Module title	Abbreviation
BQT II - In-depth Practice of Psychotherapy I: Psychotherapeutic Procedures and Methods for the Treatment of Adults and the Elderly	06-PSY-MAKLIN-qualT-1-222-m01

Module coordinator	Module offered by
holder of the Professorship of Biological Psychology, Clinical Psychology, and Psychotherapy; holder of the Professorship of Psychological Intervention	Institute of Psychology

ECTS	Method of grading	Only after succ. compl. of module(s)
5	numerical grade	--

Duration	Module level	Other prerequisites
1 semester	graduate	--

Contents

The topic of the seminar is concerned with teaching detailed knowledge and providing practical guidance as well as hands-on practice regarding patient-therapist interaction, building rapport and a psychotherapeutic relationship, as well as various specific, scientifically tested psychotherapeutic interventions and methods that are part of psychotherapeutic treatments in adults at all ages. This includes psycho-education, counselling skills, initial psychotherapeutic conversations, methods for analysis of problems and goalsetting as well as the integration of such methods into an overarching treatment plan, and informed consent including patient education on the mental disorder, its development, associated neurobiological processes and the treatment rational of the various psychotherapy schools.
Practical exercises will be carried out in the form of self-reflection, video analyzes, and by observing patient models (actors or volunteer outpatients).

Intended learning outcomes

The students are trained in small groups under expert guidance to practice different concrete psychotherapeutic basic techniques, procedures, and methods and learn to accept and provide constructive feedback. This module also focuses on the independent recognition of emergency and crisis situations, including suicidality, signs of violent experiences of a physical, psychological or sexual nature, as well as undesirable developments in the course of treatment and the taking of appropriate measures to prevent harm to patients. These goals can only be achieved by regular attendance, active participation and active lecture work.

Courses (type, number of weekly contact hours, language — if other than German)

Ü (4)

Method of assessment (type, scope, language — if other than German, examination offered — if not every semester, information on whether module is creditable for bonus)

a) oral examination of one candidate each or oral examination in groups (approx. 30 or 120 minutes) or
b) case report (approx. 6 pages) or
c) case study (approx. 120 minutes)
Language of assessment: German

Allocation of places

15 places
According to Section 10 (4) of PsychThApprO the maximum number of participants is 15.
Should the number of applications exceed the number of available places, places will be allocated as follows: places will be allocated according to the number of subject semesters. Among applicants with the same number of subject semesters, places will be allocated by lot.

Additional information

Compulsory attendance in accordance with § 5 (2) in conjunction with Annex 2 PsychThApprO
According to § 10 (3) No. 2 in conjunction with (2) PsychThApprO, at least 5 ECTS credits are required for imparting the knowledge area of the practice of scientifically tested and recognized psychotherapeutic procedures and methods for adults and older people.

Workload
150 h
Teaching cycle
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Referred to in LPO I (examination regulations for teaching-degree programmes)
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Module appears in
Master's degree (1 major) Psychology: Clinical Psychology, Psychotherapy and Clinical Neuroscience (2022) Exchange Program Psychology (2023)