Evidence Based Psychodynamic Treatment
Course # 85000.14417
Spring, 2011

Professor: Diana Diamond, Ph.D.
E-Mail: ddiamonda@gmail.com
Phone: 917-971-7261
Class Time: Tuesday: 9:45-11:45
Office Hours: Tuesday 4:00-6:00 (or by appointment)
Internet password for course: psyddiamond

Course Description:
This doctoral level clinical course will focus on psychodynamic evidence based treatments. Students will be exposed to current evidence based treatment and assessment models for personality disorders, affective disorders and panic disorder. The unit on personality disorders will focus on the theory, technique and research on the two evidence based psychodynamic treatments for personality disorders: Transference Focused Psychotherapy (TFP) and Mentalization Based Therapy (MBT). The course will also cover Dialectical Behavior Therapy (DBT) as a contrasting cognitive behavioral model for treatment of personality disorder that focuses on controlling parasuicidal behavior. Other treatment models covered will be Panic Focused Psychodynamic Psychotherapy (PFPP) and two major psychodynamic models for treating depression: Interpersonal Therapy for Depression (IPT) and Dynamic Interpersonal Therapy (DIT). These short-term models will be contrasted with long term psychodynamic approaches to treatment of depression, with an emphasis on the patient characteristics that might render these forms of treatment more or less effective. Students will be introduced to the ways in which the diagnosis is assessed and defined within each treatment model, and to the etiological, developmental, and neurobiological models that unpin each treatment, as well as to issues of comorbidity. The course will also cover the basic repertoire of clinical tactics and techniques of each treatment and the hypothesized mechanisms of change. The process of manualization of treatments will be examined as well as ways of assessing adherence and competence to treatment manuals. Critiques of treatment manuals will also be presented. In addition, the course will also introduce students to the major empirical studies in support of each treatment and will examine the methodologies used to substantiate the value of the treatment (randomized control trials, efficacy studies, effectiveness studies, naturalistic studies and meta-analyses). We will also examine ways of examining therapeutic process, with particular attention to methods of assessing transference and countertransference, and their relative importance for each treatment model. Finally, the ways in which the trend towards evidence based practice in mental health services intersects with or interferes with trend towards adaptation of practice in the light of multicultural concerns and cultural competence will be explored.

Course Objectives:
The major objective of the course is to examine the role that systematic empirical investigation has had in developing and refining effective approaches to a variety of clinical disorders and how
empirical research has affirmed the role that psychodynamic theory and treatment have in the field of psychology. Another major goal will be for students to gain a repertoire of basic tactics and techniques developed in each disorder, and to understand the modes of assessment used in each treatment. In addition, students will be introduced to the process used in manualizing, and will learn to evaluate the strengths and weaknesses of treatment manuals. The course is also designed to familiarize students with the major methods to empirically evaluate psychodynamic treatments including efficacy and effectiveness studies including RCT’s and meta-analyses. Students will also be required to present case material during the course in an effort to have them conceptualize their cases from different vantage points discussed in the course. In addition, across all topics, communication skills in oral and written formats will be evaluated.

**Required Texts:**


A handout package with additional readings will be put on course reserves at the library or will be sent electronically to students.

**Requirements and Grading:**

- Attendance and Participation are important and will be considered in assigning the final grade (15%)
• Students will be asked to do an in-class presentation of a research article that will be discussed in relation to specific class readings and content. This will involve summarizing and critiquing the article. (25%)
• Students will be asked to present clinical cases throughout the semester. Each student will be asked to present a case during the semester that will involve conceptualizing the case and treatment process from the vantage point of one of the treatments under discussion. (25%)
• Students will be asked to do a major research paper on a topic related to psychopathology and its treatment and to do a brief presentation of their paper to the class. (35%)

**Weekly Reading Assignments and Class Topics:**

**Week 1: 2/1/11**

**Introduction to the course: Psychodynamic Therapy: An Evidence Based Treatment**

*Handbook of Evidence-Based Psychodynamic Psychotherapy: Bridging the Gap Between Science and Practice.* Chapter 1: A Review of Efficacy and Effectiveness Studies.

Handouts:


**Week 2: 2/8/11**

Evidence Based Psychodynamic Psychotherapy for personality disorders: Transference Focused Psychotherapy (TFP): Theoretical Object Relations Foundations of TFP and its translation into technique


**Week 3: 2/15/11**
Evidence Based Psychodynamic Psychotherapy for personality disorders: Transference Focused Psychotherapy (TFP): Tactics and Techniques

*Psychotherapy for Borderline Personality: Focusing on Object Relations.* Chapter 3: The Techniques Of Treatment: The Moment-To-Moment Interventions; Chapter 4: Tactics Of Treatment; Laying The Foundation For Techniques; Chapter 5. Assessment Phase I: Clinical Evaluation And Treatment; Chapter 6: Assessment Phase II: Treatment Contracting.

