



INTRODUCTION TO PSYCHOTHERAPY

Credit points	3 CP		
Study course annotation	The study course acquaints students with the essence and historical development of psychotherapy, gives an idea of the main directions of psychotherapy and their founders, the classification of modern methods of psychotherapy, the content of types of psychotherapy, practical techniques, means and possibilities of their application. The mastery of the course will help students navigate the basic concepts of psychotherapy, the main directions and methods, the laws of psychotherapy, to understand and compare various methods and types of psychotherapy.		
Aim of the study course	To acquaint students with the main areas of psychotherapy and the principles of their action, to realize the possibilities of using appropriate methods and techniques in the professional work of a psychologist.		
Objectives of the course	<ul style="list-style-type: none"> • To acquaint with the main directions and a variety of methods of psychotherapy. • To discuss modern methods and types of psychotherapy and their features. • To promote understanding of the psychotherapeutic process, indications and contraindications for the use of psychotherapy. • Analyze personality problems and choose the appropriate method • of psychotherapy within the professional competence of a psychologist. 		
Study course results	Knowledge	Skills	Competences
	<ul style="list-style-type: none"> • Understanding the essence of psychotherapy and its medical and psychological specifics • Knowledge of the basic concepts and laws of psychotherapy • Knowledge of the history and current state of psychotherapy. • Understanding of the main directions, methods, types and techniques of psychotherapy. • Understanding the nature and content of the psychotherapeutic consultative process. • Understanding the ethical principles of a psychotherapist. 	<ul style="list-style-type: none"> • Ability to operate with the basic concepts of psychotherapy. • Ability to navigate in the directions and methods of psychotherapy. • Ability to assess the possibilities of applying directions, methods and types of psychotherapy in accordance with personality problems. • Ability to evaluate indications and contraindications for the use of psychotherapy. • Ability to recognize and adhere to the principles of professional ethics. 	<ul style="list-style-type: none"> • Ability to form an open and positive attitude to various areas of psychotherapy. • Ability to compare different methods of psychotherapy and to realize their possibilities of their application. • The ability to identify personality problems in order to provide them with information to solve psychological problems. • The ability to assess the boundaries of the professional competence of a psychologist in working with various methods and techniques of psychotherapy.
Study course content	Topics		
	1	The concept, subject, object and objectives of psychotherapy. Methods of psychotherapy and their classification.	
	2	Models of psychotherapy. Medical and psychological models of psychotherapy.	
	3	The history of the development of psychotherapy. Pre-scientific and scientific stages of development of psychotherapy.	
4	The main directions of psychotherapy. Psychodynamic psychotherapy. Psychoanalysis of Z. Freud. Psychodynamic processes of personality: the occurrence		



		of intrapsychic conflict, transfer, protective mechanisms, resistance.
	5	Varieties of psychoanalysis. The individual psychology of A. Adler, the analytical psychology of K. G. Jung, egopsychology, neo-Freudianism.
	6	Behavioral / behavioral psychotherapy. Theories of behaviorism and models of psychotherapy.
	7	Cognitive psychotherapy. Cognitive Psychotherapy A. Beck. Rational-emotive therapy A. Ellis.
	8	Phenomenological / existentially-humanistic psychotherapy. The humanistic theory of A. Maslov. The approach of C. Roger. Gestalt therapy F. Perls.
	9	Psychotherapeutic counseling, its structure and stages. Establishing contact. Statement of problem and division of responsibility.
	10	Principles of organization of psychotherapeutic consultation. The position of the therapist in counseling.
	11	Personality of the psychotherapist. The ethical principles of a psychotherapist.
	12	Types of psychotherapy: individual, group, family.
	13	Basic methods and techniques of psychotherapy.
	14	Alternative types of psychotherapy. Modern methods of psychotherapy.
Form of assessment:	Exam	
Obligatory literature:		
<ol style="list-style-type: none"> 1. Bite, Ieva & Kristine, Martinsone & Sudraba, Velga. (2016) Konsultēšanas un psihoterapijas teorija un prakse. Rīga: Zvaigzne ABC 2. Bateman, A., Brown, D., Pedder, J. (2000). Introduction to Psychotherapy: An Outline of Psychodynamic Principles and Practice. Routledge, 265 p. 3. Cottone, R.R. (2017). Theories of Counseling and Psychotherapy: Individual and Relational Approaches. New York, NY: Springer Publishing Company. 4. Corey, G. (2013). Theory and Practice of Counseling and Psychotherapy. Belmont, California: Wadsworth Publishing. https://perpus.univpancasila.ac.id/repository/EBUPT190498.pdf 5. Gabbard G.O., Beck J. S., Holmes J. (eds) (2005). Oxford Textbook of Psychotherapy. Oxford: Oxford University Press. 6. Lister-Ford, C. (2012). A Short Introduction to Psychotherapy. Sage Publications Ltd., 168 p. 7. Wampold, B.E. (2010). The Basics of Psychotherapy: An Introduction to Theory and Practice. Amazon Kindle, 148 p. 		
Further reading list:		
<ol style="list-style-type: none"> 1. Beck, J.S. (2011). Cognitive Behavior Therapy: Basics and Beyond. 2nd ed. New York: Guilford. 2. Brewer, D. (2016). Psychotherapy: Methods, Outcomes and Future Directions. New York :Nova Science Publishers, Inc. 3. Brummers M., Enckells H. (2011). Bērnu un jauniešu psihoterapija. Rīga: Jumava. 4. Norcross J.C., Goldfried M.R. (eds) (2005). Handbook of Psychotherapy Integration. Oxford: Oxford University Press. 5. Cheri L. Marmarosh (2021) Ruptures and Repairs in Group Psychotherapy: From Theory to Practice, International Journal of Group Psychotherapy, 71:2, 205-223, DOI:10.1080/00207284.2020.1855893 6. Makover, R.B.(Ed.) (2017). Basics of Psychotherapy: A Practical Guide to Improving Clinical Success. First edition. Arlington, Virginia: American Psychiatric Association Publishing. 7. Rutan, J Scott. (2022). Reasons for Suggesting Group Psychotherapy to Patients. 10.1176/appi.psychotherapy.20200032). 8. Stricker G. (2010) Psychotherapy Integration. Washington, DC: APA 9. Куттер, П. (2008). Современный психоанализ. Б.С.Г-Пресс. 		



Other sources of information (electronic journals):

1. <http://biblio.bsa.edu.lv>
2. EBSCO <http://search.ebscohost.com>
3. Journal of Behavioural and Cognitive Psychotherapy
4. Journal of Consulting and Clinical Psychology
5. Journal of Psychoanalysis and Psychotherapy
6. Journal of Psychology and Psychotherapy-Theory Research and Practice
7. Journal of Psychotherapy Research

Changes and additions to the program and literature list are possible during the study process