



HUMANISTIC-BASED PSYCHOTHERAPIES : AN INTRODUCTORY COURSE

This course is given online. It includes 45 hours of course content.

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Pre-requisites: In order to register for and complete this course, participants need to be a licensed professional, or need to have completed or be in the process of completing a bachelor's degree in human relations (for example, psychology, counselling, nursing, occupational therapy, social work/MFT, guidance counselling, psychoeducation, or related disciplines).

DESCRIPTION OF CONTENT

This course is an introduction to the theories and techniques of humanistic-based psychotherapies. The course is divided into two parts. The first part focuses on the history and foundations of humanistic psychotherapies. As for the second part, it focuses on different kinds of humanistic psychotherapies. More specifically, this course, which is organized into a series of structured lessons, covers the topics described below:

The Humanistic Approach: An Overview

Course content	List of references proposed in complementary readings, readings to complete the material covered in class
<p>1. Historical & Conceptual Foundations (3h to complete. Content : readings and reflection questions) ;</p> <ul style="list-style-type: none"> a. <i>Relational connection and support ;</i> <ul style="list-style-type: none"> i. Bowlby's Attachment Theory ; ii. Mental Health Difficulties ; b. <i>The Value of Emotional Expression and Processing ;</i> <ul style="list-style-type: none"> i. Self-disclosure ; ii. Self-concealment ; c. <i>Authenticity ;</i> <ul style="list-style-type: none"> i. Psychometric Scale Development ; ii. Well-being and mental health ; iii. Social functioning. 	<ul style="list-style-type: none"> • Cain, D. J., In Keenan, K., & In Rubin, S. (2016). <i>Humanistic psychotherapies: Handbook of research and practice</i>. Washington, DC: American Psychological Association. • Kelly, A. E. & Yip, J. J. (2006). Is keeping a secret or being a secretive person linked to psychological symptoms ? <i>Journal of Personality</i>, 74, 1349–1370. http://dx.doi.org/10.1111/j.1467-6494.2006.00413.x. • Pennebaker, J.W. (1997). Writing about emotional experiences as a therapeutic process. <i>Psychological Science</i>, 8, 162–166. http://dx.doi.org/10.1111/j.1467-9280.1997.tb00403.x. • Rogers, C. R. (1957). The necessary and sufficient conditions of therapeutic personality change. <i>Journal of Consulting Psychology</i>, 21, 95–103. http://dx.doi.org/10.1037/h0045357. • Wood, A. M., Linley, P. A., Maltby, J., Baliousis, M. & Joseph, S. (2008). The authentic personality: A theoretical and empirical conceptualization and the development of the authenticity scale. <i>Journal of Counseling Psychology</i>, 55, 385-399. http://dx.doi.org/10.1037/0022-0167.55.3.385.
<p>2. Therapeutic Processes & Outcomes (3h to complete. Content : readings and reflection questions) ;</p> <ul style="list-style-type: none"> a. <i>What are Humanistic Psychotherapies? ;</i> 	<ul style="list-style-type: none"> • Elliott, R., Greenberg, L. S. & Lietaer, G. (2004). Research on experiential psychotherapies. In M. J. Lambert (ed.), <i>Bergin and Garfield's handbook of psychotherapy</i>

