



Faculty of Arts and Social Sciences  
Psychology

## Syllabus

### Psychodynamic psychotherapy I

**Course Code:** PSAP71

**Course Title:** Psychodynamic psychotherapy I  
*Psykodynamisk psykoterapi I*

**Credits:** 17

**Degree Level:** Master's level

**Progressive Specialisation:** Second cycle, has only first-cycle course/s as entry requirements (A1N)

**Major Field of Study:**

PSA (Psychology)

**Course Approval**

The syllabus was approved by the Faculty of Arts and Social Sciences 2018-03-08, and is valid from the Autumn semester 2018 at Karlstad University.

**Prerequisites**

150 ECTS credits completed for the Psychologist Programme (VAPSY) at Karlstad University

**Learning Outcomes**

Upon completion of the course, students should be able to:

- give an account of and discuss psychodynamic concepts and theories,
- give an account of and discuss framework factors and their importance in the therapeutic process,
- give an account of and discuss psychodynamic assessment of personality and mental disorders,
- conduct patient interviews, assess psychotherapy under supervision and give arguments for the assessment,
- translate the supervisor's comments into psychotherapeutic action, and
- describe and reflect on the interaction between psychotherapist and client from a client perspective.

**Content**

Psychotherapy training in the psychodynamic tradition is a process in which theory, psychotherapy practice under supervision, and the experience of undergoing psychotherapy are integrated. The course comprises the main features of psychodynamic theory, including a historical perspective and psychodynamic development psychology. Psychodynamic concepts such as mentalization, defence mechanisms, drive theory, and anxiety theory are treated. Students read and discuss source texts by prominent figures and articles by current clinical psychotherapy practitioners.

A further course component is the clinical interview, involving diagnosis and assessment before psychotherapy. Students meet their first client and discuss their assessment in supervision. Psychotherapy under supervision is included in the course. All instruction is in the form of examination seminars, supervision and client therapy.

Personal therapy, aiming to enhance students' self-reflection and professional competence, is part of the course. Students are expected to establish and commence the programme required therapy.

### **Reading List**

See separate document.

### **Examination**

Assessment is based on written exams, hand-in assignments, as well as active participation in mandatory seminars, supervision and personal therapy.

Psychotherapeutic practice under supervision is also assessed on the basis of the supervisor's assessment. The number of examination opportunities for the component of psychotherapeutic practice under supervision is limited to two, that is, the scheduled examination and a re-take.

### **Grades**

One of the grades Distinction (VG), Pass (G), or Fail (U) is awarded in the examination of the course.

### **Quality Assurance**

Follow-up relating to learning conditions and goal-fulfilment takes place both during and upon completion of the course in order to ensure continuous improvement. Course evaluation is partly based on student views and experiences obtained in accordance with current regulations and partly on other data and documentation. Students will be informed of the result of the evaluation and of any measures to be taken.

### **Course Certificate**

A course certificate will be provided upon request.

### **Additional information**

The local regulations for studies at the Bachelor and Master levels at Karlstad University stipulate the obligations and rights of students and staff.