

WPA Course: Fundamentals of Psychodynamic Psychotherapy

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Course Description:

This course is designed to review the common factors of psychotherapy that are curative and clinically relevant. The target audience is early to mid-career general psychiatrists as well as psychiatry residents. Its objective is to increase knowledge and competence in the delivery of psychodynamic psychotherapy. Course faculty members are cognizant that psychotherapy training is limited in many low-and-middle-income countries. Therefore, extensive materials review articles, psychometric scales, power point presentations and illustrative video-links will be made available for pre-course review. Faculty members will present principles and practical applications of psychodynamic psychotherapy in general psychiatric practice settings such as inpatient, outpatient, Emergency Room (ER), general hospital Consultation-Liaison (CL), and addiction psychiatry settings. Particular attention will be given to cultural adaptations and optimizing services in high volume clinical settings. Attendees will have opportunities to gain practical, hands-on experience in applying the skills learned through interactive sessions and peer feedback.

Learning Objectives:

At the completion of this course, registrants will be able to:

1. Describe the common factors of psychotherapies, including goal consensus and collaboration, positive regard and affirmation, mastery, congruence, genuineness, empathy, and expression of affect.
2. Identify and define transtheoretical psychodynamic factors, such as the therapeutic alliance, neutrality and active listening, mentalization, regulation of affect, attachment patterns, defense mechanisms, and the impact of childhood adverse events on adult development.
3. Apply supportive and psychodynamic psychotherapy in general psychiatric practice in ER, inpatient, outpatient, CLP and addiction treatment settings.

Pre-Course Readings*:

1. Alfonso CA, Tasman A, Jimenez A, Della C. (2021) Advancing Psychotherapy in Psychiatry. *World Psychiatry*, 20(3)
2. Alfonso, C.A. (2021). An Overview of the Psychodynamics of Addiction. *Psychodynamic Psychiatry*, 49(3)
3. Alfonso, C.A., Downey J. (2021). Future Directions in Psychodynamic Psychiatry, *Psychodynamic Psychiatry*, 49(1), 2-8.

4. Alfonso CA, Michael MC, Detri Elvira S, Zakaria H, Kalayasiri R, Moinalghorabai M, Redayani Lukman P, S'anati M, Duchonova K, Sullivan TB (2018). Innovative educational initiatives to train psychodynamic psychiatrists in underserved areas of the world. *Psychiatric Clinics of North America* 41(2): 305-318
5. Alfonso CA (2011) Understanding the psychodynamics of non-adherence, *Psychiatric Times, May 2011, Volume 28: 22-23*
6. Feinstein R, Heiman N, Yager J. (2015) Common factors affecting psychotherapy outcomes: some implications for teaching psychotherapy. *J Psychiatr Pract* 21(3):180-9
7. Fonagy, P., Target, M. (2009) Theoretical Models of Psychodynamic Psychotherapy, In G. Gabbard, Textbook of Psychotherapeutic Treatments, Washington DC; American Psychiatric Publishing Inc
8. Friedman, RC, Downey, JI, Alfonso, CA (2015) Psychodynamic Psychiatry and Psychoanalysis: Two Different Models, *Psychodynamic Psychiatry*, 43(4):513-521
9. Groves, J. E. (1978). Taking care of the hateful patient. *N Engl J Med*, 298(16), 883-887. doi:10.1056/NEJM197804202981605
10. Horvath, AO, Del Re AC, Flückiger C, Symonds D (2011) Alliance in individual psychotherapy, *Psychotherapy* 48(1):9-16.
11. Jiménez X, Thorkelson, G, and Alfonso CA (2012) Countertransference in the General Hospital: Implications for Clinical Supervision, *Psychodynamic Psychiatry*, 40(3): 435-449
12. Loo JL, Ang JK, Subhas N, Ho BKW, Zakaria H, Alfonso CA (2017) Learning Psychodynamic Psychiatry in Southeast Asia, *Psychodynamic Psychiatry* 45(1): 45-57
13. Nahum, D., Tasman, A. Alfonso, CA., Sonmez, W. (2019) Common Factors in Psychotherapy, in A Javed, KN Fountoulakis (Editors) *Advances in Psychiatry*, Cham, Switzerland: Springer Publishers, 471-482
14. Wampold BE (2015). How important are the common factors in psychotherapy? An update. *World Psychiatry* 14(3):270-277.

*All pre-course materials will be made available electronically to pre-registrants for review before the course takes place, including PDF files of readings

Course Format and Schedule

The 3-hour course, which will be live, will be interactive, with brief power point lectures, a general Q&A forum and small group exercises. The course lecture components would be in English and the small group exercises in English and Thai.

PPTX lectures (60 minutes):

Core Principles of Psychodynamic Psychotherapy (30 minutes)-César Alfonso

Psychodynamic Psychotherapy Interventions (30 minutes) - Nik Ruzyanei

Small Group Exercises (90 minutes):

“Psychodynamic Formulation, Attachment Styles, Countertransference, Transference and Resistance”, Case Discussion Exercise based on video clip-45minutes

“Defense Mechanisms, Avoidance, Unconscious Motivations, and Conflicts”, Interactive Exercise based on video clip and accompanying narrative clinical material - 45 minutes

Interactive Q&A and Summation (30 minutes)