<p>b. <i>Summary of Major Research: Up to the 21st century</i> ;</p> <p>c. <i>Current Research (2000 - present)</i> ;</p> <p>d. <i>The Importance of the Therapeutic Relationship</i> ;</p> <p>e. Addressing Clinician Bias.</p>	<p><i>and behavior change</i> (5th ed., pp. 139–193). Oxford, England: Wiley.</p> <ul style="list-style-type: none"> • Elliott, R., Greenberg, L. S, Watson, J., Timulak, L. & Freire, E. (2013). Research on humanistic-experiential psychotherapies. In M. J. Lambert (ed.), <i>Bergin and Garfield’s handbook of psychotherapy and behavior change</i> (6th ed., pp. 495–538). New York, NY: Wiley. • Kolden, G. G., Klein, M. H., Wang, C. & Austin, S. B. (2011). Congruence/ genuineness. In J. C. Norcross (ed.), <i>Psychotherapy relationships that work: Evidence-based responsiveness</i> (2nd ed., pp. 187–202). New York, NY: Oxford University Press. http://dx.doi.org/10.1093/acprof:oso/9780199737208.003.0009 • Walfish, S., Mcalister, B., O’Donnell, P. & Lambert, M. J. (2012). An investigation of self-assessment bias in mental health providers. <i>Psychological Reports</i>, 110, 639–644. http://dx.doi.org/10.2466/02.07.17.Pr0.110.2.639-644
<p>3. Qualitative Research on the Clients’ Experience (3h to complete. Content : readings and reflection questions) ;</p> <p>a. <i>Ontological and epistemological premises of method and rhetoric</i> ;</p> <p>i. Postpositivist Approach ;</p> <p> 1. Examples of Postpositivist Qualitative Research and Clinical Implications</p> <p>ii. Constructivist–Interpretive Approaches ;</p>	<ul style="list-style-type: none"> • Anderson, R. (2004). Intuitive inquiry: An epistemology of the heart for scientific inquiry. <i>Humanistic Psychologist</i>, 32, 307-341. http://dx.doi.org/10.1080/08873267.2004.9961758. • Churchill, S. D. & Wertz, F. J. (2001). An introduction to phenomenological research in psychology: Historical, conceptual, and methodological contributions. In K. J. Schneider, J. F. T. Bugental, & F. Pierson (Eds.), <i>The handbook of humanistic psychology: Leading edges in theory, research, and practice</i> (pp. 247–262). Thousand Oaks, CA: Sage. http://dx.doi.org/10.4135/9781412976268.n19.

<ul style="list-style-type: none"> 2. Examples of Constructivist–Interpretive Qualitative Research and Clinical Implications ; iii. Critical–Ideological Approaches ; 3. Examples of Critical–Ideological Qualitative Research and Clinical Implications ; b. <i>Convergence in Humanistic and Human Science Approaches ;</i> c. <i>Reviews of qualitative psychotherapy research ;</i> <ul style="list-style-type: none"> i. Until 2000: Rennie’s Review of Grounded Theory Research ; ii. Current Reviews of Humanistic Qualitative Psychotherapy Research ; iii. Reviews of Qualitative Research Across Psychotherapy Orientation ; d. <i>Development of Principles for Practice : Qualitative Research for Clinical Ends.</i> 	<ul style="list-style-type: none"> • Fischer, C. T. (2006). Humanistic psychology and qualitative research: Affinity, clarifications and invitations. <i>Humanistic Psychologist</i>, 34, 3–11. http://dx.doi.org/10.1207/s15473333thp3401_2. • Hill, C. & Corbett, M. (1993). A perspective on the history of process and outcome research in counseling psychology. <i>Journal of Counseling Psychology</i>, 40, 3–24. http://dx.doi.org/10.1037/0022-0167.40.1.3.
<p>4. The Role of Empathy (3h to complete. Content : readings, reflection questions and videos) ;</p> <ul style="list-style-type: none"> a. <i>Empathy as an active ingredient of change.</i> b. <i>Research on the role of empathy in psychotherapy before 2000 ;</i> c. <i>Review of Research since 2000 ;</i> d. <i>From Research to Practice ;</i> 	<ul style="list-style-type: none"> • Bohart, A. C. & Greenberg, L. S. (1997). Empathy: Where are we and where do we go from here? In A. C. Bohart & L. S. Greenberg (Eds.), <i>Empathy reconsidered: New directions in psychotherapy</i> (pp. 419–449). Washington, DC: American Psychological Association. http://dx.doi.org/10.1037/10226-031. • Decety, J. & Jackson, P. L. (2004). The functional architecture of human empathy. <i>Behavioral and Cognitive Neuroscience Reviews</i>, 3, 71–100. http://dx.doi.org/10.1177/1534582304267187. • Norcross, J. C, & Wampold, B. E. (2011). Evidence-based therapy relationships: Research conclusions and clinical

