

University of Washington Psychiatry Residency Program Psychotherapy Electives, 2009-2010

Contemporary Psychoanalytic Psychotherapy Practicum

Instructor: Michael Horne, M.D.

Offered: July, 2009-June, 2010; Mondays, 5-6 p.m., Harborview 5 East Clinic

Prerequisites: R4; completion of Basic Psychodynamic (BAP) seminar

This year-long seminar provides an introduction to contemporary psychoanalytic theory and practice with an emphasis on object relations. In class, we discuss the application of the theory through resident case presentations. Participants are assigned an object relations oriented supervisor and are asked to treat at least one patient under supervision.

Dialectical Behavior Therapy (DBT) Training Program

Instructor: Kate Comtois, Ph.D.

Offered: July, 2009-June, 2010; residents may choose different levels of involvement (weekend workshops, seminar, clinical experience and supervision); see website

(<http://courses.washington.edu/dbtpbsci/index.html>); Harborview

Prerequisites: R3 or R4; completion of basic CBT seminar desirable

Advanced Cognitive-Behavior Therapy

Instructor: Barbara McCann, Ph.D.

Offered: TBA, depending on resident interest

Prerequisites: R3 or R4; completion of basic CBT seminar.

This training experience provides residents with the opportunity to learn more advanced CBT skills than those generally taught in the basic CBT seminar, and to receive additional supervision in these approaches. Examples of specific topics include use of exposure therapy in treating OCD, schema-based approaches to cognitive case conceptualization, application of CBT to PTSD and panic disorder, cognitive-behavioral treatment of eating disorders, and use of hypnosis and similar techniques.

Clinical Hypnosis

Instructor: Barbara S. McCann, Ph.D.

Offered: Thursdays, 3-5 p.m., July 19 - December 17, 2009

Prerequisites: R3 or R4, or by permission of instructor.

This elective will equip advanced psychiatry residents with the skills and background necessary to include the use of hypnosis in their preferred psychotherapeutic frame. We will address the theoretical underpinnings of hypnosis, common misconceptions, structures and styles of hypnotic suggestions, hypnotic inductions, ethical considerations, and hypnosis and memory. The possibilities and pitfalls of introducing hypnosis into clinical practice will be considered. The strategic uses of hypnosis in therapy, integration of hypnosis with cognitive behavior therapy, and use of hypnosis in psychoanalytic frames will be explored. Tools for learning will include a primary text, supplemental readings, didactic presentations, guest lectures, in-class live demonstrations and practice, and videotaped demonstrations from many of the field's leaders. Residents wishing a less in-depth introduction to hypnosis, or wanting to gain some exposure to hypnosis prior to committing to this more extensive training opportunity, are encouraged to consider auditing CONJ 554, "Fundamentalism of Hypnosis," taught by Dr. McCann and Dr. Ron Schneeweiss from the Department of Family Medicine.

Case Conceptualization in Therapy with Individuals, Couples, and Families

Instructor: Richard Stuart, D.S.W., A.B.P.P.

Offered: Thursday 1-3 pm, July, 2009-June 2010; UWMC

Prerequisite: R4 or permission of the instructor.

This is an advanced consultation group in which residents are asked to follow the principles of case conceptualization in the diagnosis and ongoing treatment of one individual and one couple or family. Case conceptualization is an integrative approach that draws on the complete range of theories and practices used in psychiatry: biological, personal, and situational. Residents will be helped to develop individualized goal-attainment scales for each patient and then to use a broad spectrum of techniques to achieve these goals. This is a proactive approach in which intervention for each session is carefully planned, with progress continuously monitored objectively. Participants will be expected to present videotapes of their work. Because of the intensity of the supervision, group size is limited to a maximum of 5 residents, who should meet with Dr. Stuart prior to enrolling.

Behavioral Activation (BA) and Advanced Cognitive Therapy (CT) in the Treatment of Depression

Instructor: Christopher Martell, Ph.D.

Offered: Spring 2010; day and time TBA (being given Wed evenings in 2009)

Prerequisite: Completion of the basic CBT seminar.

BA and CT have demonstrated efficacy in the treatment of moderate and severe depression. This seminar focuses mainly on training in BA, the theory behind the approach, and the addition of cognitive techniques to earlier behavioral models. Videotapes of actual sessions, role play, and discussion of residents' cases will supplement didactics.

Cognitive Behavioral Analysis System of Psychotherapy (CBASP) for Chronic Depression

Instructor: Christopher Martell, Ph.D.

Offered: Spring 2010; day and time TBA (being given Wed evenings in 2009)

Prerequisite: Completion of basic CBT and BAP seminars

This seminar teaches an empirically validated psychotherapy treatment for chronic depression, which combines cognitive-behavioral approaches with a focus on transference hypotheses.

Brief Psychodynamic Psychotherapy

Instructor: Terry Sheldon, M.D.

Offered: Thursday afternoons, January-June, 2010; UWMC (THIS SEMINAR IS OFFERED ONLY EVERY OTHER YEAR, BUT MAY BE AVAILABLE IN 2010, DEPENDING ON RESIDENT INTEREST)

Prerequisites: R3 or R4; completion of BAP seminar

This seminar will explore and demonstrate in depth the primary aspects of the process of short-term psychotherapy. We will examine and discuss videotapes of therapy sessions. The focus will be on activating and evaluating the patient's psychophysiology, directing our attention and the process of the session, using the safety of the relationship to manage anxiety and affects, working with multiple dimensions of the patient's mind simultaneously, and achieving new neural flexible complexity in the patient and hence healing. Short-term therapy works rapidly and efficiently because it works with a wider variety of brain systems than other forms of psychotherapy. As the seminar progresses, we will transition into reviewing and discussing videotapes of the residents' therapy sessions. There will also be discussions concerning residents' cases and assigned readings.