**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):**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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/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/PJ/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; 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**