

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 organization, 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 structuralising 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, anamnesis 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 *Course introduction and historical review of psychoanalytical thought and its relation to crisis and short-term psychoanalytical theory, and associated treatments. Out- and in-patient settings. De-constructing the cultural, professional, and political imperatives for short-term treatments. Moral: "There is nothing new".*

Readings: Coren, A (2010). Ch 1: In the Beginning: The History of Short-Term Psychotherapy in the Development of Psychoanalysis; Ch 5: Differences in Therapeutic Technique Between Open-Ended and Time-Limited Therapies. *Short-Term Psychotherapy: A Psychodynamic Approach*. Hampshire, England: Palgrave MacMillan.

Oldham, JM & Russakoff, LM (1987). Ch 1: Evolution of Milieu Therapy. *Dynamic Therapy in Brief Hospitalisation*. New York: Jason Aronson.

Weber, B & Downing DL (2009). Ch 2: Since Boulder: A Theory that Practitioners can Use; & Ch3: Object-Relations Theory: Psychoanalysis and the Legacy of Sigmund Freud. *Object-Relations and Self-Psychology: A User-Friendly Primer*. Indianapolis: University of Indianapolis Press.

Class 2 *Basic psychoanalytical constructs, continued. Various theoretical and associated technical frameworks. Selection criteria for short-term psychoanalytical psychotherapy.*

Readings: Coren, A (2010). Ch 2: Application of Psychoanalytic Theory & Practice in Contemporary Time-Limited Therapies; Ch 4: Assessment for Time-Limited Therapy *Short-Term Psychotherapy: A Psychodynamic Approach*. Hampshire, England: Palgrave MacMillan.

Oldham, JM & Russakoff, LM (1987). Ch 2: Organisation of the Short-Term Therapeutic Milieu; Ch 3: Psychodynamic Approach: An Object-Relations Perspective. *Dynamic Therapy in Brief Hospitalisation*. New York: Jason Aronson.

Safran, JD (2002). Brief Relational Psychoanalytical Treatment. *Psychoanalytic Dialogues*, 12(2): 171-195.

Warren, CS(2002). Serving Ambivalence: Commentary on Paper by Jeremy Safran. *Psychoanalytic Dialogues*, 12(2): 197-206.

Weber, B & Downing DL (2009). Ch 4: Therapeutic Guidance from a Developmental Theory; Ch 6: Finding a Method to the Madness; Ch 7: How do the DSM-IV-TR Axis I Symptomatology Fit In? *Object-Relations and Self-Psychology: A User-Friendly Primer*. Indianapolis: University of Indianapolis Press.

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

Readings: Messer, SB & Warren, CS (1995). II Basic Models of Brief Psychodynamic Therapy: Ch 2: The Drive/Structural Model: Malan, Davanloo, & Sifneos; *Models of Brief Psycho-Dynamic Therapy: A Comparative Approach*. New York: Guilford Press.

Weber, B & Downing DL (2009). Ch 12: The 'Oedipal Crisis' & its 'Neurotic Fall-out'; Ch 13: Psychopathologies Related to the 'Latency' Period; Ch 14: Adolescence and its Legacy. *Object-Relations and Self-Psychology: A User-Friendly Primer*. Indianapolis: University of Indianapolis Press.

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

Gardner, JR (1999). Chapter 2: Using Self-Psychology in Brief Psychotherapy. In *Psychoanalytic Social Work*, 6(3/4), pp 43-85. Haworth Press, Inc.

Messer, SB & Warren, CS (1995). III Integrative & Eclectic Models of Brief Psychodynamic Therapy: Ch 4: An Integrative Psychoanalytic Model: Mann.

Weber, B & Downing DL (2009). Ch 5: The 'Difference Between Object-Relations Theory and Self-Psychology. *Object-Relations and Self-Psychology: A User-Friendly Primer*. Indianapolis: University of Indianapolis Press.