	<p>practices. <i>Psychotherapy</i>, 48, 98–102. http://dx.doi.org/10.1037/a0022161.</p> <ul style="list-style-type: none"> • Watson, J. C., Steckley, P. L., & McMullen, E. J. (2013). The role of empathy in promoting change. <i>Psychotherapy Research</i>, 24, 286–298. http://dx.doi.org/10.1080/10503307.2013.802823
<p>5. The Experiential Humanistic Perspective (3h to complete. Content : readings, reflection questions and videos) ;</p> <ol style="list-style-type: none"> <i>What are Experiential Perspectives? ;</i> <i>Research Highlights - Emotion / Emotional Processing ;</i> <i>Integrating Research & Practice ;</i> <ol style="list-style-type: none"> Arousal, Expressiveness and Enactment ; Emotional Regulation and Self-Soothing ; Making Meaning ; Emotional Transformation: Changing Emotion, With Emotion ; <i>Therapeutic Applications.</i> 	<ul style="list-style-type: none"> • Greenberg, L. S. (2002). <i>Emotion-focused therapy: Coaching clients to work through their feelings</i>. Washington, DC: American Psychological Association. http://dx.doi.org/10.1037/10447-000. 1. Greenberg, L. S. & Pascual-Leone, A. (2006). Emotion in psychotherapy: A practice- friendly research review. <i>Journal of Clinical Psychology</i>, 62, 611–630. http://dx.doi.org/10.1002/jclp.20252. • Paivio, S. C. & Pascual-Leone, A. (2010). <i>Emotion-focused therapy for complex trauma: An integrative approach</i>. Washington, DC: American Psychological Association. http://dx.doi.org/10.1037/12077-000. • Taylor, G. J. & Bagby, R. M. (2013). Psychoanalysis and empirical research: The example of alexithymia. <i>Journal of the American Psychoanalytic Association</i>, 61, 99–133. http://dx.doi.org/10.1177/0003065112474066

Major Theoretical Approaches

Course content	List of references proposed in complementary readings, readings to complete the material covered in class
<p>6. PCT: Person-Centered Therapy (3h to complete. Content : readings, reflection questions and videos) ;</p> <p>a. <i>Person-Centered Therapy (P-CT): Past, Present, and Future Orientations</i> ;</p> <p>i. Overview of the Theory ;</p> <p>ii. Non-Directivity ;</p> <p>iii. Theory of Personality Development ;</p> <p>b. <i>Research Highlights (1940 - 2000)</i> ;</p> <p>c. <i>Research Highlights (2000 - present)</i> ;</p> <p>d. <i>From Research To Practice.</i></p>	<ul style="list-style-type: none"> • Bozarth, J. D., Zimring, F. M. & Tausch, R. (2002). Client-centered therapy: evolution of a revolution. In D. J. Cain & J. Seeman (eds.), <i>Humanistic psychotherapies: Handbook of research and practice</i> (pp. 147–188). Washington, DC: American Psychological Association. • Mearns, D. (1997). <i>Person-centred counselling training</i>. London, England: Sage. • Murphy, D. & Cramer, D. (2014). Mutuality of rogers’s therapeutic conditions and treatment progress in the first three psychotherapy sessions. <i>Psychotherapy Research</i>, 24, 651–661. http://dx.doi.org/10.1080/10503307.2013.874051 • Stiles, W. B., Barkham, M., Twigg, E., Mellor-Clark, J., & Cooper, M. (2006). Effectiveness of cognitive-behavioural, person-centred and psychodynamic therapies as practised in UK National health service settings. <i>Psychological Medicine</i>, 36, 555–566. http://dx.doi.org/10.1017/s0033291706007136.
<p>7. Contemporary Gestalt Therapy (3h to complete. Content : readings, reflection questions and videos) ;</p> <p>a. <i>An Introduction to Gestalt Therapy</i> ;</p> <p>b. <i>Theoretical Overview</i> ;</p> <p>i. Modified Phenomenological Method ;</p> <p>ii. Dialogical Relationship ;</p> <p>iii. Existential Experimentalism ;</p>	<ul style="list-style-type: none"> • Brownell, P. (Ed.). (2008). <i>Handbook for theory, research, and practice in Gestalt therapy</i>. Newcastle, England: Cambridge Scholars. • Cheung, M. & Nguyen, P. (2012). Connecting the strengths of Gestalt chairs to Asian clients. <i>Smith College Studies in Social Work</i>, 82, 51–62. http://dx.doi.org/10.1080/00377317.2012.638895. • Lobb, M. S. & Wheeler, G. (2013). Fundamentals and development of Gestalt therapy in the contemporary context.

