy occurs.

**COURSE REQUIREMENTS:**

*Note:*
If you are a student with a documented disability on record at Brandeis University and wish to have reasonable accommodation made for you in this class, please see me immediately.

Also, you are expected to be honest in all of your academic work. The University policy on academic honesty is distributed annually as section 5 of the Rights and Responsibilities Handbook. Instances of alleged dishonesty will be forwarded to the Office of Campus Life for possible referral to the Student Judicial System. Potential sanctions include failure in the course and suspension from the University. If you have any questions about my expectations, please ask.

Exams:

There will be two exams (Multiple Choice and short essay in form). The first will be on Tuesday, March 10 -- an hour and a half exam. The second and final exam will be during finals week, on Monday, May 4 at 6:00 PM.

Paper:

1. You have an extra credit option to write a paper, which is a critical review of an area of research in psychotherapy or behavior modification.

2. This paper should be an in-depth review of a limited topic rather than a surface survey of a broad topic. Secondary sources will be helpful for finding topics and giving you an overview. The paper itself, however, should be based primarily on primary-sources and should thoroughly review the most recent empirical literature on the chosen topic.

3. Look for the most recent research you can find. Woe be it unto anyone whose most recent reference is before 2000. Try to focus on the most current work.

4. Papers will be graded according to the following criteria:

GRADE

A Paper reflects an understanding of the material. It presents a thorough, organized, critical analysis and creative integration of the relevant data, relating it to our knowledge of psychological processes in psychotherapy and/or to our knowledge of personality and psychopathology.

B Paper reviews the material well and makes some attempt to analyze, criticize, and interpret the data.

C Paper reviews the material adequately, but does not adequately integrate the data or present and cogently defend an integrated conclusion from the data reviewed.
D Paper reviews the material inadequately, but the individual has demonstrated some learning.

E The individual demonstrates that she/he has learned little in the course.

5. Mechanics

(a) Length: Paper should be between 10 and 20 pages, double space, and the smallest print you should use is 12 point Times. This corresponds to the smallest print size allowed by the government for grant submissions. Absolutely nothing will be read past these limits. References are not counted in the page count.

(b) Margins on the pages should be 1 inch on all sides (top/bottom, left/right).

(c) All papers must be typed double space (1-1/2 spacing will be returned unread) on bond (not onionskin) paper. You can submit the paper electronically to knight2@brandeis.edu if you prefer not to hand in a printed version.

(d) Follow the guidelines of the American Psychological Association for the form and style of the paper, most importantly following its procedures for citing references.

(e) Please do not put papers in folders. Staples do an adequate job.

(f) Put a title at top of first page--do not put your name on the first page. The title page does not count as one of pages in the required page count.

(g) Make a complete title page with your name and put it at the end of the paper (after the references).

6. If you plan to take advantage of this extra credit option, the paper can count for 30% of your final grade (midterm = 30% and final = 40%). If you decide not to do a paper the midterm will count for 40% and the final will count for 60%. You should start thinking about your paper early in the semester, and come to talk with me or with the teaching assistant about your topic, so we can give you some guidance.

7. The optional paper is due no later than Tuesday, April 28. If I do not have a paper by this date, I will automatically assume that you have chosen the no-paper option.