Class 5 *Associated technical and methodological issues. On structuralising the treatment – short-term treatment & crisis intervention.*

Readings: Bellak, L & Faithorn, P (1981). I Basic Principles: Ch 1: The Therapeutic Relationship; Ch 2: Anamnesis & Assessment; Ch 3: Ego Function Assessment & Suitability for Psychoanalysis & Psychoanalytic Therapy; Ch 4: The Armamentarium; Ch 5: Special Interventions for Specific Ego Function Deficits; Ch 6: Utilising External Facilities; Ch 7: Special Problems in Treating Ambulatory Psychotics. *Crises and Special Problems in Psychoanalysis and Psychoanalytic Psychotherapy*. New York: Jason Aronson.

Misch, DA (2000). Basic Strategies of Dynamic-Supportive Therapy. *Journal of Psychotherapy Practice & Research*, 2 (4), 173-189.

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.

Weber, B & Downing DL (2009). Ch 15: Adjustment Disorders, Life Crises, & Maturational Issues. *Object-Relations and Self-Psychology: A User-Friendly Primer*. Indianapolis: University of Indianapolis Press.

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

Readings: Bongar, B & Stolberg, R (2009). Risk-Management with the Suicidal Patient. *The Register Report*, Fall, 2009. Washington, DC: The National Registry for Health Service Providers in Psychology.

Maltsberger, JT (2004). The Descent into Suicide. *International Journal of Psychoanalysis*. 85 (3), 653-668.

Roberts, AR & Yeager, KR (2005). Lethality Assessment & Crisis Intervention with Persons Presenting with Suicidal Ideation. In Roberts, AR [Editor], *Crisis Intervention Hand-book: Assessment, Treatment, and Research (Third Edition)*. Oxford University Press.

Seager, M (2008). Psychological Safety: A Missing Concept in Suicide Risk Prevention. In Briggs, S, Lemma, A, & Crouch, W [Editors], *Relating to Self-Harm & Suicide: Psychoanalytic Perspectives on Practice, Theory, & Prevention*. London and New York: Routledge.

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: Bellak, L & Faithorn, P (1981): III: Extrinsic Conditions: Ch 19: Actual or Threatened Inter-current Physical Illness in the Patient; Ch 20: Facing Major Surgery; Ch 21: Experiences of Violence (Mugging, Rape, Accidents); Ch 22: Pregnancy & Abortion; Ch 23: Financial Reverses & Job Loss; Ch 24: Divorce; Ch 25: Third-Party Involvement; Ch 26: Bereavement & Threat of Death.

Shubs, CH (2008): Treatment Issues arising in Working with Victims of Violent Crime and Other Traumatic Incidents of Adulthood. *Psychoanalytic Psychology* 25 (1), 142-155.

Class 9 *Additional comments on crisis intervention and applications to different settings.*

Readings: Behrman, G & Reid WJ (2005). Post-trauma Intervention: Basic Tasks. In Roberts, AR [Editor], *Crisis Intervention Hand-book: Assessment, Treatment, and Research (Third Edition)*. Oxford University Press.

Boes, M & McDermott, V (2005). Crisis Intervention in the Hospital Emergency Room. In Roberts, AR [Editor], *Crisis Intervention Hand-book: Assessment, Treatment, and Research (Third Edition)*. Oxford University Press.

Szasz, T (1986). The Case Against Suicide Prevention. *American Psychologist*, 41(8). pp 806-812.

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: Coren, A (2010). Ch 3: Idiom, the Therapeutic Triangle, & Transference. *Short-Term Psychotherapy: A Psychodynamic Approach*. Hampshire, England: Palgrave MacMillan.

Oldham, JM & Russakoff, LM (1987). II General Clinical Principles: Ch 4: Individual Psychotherapy; Ch 5: Group Psychotherapy; Ch 6: The Community Meeting. *Dynamic Therapy in Brief Hospitalisation*. New York: Jason Aronson.

Weber, B & Downing DL (2009). Ch 8: The Mystique of the Borderline; Ch 9: Pathological Narcissism: People that Nobody Likes; Ch 10: Rapprochement and Characterological Depressions; Ch 11: Anti-social & Paranoid Personality Disorders. *Object-Relations and Self-Psychology: A User-Friendly Primer*. Indianapolis: University of Indianapolis Press.

Class 11 *Special topics, personality organisations, and conditions, continued; treating acute manifestation of primitive mental states/decompensation in an in-patient setting.*

Readings: Messer, SB & Warren, CS (1995). Ch 6: Assessing & Treating the Difficult Patient. New York: Guilford Press.