<p>iv. A Cohesive Unity in Practice ; c. <i>Research Highlights (1940 - 2000)</i> ; d. <i>Research Highlights (2000 - Present)</i> ; e. <i>From Research To Practice.</i></p>	<p>In G. Francesetti, M. Gecela & J. Roubal (Eds.), <i>Gestalt therapy in clinical practice: From psychopathology to the aesthetics of contact</i> (pp. 27–58). Milan, Italy: FrancoAngeli.</p> <ul style="list-style-type: none"> • Stevens, C., Stringfellow, J., Wakelin, K. & Waring, J. (2011). The UK Gestalt psychotherapy CORE research project: The findings. <i>British Gestalt Journal</i>, 20(2), 22–27.
<p>First exam (30 questions, 50%)</p>	
<p>8. Focusing-Oriented Experiential Psychotherapy (3h to complete. Content : readings, reflection questions and videos) ; a. <i>An introduction to Focusing-Oriented-Experiential Therapy ;</i> b. <i>Background of Focusing-Oriented-Experiential Therapy ;</i> c. <i>Hallmarks of Focusing–Oriented-Experiential Therapy ;</i> d. <i>Research Highlights on FOT (up to 2000)</i> ; i. Experiencing ; ii. Clearing a Space (CAS) ; e. <i>Research Highlights (2000 - Present)</i> ; i. Experiencing & Focusing ; ii. Clearing a Space (CAS) ; f. <i>From Research to Practice</i></p>	<ul style="list-style-type: none"> • Aoki, T. & Ikemi, A. (2014). The Focusing Manner Scale: Its validity, research background and its potential as a measure of embodied experiencing. <i>Person-Centered & Experiential Psychotherapies</i>, 13, 31–46. http://dx.doi.org/10.1080/14779757.2013.870925. • Hendricks, M. N. (2002). Focusing-oriented/experiential psychotherapy research. In D. J. Cain & J. Seeman (Eds.), <i>Humanistic psychotherapies: Handbook of research and practice</i> (pp. 221–251). Washington, DC: American Psychological Association. http://dx.doi.org/10.1037/10439-007. • Kira, Y. (2002). Exploring the therapist’s own experience by using focusing: Discussions on “Therapist Focusing Method.” <i>Journal of Japanese Clinical Psychology</i>, 20, 97–107. • Madison, G. (2004). Focusing-oriented supervision. In K. Tudor & M. Worrall (Eds.), <i>Freedom to practice: Person-centred approaches to supervision</i> (pp. 133–151). London, England: PCCS Books.
<p>9. Existential Psychotherapies (3h to complete. Content : readings, reflection questions and videos) ; a. <i>What are existential psychotherapies? ;</i></p>	<ul style="list-style-type: none"> • Cooper, M. (2015). <i>Existential therapy: Contributions to a pluralistic practice</i>. London, England: Sage.

