**2022-2023 PSYCHOTHERAPY COURSE (PSYCHOTHERAPY CHAIR & DEPARTMENT, Lenartowicza 14 Street)**

**Course Title:** **Psychotherapy  
Coordinator/contact:** Prof. Krzysztof Rutkowski MD, PhD / e-mail: krzysztof.rutkowski@uj.edu.pl **Contact person:** Jerzy A. Sobanski, MD, PhD  / e-mail: jerzy.sobanski@uj.edu.pl **Address:** Katedra Psychoterapii UJ CM, Zakład Psychoterapii at the University Hospital,   
 **Lenartowicza Street 14, 3rd floor**

**Year:** 5/6 4/6 **Total number of hours: 25 20**  
  Lectures: 0 0  
  Seminars: 3 6  
  Labs/Practicals: 21 13  
  Others (e.g. recitation): 0 0  
  Exams: 1 1  
 **Conduct/Dress Code:** students' ID  
                                                      **Student’s Evaluation:**  
-credit requirements: attendance in stationary seminars and stationary exercises (obligatory) + active participation + passing the test  
-attendance requirements: no absence is recommended, each case is discussed   
-type of the final exam: Test (25 questions) cut-off score is 60%  
-retake information: MCQ is planned on the last day of the course (cycle) in small subgroups, retake is possible at individually set dates/cases

**IVth YEAR; 20 HOURS**

**(14 exercise, 6 seminars, all scheduled between 11 AM and 15 PM, e.g.: 11.30-14.30 or 12.00-15.00):**

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| 6 (six) subgroups each large group | **day 1**  **11.30-14.30**  **or 12.00-15.00** | **day 2**  **11.30-14.30**  **or 12.00-15.00** | **day 3**  **11.30-14.30**  **or 12.00-15.00** | **day 4**  **11.30-14.30**  **or 12.00-15.00** | **day 5**  **11.30-14.30**  **or 12.00-15.00** |
| 1)ACK, 2)PJ,  3)KK, 4)MM,  5)WU, 6)LP | **31.10.2022**  **Monday** | **2.11.2022 Wednesday** | **3.11.2022**  **Thursday** | **4.11.2022**  **Friday** | **7.11.2022**  **Monday** |
| 1)ACK,2)KK, 3)ED,4)JS, 5)MM,6)LP | **17.04.2023**  **Monday** | **18.04.2023**  **Tuesday** | **19.04.2023**  **Wednesday** | **20.04.2023 Thursday** | **21.04.2023 Friday** |
| 1)ACK, 2)PJ,  3)KK, 4)MM,  5)JS/ZK, 6)LP | **24.04.2023**  **Monday** | **25.04.2023**  **Tuesday** | **26.04.2023 Wednesday** | **27.04.2023 Thursday** | **28.04.2023 Friday** |
| 1)ACK, 2)PJ,  3)KK, 4)ED,  5)JS, 6)LP | **22.05.2023**  **Monday** | **23.05.2023**  **Tuesday** | **24.05.2023 Wednesday** | **25.05.2023 Thursday** | **26.05.2023 Friday** |
| 1st hour | Introduction: Psychotherapy: definition, curative factors, therapeutic relationship/alliance, (differences: psychiatrist, psychologist, psychotherapist) | SEMINARS:  (TOGETHER)  **room 33**  **all-day-Seminars**  **are to be continued on Thursday**  **The sequence of the**  **seminars may change**  ED/ACK/MM/JS  Drugs vs therapy,  Therapy effectiveness  Neurobiology in psychotherapy | Group of patients observation (1), Venetian mirror or tapes  Observation-introduction,  Day hospital structure,  Group therapist functioning/role, Interventions | Techniques, modalities including CBT.  Relaxation, hypnosis, psychodrama, pantomime. | Group of patients observation (3), Venetian mirror or tapes |
| 2nd hour | Indications for psychotherapy in general, patient selection, contract, motivation | Meeting individual patient (3) or tape/transcript | Meeting individual patient (3) or tape/transcript | Meeting individual patient (3) or tape/transcript |
| 3rd hour | Psychotherapy forms/settings: group, individual, short- vs. long-term, various intensity, couple/family therapy | SEMINARS:  **(CONTINUATION)** (TOGETHER)  **room 33**  **The sequence of the seminars may change**  ED/ACK/MM/JS  Drugs vs therapy,  Therapy effectiveness  Neurobiology in psychotherapy | Indications (various types) termination, cooperation in psychosomatics, facultative issues |
| 4th hour | Theoretical approaches: psychodynamic, CBT, systemic family. Psychotherapy vs. psychoanalysis, counseling, coaching | Group dynamics, roles, group curative factors, resistance, transference | Test – credit  (closure: discussing answers etc.) |