Oldham, JM & Russakoff, LM (1987). Ch 7: Dealing With an Acutely Psychotic Patient; Ch 8: Issues in the Treatment of Schizophrenic Patients; Ch 9: An Object-Relations Approach to the Treatment of a Disturbed Adolescent; Ch 10: Acute Hospital Treatment of a Suicidal Borderline Patient. *Dynamic Therapy in Brief Hospitalisation*. New York: Jason Aronson.

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: Altman, N (1993). Psychoanalysis & the Urban Poor. In *Psychoanalytic Dialogues*, 3 (1), 29-49.

Davanloo, H (1986). Intensive Short-term Psychotherapy with Highly Resistant Patients. I: Handling Resistance. *International Journal of short-Term Psychotherapy*, 1, 107-133.

Roberts, DD (2000). Shorter-Term Treatment of Borderline Personality Disorder: A Developmental, Self- & Object-Relations Approach. *Psychoanalytic Psychology*, 17(1), 106-127.

Rosegrant, J (1984). Brief Dynamic Psychotherapy in Community Mental Health Settings: Providing a Holding Environment on a Short-Term Basis. *Psychoanalytic Psychology*, 1(2), 157-164.

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: Bellak, L & Faithorn, P (1981). IV Problems of the Therapist: Ch 27: Inter-current Events: Marriage, Pregnancy, Childbirth, Divorce, Moving, Threatening or Actual Illness, Death; Ch 28: Problems of Psychotherapy as a Profession.

Noy-Sharav, D (1998). Who is Afraid of STDP? Termination in STDP & Therapist's Personality. *Psychotherapy*, 35(1), 69-77.

Penn, LS (1990). When the Therapist Must Leave: Forced Termination of Psychodynamic Therapy. *Professional Psychology: Research & Practice*, 21(5), 379-384.

Pinkerton, RS & Rockwell, WJK (1990). Termination in Brief Psychotherapy: The Case for an Eclectic Approach. *Psychotherapy*, 27(3), 362-365.

Class 14 *The impact of managed care organisations; trends toward the industrialisation of psychological treatment.*

Readings: Coren, A (2010). Ch 8: Does It Work? Therapeutic Outcome & the Effect of Managed Care on Time-Limited Therapy & its Practitioners. *Short-Term Psychotherapy: A Psychodynamic Approach*. Hampshire, England: Palgrave MacMillan.

Miller, IJ (1996a). Time-limited Brief Therapy Has Gone Too Far: The Result is Invisible Rationing.

Professional Psychology: Research and Practice, 27 (6), 567-576.

Miller, IJ (1996b). Some 'Short-Term Therapy Values' are a Formula for Invisible Rationing. *Professional Psychology: Research & Practice*, 27, (6) 577-582.

Miller, IJ (1996c). Ethical & Liability Issues Concerning Invisible Rationing. *Professional Psychology: Research & Practice*, 27, (6), 583-587.

Saakvitne, KW & Abrahamson, DJ (1996). The Impact of Managed Care on the Therapeutic Relationship. *Ibid.*

C'EST FIN!

Required Texts

Bellak, L & Faithorn, P (1981). *Crises and Special Problems in Psychoanalysis and Psychoanalytic Psychotherapy*. New York: Jason Aronson. [Presently out-of-print. Available under this course on "Black-board"]

Coren, A (2010). *Short-Term Psychotherapy: A Psychodynamic Approach*. Hampshire, England: Palgrave MacMillan.

Messer, SB and Warren, CS (1995). *Models of Brief Psycho-Dynamic Therapy: A Comparative Approach*.

New York: Guilford Press.

Oldham, JM & Russakoff, LM (1987). *Dynamic Therapy in Brief Hospitalisation*. New York: Jason Aronson Publishers.

Weber, B & Downing, DL (2009). *Object-Relations and Self-Psychology: A User-Friendly Primer*. Indianapolis: University of Indianapolis Press.

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

Strongly Recommended Texts

McWilliams, N (1994). *Psychoanalytic Diagnosis*. New York: Guilford Press.

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

What desires do you speak of?, he 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, he 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)