Week 4: 2/22/11

Transference Focused Psychotherapy (TFP): Phases of Treatment and the Interpretive Process

*Psychotherapy for Borderline Personality: Focusing on Object Relations.* Chapter 7: Early Treatment Phase: Tests Of the Frame And Impulse Containment; Chapter 8: Midphases Of Treatment: Movement Towards Integration With Episodes Of Regression; Chapter 9: Advanced Phase Of Treatment And Termination.

Handouts:


Week 5: 3/1/11

Transference Focused Psychotherapy (TFP): Research and the process and mechanisms of change in TFP

*Psychotherapy for Borderline Personality: Focusing on Object Relations.* Chapter 11: Change Processes In Transference Focused Psychotherapy: Theoretical And Empirical Approaches.

*Handbook of Evidence-Based Psychodynamic Psychotherapy: Bridging the Gap Between Science and Practice.* Chapter 5: Empirical Evidence for Transference-Focused Psychotherapy and Other Psychodynamic Psychotherapy for Borderline Personality Disorder.

Handouts:


**Week 6: 3/8/11**

Common Treatment Complications

*Psychotherapy for Borderline Personality: Focusing on Object Relations.* Chapter 10: Common Treatment Complications.

**Handouts:**


**Week 7: 3/15/11**

Mentalization Based Treatment (MBT): Theory and Treatment.

*Mentalization Based Treatment For Borderline Personality Disorder: A Practical Guide.* Chapter 1: Introduction To Mentalization; Chapter 2: Using The Mentalization Model To Understand Severe Personality Disorders; Chapter 3: Changing Views Of Borderline Personality Disorder.

**Handouts:**


Recommended:

Peter Fonagy: “Attachment, the Development of the Self, and its Pathology in Personality Disorders.” [http://www.psychomedia.it/pm/modther/probpsiter/fonagy-2.htm](http://www.psychomedia.it/pm/modther/probpsiter/fonagy-2.htm)


**Week 8: 3/22/11**

**Mentalization Based Treatment (MBT): Theory and Treatment**


**Handouts:**


**Week 9: 3/29/11**

**MBT: Treatment and Research**
Mentalization Based Treatment For Borderline Personality Disorder: A Practical Guide: Chapter 7: Therapist Stance; Chapter 8: Principles of Intervention; Chapter 9: The Mentalizing Focus and Basic Interventions.

Handouts:


Week 10: 4/5/11

*Manual of Panic-Focused Psychodynamic Psychotherapy.*

Week 11: 4/12/11

*Handbook of Evidence-Based Psychodynamic Psychotherapy: Bridging the Gap Between Science and Practice.* Chapter 2: Psychodynamic Treatment of Panic Disorder.

Handouts:


**Week 12: 4/19/11**

**Dialectical Behavior Therapy (DBT): Theory and Technique**

*Cognitive Behavioral Treatment of Borderline Personality Disorder*

Chapter 1: Borderline Personality Disorder: Concepts, Controversies and Definitions;  
Chapter 2: Dialectical and Biosocial Underpinnings of Treatment;  
Chapter 3: Behavioral Patterns: Dialectical Delimmas in the Treatment of Borderline Patients.

**Week 13: 4/26/11**

**Dialectical Behavior Therapy (DBT): Technique and Research:**

*Cognitive Behavioral Treatment Of Borderline Personality Disorder: Chapters 4: Overview Of Treatment: Targets, Strategies and Assumptions in a Nutshell; Chapter 5: Behavioral Targets in Treatment: Behaviors to Increase or Decrease; Chapter 6: Structuring Treatment Around Target Behaviors: Who Treats What And When; Chapter 7: Dialectical Treatment Strategies; Chapter 8: Core Strategies: Part I Validation.*

**Handouts:**


**Week 14: 5/3/11**

**Interpersonal Psychotherapy for Depression (IPT).**


*Handbook of Evidence-Based Psychodynamic Psychotherapy: Bridging the Gap Between Science and Practice.* Chapter 12; Factors Contributing To Sustained Therapeutic Gain In Outpatient Treatments Of Depression.

Barber, J.P., Barrett, M.S., Gallop, R., Rynn, M. & Rickels, K. (in press). Short-Term Dynamic Therapy vs. pharmacotherapy for major depressive disorder. *Journal of Clinical Psychiatry.* (this paper provides a critique of the limitations of efficacy studies from the perspective of the diversity of the patient sample (e.g. inclusion of ethnic minorities, etc)

**Week 15: 5/10/11**

**Psychodynamic Therapy for Depression**


**Handouts:**