**ED – Edyta Dembińska MD, PhD; ACK - Anna Citkowska-Kisielewska MD, PhD; MM – Michał Mielimąka MD, PhD;**

**JS – Jerzy A. Sobański MD, PhD; LP – Lech Popiołek MD, PhD; KK – Katarzyna Klasa MA, PJ – Patrycja Jęda MD,**

**ZK – Zuzanna Kasprzak MA,**

**Vth YEAR 25 HOURS**

**(22 exercises, 3 seminars scheduled between 11.00 AM and 14.45 PM or 11.15-15.00, ATTENTION! tour 23.01.2023-27.01.2023 may start later and may last until 17 or 18 PM):**

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| 5 (five) subgroups each large group | **day 1 Monday** | **day 2 Tuesday** | **day 3 Wednesday** | **day 4 Thursday** | **day 5 Friday** |
| 1)ACK, 2)LP,  3)MM, 4)JS, 5)WU | 14.11.2022  **11.15-15.00** | 15.11.2022  **11.15-15.00** | 16.11.2022  **11.15-15.00** | 17.11.2022  **11.15-15.00** | 18.11.2022  **11.15-15.00** |
| 1)ACK, 2)PJ,  3)MM, 4)LP,  5)WU | 21.11.2022  **11.15-15.00** | 22.11.2022  **11.15-15.00** | 23.11.2022  **11.15-15.00** | 24.11.2022  **11.15-15.00** | 25.11.2022  **11.15-15.00** |
| 1)ACK, 2)PJ,  3)JS, 4)LP,  5)KK/ED/MM | 23.01.2023  **11.15-15.00**  **or different .i.e MAX 17 or 18** | 24.01.2023  **11.15-15.00**  **or different .i.e MAX 17 or 18** | 25.01.2023  **11.15-15.00**  **or different .i.e MAX 17 or 18** | 26.01.2023  **11.15-15.00**  **or different .i.e MAX 17 or 18** | 27.01.2023  **11.15-15.00**  **or different .i.e MAX 17 or 18** |
| 1st hour | Introduction | Modalities / theoretical approaches: psychodynamic, cognitive-behavioral, systemic family. Psychotherapy vs. psychoanalysis, counseling, coaching | Group of patients observation (1), Venetian mirror or tapes | Group of patients observation (2), Venetian mirror or tapes | Group of patients observation (3), Venetian mirror or tapes |
| 2nd hour | Psychotherapy: definition, curative factors, therapeutic relationship/alliance, (differences: psychiatrist, psychologist, psychotherapist) | Observation-introduction,  Day hospital structure,  Group therapist functioning/role, Interventions | Observation - discussion | Meeting individual patient (3) or tape/transcript |
| 3rd hour | Indications for psychotherapy in general, patient selection, contract, motivation | SEMINARS:  **TOGETHER**  **room 33**  (3 hours; 1 hour each)  ED,ACK, MM, JS  **The sequence of the seminars may change**  Drugs vs therapy,  Therapy effectiveness  Neurobiology in psychotherapy | Meeting individual patient (1) or tape/transcript | Meeting individual patient (2) or tape/transcript | Meeting individual patient (4) or tape/transcript |
| 4th hour | Psychotherapy forms/settings: group, individual, short- vs. long-term, various intensity, couple/family therapy | Group dynamics, roles, group curative factors, resistance, transference | Techniques, modalities including CBT.  Relaxation, hypnosis, psychodrama, pantomime. | Indications (various types) termination, cooperation in psychosomatics, facultative issues |
| 5th hour | Test – credit  (closure: discussing answers etc.) |

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