<p>b. <i>General Existential Processes</i> ;</p> <ol style="list-style-type: none"> i. Phenomenological Practices ; ii. Relational Practices ; iii. Existential Practices ; <ol style="list-style-type: none"> 1. Methods Associated with Particular Existential Schools ; <p>c. <i>From Research to Practice.</i></p>	<ul style="list-style-type: none"> • Greenberg, J., Koole, S. L. & Pyszczynski, T. (2004). <i>Handbook of experimental existential psychology</i>. New York, NY: Guilford Press. • Tillich, P. (1952). <i>The courage to be</i>. New Haven, CT: Yale University Press. • Yalom, I. (1980). <i>Existential psychotherapy</i>. New York, NY: Basic Books.
<p>10. Emotion-Focused Therapy (3h to complete. Content : readings, reflection questions and videos) ;</p> <ol style="list-style-type: none"> a. <i>An Introduction to Emotion-Focused Therapy (EFT) ;</i> b. <i>Theoretical evolution of Emotion-Focused Therapy ;</i> c. <i>Basic principles of Emotion-Focused Therapy ;</i> <ol style="list-style-type: none"> i. What is emotion ? ; ii. Differential Emotion Assessment ; iii. Six major emotional change processes ; d. <i>View of dysfunction ;</i> e. <i>Early Research on EFT - Up to 2000 ;</i> f. <i>Research Highlights (2000 - present) ;</i> g. <i>From Research to Practice.</i> 	<p>Boritz, T. Z., Angus, L., Monette, G., Hollis-Walker, L. & Warwar, S. (2011). Narrative and emotion integration in psychotherapy: Investigating the relationship between autobiographical memory specificity and expressed emotional arousal in brief emotion-focused and client-centred treatments of depression. <i>Psychotherapy Research</i>, 21, 16–26. http://dx.doi.org/10.1080/10503307.2010.504240.</p> <ul style="list-style-type: none"> • Elliott, R. (2013). Person-centered and experiential psychotherapies for anxiety difficulties: Theory, research, and practice. <i>Person-Centered & Experiential Psychotherapies</i>, 12, 16–32. http://dx.doi.org/10.1080/14779757.2013.767750. • Pascual-Leone, A. & Greenberg, L. S. (2007). Emotional processing in experiential therapy: Why “the only way out is through.” <i>Journal of Consulting and Clinical Psychology</i>, 75, 875–887. http://dx.doi.org/10.1037/0022-006X.75.6.875. • Watson, J. C., Gordon, L. B., Stermac, L., Kalogerakos, F. & Steckley, P. (2003). Comparing the effectiveness of process-experiential with cognitive-behavioral psychotherapy in the treatment of depression. <i>Journal of Consulting and Clinical Psychology</i>, 71, 773–781. http://dx.doi.org/10.1037/0022-006X.71.4.773.

