Psy 544 - Brief Psychotherapy & Crisis Intervention

David L Downing, PsyD

317.788.6162: University Office
312.266.1665: Private Office [Thursday Evening – Monday Morning]
317.634.6063: Private Office

ddowning@uindy.edu

Section I: Wednesdays: 2:00-3:55 PM
Mondays, 3:45-4:35, Laboratory I
Mondays, 4:45-5:35, Laboratory II

Semester II 2011

COURSE OUTLINE AND READINGS

Course Description and Objectives

1. This advanced course in the sequence of psychotherapeutic courses examines facets of theory, practice, and research into the understanding and treatment of psycho-neurotic conditions, characterological disorders, borderline personality organisation, and the gamut of psychotic states, arising within the contexts of crisis and short-term parameters. Here, the psychotherapist must acquire preparation in the assessment and management of crises with such patients. The clinician must be able to determine when to suspend more “traditional” notions of “neutrality” when necessary and appropriate. The impact of concurrent, impinging life events on the patient and on the psychotherapeutic process must also be weighed.

2. While various theoretical models will be referenced, the emphasis will be on psychoanalytically-oriented/informed theoretical and treatment paradigms. As with psychoanalysis proper, all psychoanalytical treatments emphasize a dynamic view of human life, including cultural, relational, and developmental variables. Matters pertaining to race, class, gender, and individual life structures are important variables for the clinician to be mindful of in structuring a treatment, and will be discussed in the course as well. A cornerstone is the concept of mental processes which function outside of conscious awareness.

3. It is imperative that whatever our theoretical orientation, it is necessary for the ethical and professional discharge of our duties as clinical psychologists, that we become sensitized to the necessity for careful and thoughtful review of clinical material and to remain current with the literature and research in the field, in order to appreciate the complexity of psychological processes in psychopathology. This will, of course, necessitate attention to intra-psychic as well as cultural, societal, political, economic, and other environmental factors.

4. It should go without stating that students enrolled in this course will be encouraged to observe and to reflect upon their own intra-psychic states for the purpose of having empathic contact with others, being attuned to metaphorical, symbolical, and derivative aspects of communications, and for the application of course perspectives to their own experience; subjectively, within their professional practice, as well as to the material to be discussed within the course itself.

5. The course in Brief Psychotherapy and Crisis Intervention delineates important contemporary as well as historical trends which work toward extending the application of insight-oriented, psychotherapeutic treatment to include severe as well as mild psychopathology; and short-term as well as crisis intervention modalities. Applications to under-served populations are inherently embedded in this sector of psychotherapy as well.

6. The student will be able to articulate factors that are important in securing the psychotherapeutic frame. These include: working with the psychotherapeutic relationship, anamnestic and assessment (eg, for suitability); ego function assessment; special interventions and management techniques; and the institution of adjunctive,
containing measures (where appropriate) such as pharmacotherapy.

7. The student will additionally be sensitized to working with resistance; special populations; the management of acute psychotic disorders, suicidal patients, and the acting-out of intra-psychic conflict. The student will examine the efficacy and practice of group, individual, and milieu treatments, in both in- and out-patient contexts. Various technical considerations in carrying out and bringing to appropriate termination or referral, crisis, and short-term treatments will also be emphasized.

Course Expectations

1. It is anticipated that all reading be completed prior to class to permit a seminar-style dialogue.

2. Students will make a group Paper Presentation of approximately twenty minutes, to the Seminar on a Special Topic of interest to them, related to the course content. Specifically, students will need to develop and articulate a fulsome short-term or crisis psychotherapy model of their own. Students will need to consult with the instructor about the subject matter and format [treatment issues, population, etc]. Presentations occur during the final weeks of the course. A Scholarly Paper of minimally eighteen pages, excluding references, in APA-format, that is an elaboration and deepening of the Paper Presentation will also be expected. The paper should be submitted utilising Garamond or Times New Roman type-face, and set in 10-, 11-, or 12-point size print. Additional information will be in a separate hand-out. No world-wide-web site references will be acceptable. References must be derived from proper primary sources, book chapters, books, and professional journals. The formal Paper will be due, for all, on the twelfth class session of the Semester.

3. Students will also be required to provide a video-tape of a short-term or crisis treatment session conducted under the rubric of one of the principle, psychoanalytically-oriented models discussed in the course. A separate write-up/analysis of the simulacra of a psychotherapy consultation will also be required. The ‘clinical’ paper should also be submitted utilising Garamond or Times New Roman type-face, and set in 10-, 11-, or 12-point size print. Additional information will be in a separate hand-out. If utilising additional references beyond the primary ones derived from the course, world-wide-web site references will, again, not be acceptable. References must be derived from proper primary sources, book chapters, books, and professional journals. Particulars of this assignment will also be articulated in a separate hand-out. This project and associated paper will be due the eleventh class session of the Semester.

4. To ascertain that students are, indeed, doing the readings, and are actively engaging with the many theoretical and clinical practice vicissitudes associated with the constructs, the Instructor will hold at least one quiz during the term. The quiz may or may not be announced before-hand. Additional quizzes may be scheduled depending upon the quality of the discourse in the laboratories and the lecture/didactic sessions, proper. Quizzes will consist of a clinical-theoretical question, with twenty to thirty minutes given over to addressing this in an essay format. Relevant readings and texts may be consulted during the quiz.

