The University of Jordan  
Faculty of Nursing  
MSN/PMHN Nursing Program  
Fall 2013

Course: Therapeutic Modalities in Psychotherapy  
Course #: 0701731  
Course hours: Three hours per week  
Sun 12:00 – 15:00  
Prerequisites: None  
Faculty: Ayman M. Hamdan-Mansour, PhD, MSN, RN  
Faculty of Nursing, 3rd Floor Room 57  
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Office Hours: by arrangement

Course description:

This course will provide master students with required knowledge and skills in the field of counseling and psychotherapy practice, including its approaches, models, techniques and ethical considerations. This course is to provide an overview of current methods of psychological intervention, with a strong emphasis on empirically supported forms of treatment. Students can expect to learn about many widely used cognitive and behavioral methods, including relaxation procedures, cognitive restructuring, exposure-based treatments, skills training, and mindfulness and acceptance-based approaches. Other topics to be addressed include working with children and multicultural populations and psychotherapy outcome. Students can also expect to become familiar with some of the available manuals for treating a variety of problems.

Aims of the Course:

This course will help the students to acquire knowledge and skills in practicing counseling and psychotherapy with clients with mental health needs. This course is to provide an overview of the major counseling theories and practices. Emphasis will be placed upon enabling students to develop a theoretical foundation upon which to base a counseling approach.

COURSE OBJECTIVES

Upon completion of this course, the student will be able to:

1. Students will gain an understanding of the prominent theories of counseling and psychotherapy.
2. Students will learn to apply counseling theory to practice.
3. The student will develop his or her own tentative theoretical framework for counseling, based on the study of existing theories and the examination of his or her own values, beliefs, behaviors, needs, and feelings
4. Identify teaching strategies and information that assist the client experiencing psychological stressors meet their needs for health maintenance, promotion, or restoration.
5. Students will learn to practice techniques of psychotherapy, including the psycho-analytic, behavioral, cognitive, and humanistic-existential approaches.
6. Students will undertake an experiential project outside of class that will help them personally explore the psychotherapeutic process.
TEACHING METHODS
Lecture, seminar, supervised clinical practice, student presentation, individual and group supervision, process recordings, audiovisual materials, and selected readings.

Tests and Evaluations (theory course):

1. **Weekly class participation** (20%)
   Students should be prepared to discuss each week’s assigned readings and to participate in role-playing exercises or demonstrations.

2. **Occasional short written assignments** (15%)
   On weeks to be announced, students will be asked to write a brief comment on an issue discussed in class, or to practice a technique taught in class and to write a short summary of their experiences. These assignments will be no longer than 2-3 pages, and will occur no more than five times during the semester.

3. **Review paper** (30%)
   Each student must write a paper reviewing one specific mental disorder.

4. **Class participation** (10%)

5. **Presentation** (25%)
   Each student must prepare a 30-minute presentation in which a specific treatment approach of counseling and psychotherapy is applied. The students are requiring following guideline of a manual of psychotherapy. Student has to show preparedness, informative presentation, logical thinking, and critical analysis. No student is excluded for the discussion.

6. **Field visit** (10%):
   Each student will have a chance to be seen in at least one session of therapeutic intervention. This will be in arrangement with the coordinator of the course and shall be at the second half of the term and before the presentation day.

Course Policy:

1. Attendance: students are expected to attend all class sessions. If a student cannot attend a class session, the teacher must be notified prior to that. Please refer to the University of Jordan student Handbook for further explanation.

2. Students are expected to prepare for lectures by reading the assigned material.

3. Academic Dishonesty: it is the philosophy of the University of Jordan that academic dishonesty is a completely unacceptable code of conduct and will not be tolerated in any form. All persons involved in academic dishonesty includes but not limited to, cheating, plagiarism, or submission for credit of any work or material that is attributable in whole or part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts.

Textbook

Recommended References

- The British Royal College of Psychiatrists, ‘Fair Deal” at [http://www.rcpsych.ac.uk/campaigns/fairdeal.aspx](http://www.rcpsych.ac.uk/campaigns/fairdeal.aspx)
- Horsfall, J., Cleary, M., Walter, G., & Hunt, G. (2007). Conducting mental health research: Key steps, practicalities, and issues for the early career researcher. *International Journal of MentalHealth Nursing* 16 (s1), S1–S20

Websites

- The UK Social Perspectives Network (SPN) promotes social approaches in mental health care. [http://www.spn.org.uk](http://www.spn.org.uk)
- An American website focusing on recovery from mental health problems: [http://mentalhealthrecovery.com](http://mentalhealthrecovery.com)
- The National Empowerment Centre: US Centre for the promotion of recovery-based approaches: [http://www.power2u.org](http://www.power2u.org)
COURSE OUTLINE:

I. Glory story of counseling and psychotherapy
   A. Individual psychotherapy
   B. Group psychotherapy

II. Psychodynamic
   A. Overview of psychodynamic therapies
   B. Two essentials: Dreams & childhood memories:
   D. Contemporary psychoanalytic approaches (the shadow exercise)
   E. Basic elements of psychodynamic and eclectic therapies
   F. Role plays

III. Behavioral and Cognitive Therapies
   A. Overview of behavior and cognitive therapies
   B. Aversion, exposure, flooding, implosion (implosion exercise)
   C. Relaxation techniques
   D. Modeling and behavioral rehearsal (assertiveness training)
   E. Cognitive restructuring (Exercise: A sample of cognitive interventions)

IV. Humanistic-Existential Therapies
   A. Client-centered therapy (reflection exercise)
   B. Existential therapy
   C. Gestalt therapy
   D. Eastern methods of transformation
   E. The vision quest
   F. Death, dying, and the "after-life"

ADDITION READING

Empathy

Relaxation training procedures
Cognitive therapy
  - Chapter 2: Cognitive conceptualization
  - Chapter 6: Identifying automatic thoughts
  - Chapter 7: Identifying emotions
  - Chapter 8: Evaluating automatic thoughts
  - Chapter 9: Responding to automatic thoughts

Cognitive therapy (continued)
  - Chapter 10: Identifying and modifying intermediate beliefs
  - Chapter 11: Core beliefs

Behavioral experiments and behavioral activation
  - Chapter 1: Behavioural experiments: Historical and conceptual underpinnings
  - Chapter 2: Devising effective behavioural experiments
  - Chapter 20: Low self-esteem

Skills training
- pages 31-37 (general info on skills training)
- Chapter 8: Interpersonal effectiveness skills (pp. 70-83)
- Interpersonal effectiveness handouts and homework sheets (pp. 115-133)

Manuals:
- *Mind Over Mood: Change How You Feel by Changing the Way You Think* (Greenberger & Padesky)
- *Getting Control: Overcoming Your Obsessions and Compulsions* (Baer)
- Fairburn: Eating disorders manual (available at PSC)
- *Mindfulness-Based Cognitive Therapy* (Segal, Williams, & Teasdale)
- *Acceptance and Commitment Therapy for Anxiety Disorders* (Eifert & Forsyth)
- *The Anorexia Workbook* (Heffner & Eifert)
- *Overcoming Depression One Step at a Time* (Addis & Martell)
- *DBT Skills Training Manual* (Linehan)
- *Get Out of Your Mind and Into Your Life* (Hayes)
- *Self Esteem manual* (McKay & Fanning)