Empirically Supported Humanistic Approaches for Couples, Families & Children

Course content	List of references proposed in complementary readings, readings to complete the material covered in class
<p>11. Working with couples and families (3h to complete. Content : readings, reflection questions and videos) ;</p> <p style="padding-left: 20px;">a. <i>Historical & Theoretical Overview of Humanistic Couple and Family Therapy ;</i></p> <p style="padding-left: 40px;">i. Relationship Enhancement Therapy (RE) ;</p> <p style="padding-left: 40px;">ii. Emotion-Focused Therapy for Couples (EFT) ;</p> <p style="padding-left: 40px;">iii. Emotion-Focused Family Therapy (EFFT) ;</p> <p style="padding-left: 40px;">iv. Gottman’s Method for Couple Therapy ;</p> <p style="padding-left: 40px;">v. Filial Family Therapy (FFT) ;</p> <p style="padding-left: 40px;">vi. Dyadic Developmental Psychotherapy (DDP) ;</p> <p style="padding-left: 20px;">b. <i>From Research To Practice.</i></p>	<ul style="list-style-type: none"> • Becker-Weidman, A. & Hughes, D. (2008). Dyadic developmental psychotherapy: an evidence-based treatment for children with complex trauma and disorders of attachment. <i>Child & Family Social Work, 13</i>, 329–337. http://dx.doi.org/10.1111/j.1365-2206.2008.00557.x. • Goldman, R. N. & Greenberg, L. (2013). Working with identity and self-soothing in emotion-focused therapy for couples. <i>Family Process, 52</i>, 62–82. http://dx.doi.org/10.1111/famp.12021. • Gottman, J. M. & Gottman, J. S. (2008). Gottman method couple therapy. In A. S. Gurman (ed.), <i>Clinical handbook of couple therapy</i> (4th ed., pp. 138–164). New York, NY: Guilford press. • Robinson, A. L., Dolhanty, J. & Greenberg, L. (2015). Emotion-focused family therapy for eating disorders in children and adolescents. <i>Clinical Psychology and Psychotherapy, 25</i>, 75–82. http://dx.doi.org/10.1002/cpp.1861.
<p>12. Working with children (3h to complete. Content : readings, reflection questions and videos) ;</p> <p style="padding-left: 20px;">a. <i>Research Highlighting Child Humanistic Therapies.</i></p>	<ul style="list-style-type: none"> • Bratton, S. & Ray, D. (2000). What the research shows about play therapy. <i>International Journal of Play Therapy, 9</i>, 47–88. http://dx.doi.org/10.1037/h0089440. • Muro, J., Ray, D., Schottelkorb, A., Smith, M. & Blanco, P. (2006). Quantitative analysis of long-term child-centered play therapy. <i>International Journal of Play Therapy, 15</i>, 35–58. http://dx.doi.org/10.1037/h0088914.

	<ul style="list-style-type: none"> • Ray, D. C. (2008). Impact of play therapy on parent–child relationship stress at a mental health training setting. <i>British Journal of Guidance & Counselling</i>, 36, 165–187. http://dx.doi.org/10.1080/03069880801926434. • Tyndall-Lind, A., Landreth, G. & Giordano, M. (2001). Intensive group play therapy with child witnesses of domestic violence. <i>International Journal of Play Therapy</i>, 10, 53–83. http://dx.doi.org/10.1037/h0089443
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Promoting Positive Outcomes in Humanistic Psychotherapy

Course content	List of references proposed in complementary readings, readings to complete the material covered in class
<p>13. The therapist's contribution to psychotherapy outcomes (3h to complete. Content : readings, reflection questions and videos) ;</p> <p>a. Research prior to 2000 ;</p> <p>b. Research regarding therapist effectiveness after 2000 ;</p> <p>i. Therapist Characteristics Associated With Better Outcomes ;</p> <ol style="list-style-type: none"> 1. Therapeutic Alliance ; 2. Empathy ; 3. Therapist Genuineness or Congruence ; 4. Repairing Alliance Strains and Ruptures ; 	<ul style="list-style-type: none"> • Asay, T. P. & Lambert, M. J. (2002). Therapist relational variables. In D. J. Cain & J. Seeman (eds.), <i>Humanistic psychotherapies: Handbook of research and practice</i> (pp. 531–557). http://dx.doi.org/10.1037/10439-017. • Baldwin, S. A., Wampold, B. E. & Imel, Z. E. (2007). Untangling the alliance– outcome correlation: exploring the relative importance of therapist and patient variability in the alliance. <i>Journal of Consulting and Clinical Psychology</i>, 75, 842–852. http://dx.doi.org/10.1037/0022-006X.75.6.842. • Hill, C. E., Nutt-Williams, E., Heaton, K. J., Thompson, B. J. & Rhodes, R. H. (1996). Therapist retrospective recall impasses in long-term psychotherapy: a qualitative analysis. <i>Journal of Counseling Psychology</i>, 43, 207–217. http://dx.doi.org/10.1037/0022-0167.43.2.207. • Walfish, S., Mcalister, B., O'donnell, P., & Lambert, M. J. (2012). An investigation of self-assessment bias in mental