5. Students will be evaluated by their performance on the above as follows:
   (A) In-class and laboratory participation, attendance, and presentation: 30%
   (B) Psychotherapeutic Role-Play exercise/video and analysis: 30%
   (C) Final scholarly paper (based on personalised model of short-term psychotherapy): 30%.
   (D) Quiz[zes]: 10%

6. [Dis]ability/Accommodations

   It is the responsibility of students with special needs to bring these to the attention of the Instructor.

   If you have a disability or documented need that may have some impact on your work in this class and for which you may require accommodations, please inform me immediately so that your learning needs may be appropriately met. Students with a disability must register with the Services for Students with Disabilities office
(SSD) in Schwitzer Center 201 (317-788-6153)/ www.uindy.edu/ssd) for disability verification and for determination of reasonable academic accommodations. You are responsible for initiating arrangements for accommodations for tests and other assignments in collaboration with the SSD and the faculty.

7. Attendance at all class meetings and laboratories is expected, unless appropriate notice is given to the Instructor, in advance, or following upon some rationale that would be appropriate (eg, in the case of illness). The instructor reserves the right to determine the appropriateness of the request.

8. The instructor is available for discussion about any and all elements of the course. Modes of contact are noted, above. Additionally, given the ethos of the profession, face-to-face dialogue is encouraged. Please note the helpfulness of setting up an appointment directly with the Instructor.

Readings

Class 1


Readings:


Class 2

Basic psychoanalytical constructs, continued. Various theoretical and associated technical frameworks. Selection criteria for short-term psychoanalytical psychotherapy.

Readings:


Class 3  
Basic psychoanalytical constructs, continued. Various theoretical and associated technical frameworks. Selection criteria for short-term psychoanalytical psychotherapy, continued.

Readings:  


Class 4  
Various theoretical & associated technical frameworks, continued. Selection criteria for short-term psychoanalytical psychotherapy, continued.

Readings:  


Class 5  

Readings:  


Class 6  
Crisis Intervention – Introductory elements.

Readings:  
Bellak, L & Faithorn, P (1981): II Intrinsic Problems: Ch 8: Panic; Ch 9: Acting-Out: General Propositions; Ch 10: Acting-Out: General Management; Ch 11: Acting-Out: Specific Types & Their Management; Ch 12: General Transference Problems; Ch 13: General Counter-Transference Problems; Ch 14: Stalemate; Ch 15: Dissociative Phenomena: Depersonalisation, Derealisation, Multiple Personality; Ch 16: Depression; Ch 17: Suicidal Danger; Ch 18: Psychotic Manifestations.


Class 7  
Further notes on Crisis Intervention with an emphasis on Suicide.

Readings:  


**Class 8**

*Special topics and associated difficulties in treating certain psychopathological conditions and populations. Managing crises associated with extrinsic conditions. The impact on the psychotherapist.*

**Readings:**


**Class 9**

*Additional comments on crisis intervention and applications to different settings.*

**Readings:**


**Class 10**

*A return to considerations of technical and methodological issues, continued. An introduction to psychoanalytical perspectives on severe psychopathology and primitive mental states.*

**Readings:**


**Class 11**

*Special topics, personality organisations, and conditions, continued; treating acute manifestation of primitive mental states/decompensation in an in-patient setting.*

**Readings:**


Waltzer, H (????). Brief or Crisis-Oriented Therapy in a City Hospital Setting. [Reference unknown]

**Final Video-tape of psychotherapy role-play and analysis is due...**

**Class 12**

*Special topics, personality organisations, populations, settings, and clinical applications.*

**Readings:**


**Final paper of group presentation is due....**

**Class 13**

*The importance of the Termination phase/process. Further notes on the subjectivity of the psychoanalyst or psychotherapist.*

**Readings:**


**Class 14**

*The impact of managed care organisations; trends toward the industrialisation of psychological treatment.*

**Readings:**


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**C’EST FIN!!**

**Required Texts**


Other required readings will be on reserve at the Library, as well as posted on “Black-board”.

**Strongly Recommended Texts**


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*There is but one truly philosophical problem, and that is suicide.* – Albert Camus, *The Myth of Sisyphus.*

What desires do you speak of, be said.

Those stirred up, in sleep, I replied, when the rest of the soul, the rational, conscious, and essential part slumbers, but the wild and savage part, filled with food and wine, springs up and, repelling sleep, seeks to sally forth and satisfy its own instincts. You know that in such a case there is total courage to do anything, as it is released from all shame and all reason. It does not hesitate from attempting to have intercourse with one’s mother in imagination or with anyone else: man, god, or beast. It is ready for any blood-stained deed; it abstains from no food, and, in a word, does not leave out any extreme of folly and shamelessness.

Most true, be said.

...the point we wish to notice is this: that there exists in every one of us, even in some of us thought to be the most respectable, terrible, wild, and lawless desires, which become manifest in our sleep...

---Plato (*Republic* IX:571c-572b – Translated by Richard Chessick, MD; in *The Future of Psychoanalysis*, p 27)