

PSK 481

Psychotherapy Approaches

2017 Fall

Course Syllabus



PSK 481 Psychotherapy Approaches

Friday; 09:00 - 11:50

Asist. Prof. Dr. Dilay Eldoğan

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Description of the Course:

Psychotherapy Approaches course offers an introduction to the evidence-based elements of therapy relationships promote positive client outcomes and review of theories of psychotherapy. Major topics include: presentations on theories ranging from psychoanalytic to family systems, and review of research on the efficacy of psychotherapy and significant mechanisms of change. Because time constraints prohibit us from covering all of the more than 400 identified theories, we will survey those that are of historical significance, currently relevant, evidence-based, engaging considerable student interest, and/or commonly considered and covered in most texts on psychotherapy approaches.

Recommended Text:

Prochaska, C. O. & Norcross, J. C. (2013). Systems of Psychotherapy: A Transtheoretical Approach (8th edition). USA: Cengage Learning.

Content of the Course:

Week 1	Defining and Comparing Psychotherapies
Week 2	Psychoanalytic Therapies
Week 3	Psychodynamic Therapies Quiz I
Week 4	Existential Therapies
Week 5	Person Centered Therapies
Week 6	Gestalt and Experiential Therapies Quiz II
Week 7	Interpersonal Therapies
Week 8	Midterm
Week 9	Systemic Therapies
Week 10	Gender Sensitive Therapies Quiz III
Week 11	Behavioral Therapies
Week 12	Cognitive Therapies
Week 13	Third Wave Therapies Quiz IV
Week 14	The Future of Psychotherapy

Evaluation of the Course:

Midterm: 30%; 4 Quizzes (at the beginning of the class): 40%; Final: 30%