

Module title		Abbreviation
Self-Reflection		o6-PSY-MAKLIN-qualT-SR-222-m01
Module coordinator		Module offered by
holder of the Professorship of Psychological Intervention; holder of the Professorship of Biological Psychology, Clinical Psychology, and Psychotherapy		Institute of Psychology
ECTS	Method of grading	Only after succ. compl. of module(s)
2	(not) successfully completed	--
Duration	Module level	Other prerequisites
1 semester	graduate	--
Contents		
<p>In self-experience groups guided by a psychotherapist, the students get to know self-reflection as an inner attitude, a lifelong learning process and a skill that must be developed and promoted so that it can establish itself as an integral part of everyday professional life. In addition, they experience the effects of various therapeutic techniques in fixed groups, take on each other's different roles in the therapy process, are instructed to adopt a mindful, accepting attitude towards emotions and external stimuli, and reflect on all these experiences in writing.</p>		
Intended learning outcomes		
<p>The students reflect on their psychotherapeutic actions, the strengths and weaknesses of their own personality and the effects of these on their own psychotherapeutic actions and their individual limits and are guided to derive suitable measures from this reflection. They accept suggestions for improvement and thus learn to increase their individual, psychotherapeutic efficiency before and during the therapy process. In addition, individual skills for self-regulation and perception of one's own emotions, cognitions and motivations are improved and expanded in the context of therapeutic action, in order to take them into account when optimizing therapeutic processes.</p> <p>These goals can only be achieved by regular attendance, active participation and active lecture work.</p>		
Courses (type, number of weekly contact hours, language — if other than German)		
R (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)		
<p>case report (approx. 6 pages) Language of assessment: German</p>		
Allocation of places		
<p>12 places 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.</p>		
Additional information		
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Workload		
60 h		
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)		