



Faculty of Arts and Social Sciences  
Psychology

# Syllabus

## Psychodynamic psychotherapy III

<b>Course Code:</b>	PSAP91
<b>Course Title:</b>	Psychodynamic psychotherapy III <i>Psykodynamisk psykoterapi III</i>
<b>Credits:</b>	15
<b>Degree Level:</b>	Master's level
<b>Progressive Specialisation:</b>	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 2019-02-18, and is valid from the Autumn semester 2019 at Karlstad University.

### Prerequisites

210 ECTS credits completed in the Psychology Programme (VAPSY) at Karlstad University

### Learning Outcomes

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

- give an account of different psychodynamic psychotherapy alternatives for children, young people, and adults, and reflect upon when each one is preferable,
- give an account of key concepts in mentalisation-based psychotherapy,
- give an account of the current state of knowledge in psychotherapy research,
- make an assessment of suitable therapy alternatives for individual clients,
- conduct psychodynamic therapy under supervision, and adapt it to the individual needs of the client, and

- reflect upon the role of psychotherapist in terms of their own competencies and challenges.

### **Content**

Psychotherapy training in the psychodynamic tradition is a process in which theory, the student's own therapy practice under supervision, and the student's own experience of undergoing therapy are integrated. The course offers in-depth knowledge of psychodynamic psychotherapy. Different psychotherapy methods based on the psychodynamic tradition and adapted to children, young people, and adults are presented. The course includes specialisation in mentalisation-based psychotherapy. Students study and discuss original texts by central theorists in the field and articles by clinically practising psychotherapists. Students also work with clients under supervision. They complete ongoing psychotherapy from previous semesters, if applicable, and conduct short-term therapy if time allows. All instruction is in the form of examining seminars, supervision, and client therapy.

### **Reading List**

See separate document.

### **Examination**

Assessment is based on individual written hand-in assignments and active participation in mandatory seminars and supervision. 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.

A student who, in the examiner's judgement, will fail to obtain a Pass grade on the grounds of grave and unprofessional conduct in relation to therapy or supervision may be required to immediately discontinue psychotherapeutic practice.