**2023-2024 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:**  4/6 **Total number of hours: 20**
  Lectures: 0
  Seminars: 6
  Labs/Practicals: 13
  Others (e.g. recitation): 0
  Exams: 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, some exercises may be gently rescheduled with subgroups’ teachers):**

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| **LARGE GROUP AND ITS SUBGROUPS:** | **day 1****everybody starts in room 33, subgroups:****exercises****11.00-14.00** | **day 2****seminars****(all subgroups****together) room 33****11.00-14.00** | **day 3****exercises****11.00-14.00** | **day 4****exercises** **11.00-12.30****and seminars 12.30-14.00** | **day 5****exercises****11.00-14.00** |
| **GROUP FOUR:**1)JS, 2)ED, 3)PJ, 4)AK, 5)ACK | **14.10.2024****Monday** | **15.10.2024****Tuesday** | **16.10.2024****Wednesday** | **17.10.2022****Thursday** | **18.10.2024****Friday** |
| **GROUP TWO:**1)JS, 2)MM, 3)KK, 4)AK, 5)PJ | **24.04.2025****Thursday** | **25.04.2025****Friday (!)** | **28.04.2025****Monday** | **29.04.2025****Tuesday (!)** | **30.04.2025****Wednesday** |
| **GROUP THREE:**1)ED 2)MM, 3)PJ, 4)AK, 5)WU | **02.06.2025****Monday** | **03.06.2025****Tuesday** | **04.06.2025****Wednesday** | **05.06.2025****Thursday** | **06.06.2025****Friday** |
| **GROUP ONE:**1)JS, 2)KK, 3)AK, 4)ACK, 5)WU | **09.06.2025****Monday** | **10.06.2025****Tuesday** | **11.06.2025****Wednesday** | **12.06.2025****Thursday** | **13.06.2025****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/PS/MM/JSDrugs vs therapy, Therapy effectivenessNeurobiology in psychotherapy | Group of patients observation (1), Venetian mirror or tapesObservation-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/PJ/MM/JSDrugs vs therapy, Therapy effectivenessNeurobiology 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; JS – Jerzy A. Sobański MD, PhD; MM – Michał Mielimąka MD, PhD;**

**KK – Katarzyna Klasa MA, PhD, ACK – Anna Citkowska-Kisielewska MD, PhD; AK – Anna Kaczmarska MD;**

**PJ – Patrycja Jęda MD, WU – Witold Urban MD**