



Faculty of Arts and Social Sciences  
Psychology

## Syllabus

### Psychodynamic psychotherapy II

**Course Code:** PSAP81

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

**Credits:** 17

**Degree Level:** Master's level

**Progressive Specialisation:** Second cycle, has second-cycle course/s as entry requirements (A1F)

#### Major Field of Study:

PSA (Psychology)

#### Course Approval

The syllabus was approved by the Faculty of Arts and Social Sciences 2018-09-07, and is valid from the Spring semester 2019 at Karlstad University.

#### Prerequisites

MSc programme in psychology (VAPSY at Karlstad University: 180 ECTS credits completed

#### Learning Outcomes

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

- give an account of and discuss in-depth concepts and theories,
- give an account of and discuss the meaning of central concepts relating to the therapeutic process,
- give an account of and discuss variants of psychodynamic psychotherapy,
- conduct patient interviews, make a psychotherapeutic assessment and give arguments for the assessment,
- conduct a psychodynamic short-term therapy under supervision,
- integrate the supervisor's reflections in their own psychotherapy assessment and practice, and
- describe and reflect on the psychotherapeutic process from a client perspective.

#### Content

Psychotherapy training in the psychodynamic tradition is a process in which theory, the student's own therapy practice under supervision and experience of undergoing therapy are integrated. The course offers in-depth knowledge of psychodynamic theory with a focus on psychotherapy. Different psychotherapy methods based on the psychodynamic tradition are presented. Central concepts relating to psychodynamic psychotherapy are treated such as alliance, holding/containing, transfer and countertransference are treated. Students study and discuss original texts on central theorists in the field and articles on clinically practising psychotherapists. Students also work with clients under supervision and complete psychotherapy with their first client, conduct clinical interviews and make an assessment for short-term psychotherapy, which they carry out during the semester. All instruction is in the form of examining seminars, supervision and client therapy. The course includes student therapy aiming to help students achieve a deeper ability to self-reflection and professional competence.

Students are requested to undergo and complete training therapy.

**Reading List**

See separate document.

**Examination**

Assessment is based on written exams, hand-in assignments and active participation in mandatory seminars, supervision and training therapy. Psychotherapeutic practice under supervision is also assessed by the supervisor. The number of assessment opportunities of the psychotherapy practice component is limited to two, that is, students who fail to get a Pass grade for their therapy practice can on request be offered one retake opportunity.

**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.