



Study program: Integrated Academic Studies in Medicine			
Subject name: Basics of Psychotherapy			
Teachers: Ksenija V. Kolundžija			
Subject status: elective			
Number of ECTS: 3			
Preconditions: -			
Course goals: The objective of the course is to acquire theoretical and practical knowledge about the basic principles of psychotherapy and to get students familiar with the main psychotherapy schools and models, as well as to introduce students with the psychological principle of behavior change.			
Subject outcomes: Students will be able to recognize and apply the basic principles of individual and group psychotherapy treatment, to recognize the similarities and differences of main psychotherapy schools and models, and to recognize and apply specific principles related to motivation for behavior change.			
Course content: <i>Theoretical education</i> <ul style="list-style-type: none"> – Definition, development and basic principles and goals of psychotherapy – The course of psychotherapy treatment, basic principles of individual, group and family therapy – Psychoanalytic and psychodynamic psychotherapy – Existential and client-centered psychotherapy – Gestalt and experiential psychotherapy – Transaction analysis – Behavioral therapy – Cognitive therapy and cognitive-behavioral psychotherapy – Psychodrama, body psychotherapy and art therapy – Systemic psychotherapies – Constructivist and integrative psychotherapy – Socioterapy – Transtheoretical model of change – Motivational interviewing – Research in psychotherapy <i>Practical education</i> The practical part of the course will be focused on: application of basic principles of group and individual psychotherapy, development of empathy and self-reflective potentials, application of basic and specific interventions within different psychotherapy schools, understanding the therapist-patient relation, application of basic postulates of Transtheoretical model of behavior change.			
Literature <i>Obligatory</i> <ol style="list-style-type: none"> 1. Prochaska J, Norcross J. Systems of Psychoterapy. Belmont: Thomson Books/Cole, 2007. 2. Prepared course materials 			
Number of active classes		Theoretical lectures: 15	Practical exercises: 30
Teaching methods: Lectures, interactive teaching, group work, demonstrations, consultations			
Student activity assessment (maximally 100 points)			
Pre-exam activities	points	Final exam	points
Activity during lectures	10	Written exam	60
Practical exercises	10	Oral exam	-
Colloquium	-		
Essay	20		