<p>5. Difficulties With Providing Facilitative Conditions and Maintaining the Alliance.</p>	<p>health providers. <i>Psychological Reports</i>, 110, 639–644. http://dx.doi.org/10.2466/02.07.17.pr0.110.2.639-644.</p>
<p>14. How client variables relate to psychotherapy outcomes (3h to complete. Content : readings, reflection questions and videos) ;</p> <p>a. <i>Research on client variable and outcomes prior to 2000 ;</i></p> <p>b. <i>Client participation/engagement/involvement ;</i></p> <p> i. Therapeutic Alliance ;</p> <p> ii. Client Affirmation ;</p> <p> iii. Openness Versus Defensiveness ;</p> <p> iv. Experiencing ;</p> <p> v. Locus of Control ;</p> <p>c. <i>Studies on client variables and outcome since 2000 ;</i></p> <p> i. Collaboration ;</p> <p> ii. Attachment Style ;</p> <p> iii. Client involvement ;</p> <p> iv. New Awareness.</p>	<ul style="list-style-type: none"> • Bohart, A. C. & Tallman, K. (1999). <i>How clients make therapy work: The process of active self-healing</i>. http://dx.doi.org/10.1037/10323-000. • Fitzpatrick, M. R., Janzen, J., Chamodraka, M., & Park, J. (2006). Client critical incidents in the process of early alliance development: A positive emotion exploration spiral. <i>Psychotherapy Research</i>, 16, 486–498. http://dx.doi.org/10.1080/10503300500485391. • Gomes-Schwartz, B. (1978). Effective ingredients in psychotherapy: Prediction of outcome from process variables. <i>Journal of Consulting and Clinical Psychology</i>, 46, 1023–1035. http://dx.doi.org/10.1037/0022-006X.46.5.1023. • Tryon, G. S. & Winograd, G. (2001). Goal consensus and collaboration. <i>Psychotherapy: Theory, Research, Practice, Training</i>, 38, 385–389. http://dx.doi.org/10.1037/0033-3204.38.4.385.

Putting It All Together

Course content	List of references proposed in complementary readings, readings to complete the material covered in class
<p>15. Optimal practices of humanistic psychotherapies (3h to complete. Content : readings and reflection questions) ;</p> <ul style="list-style-type: none"> a. <i>Client distress and readiness for change ;</i> <ul style="list-style-type: none"> i. Stages of change ; b. <i>Being present and engaged ;</i> c. <i>Being empathic ;</i> <ul style="list-style-type: none"> i. Attuned Listening ; d. <i>Being accepting, unconditional in regard and affirming ;</i> e. <i>Mutual affirmation and liking ;</i> f. <i>Being congruent, genuine and authentic ;</i> <ul style="list-style-type: none"> i. Self Disclosure ; g. <i>Relational depth ;</i> h. <i>Forming a therapeutic alliance ;</i> i. <i>Being collaborative and cooperative ;</i> j. <i>Client involvement ;</i> k. <i>Client positive expectations and therapist optimism ;</i> l. <i>Client Openness Versus Defensiveness ;</i> m. <i>Client expressiveness and emotional experiencing ;</i> n. <i>Client locus of control and evaluation ;</i> o. <i>The self and self-concept ;</i> p. <i>Individualizing psychotherapy ;</i> q. <i>Client's experience of the therapeutic relationship ;</i> 	<ul style="list-style-type: none"> • Bohart, A. C., O'Hara, M. M. & Leitner, L. M. (Eds.). (2004). Recommended principles and practices for the provision of humanistic psychosocial services: Alternative to mandated practice and treatment guidelines. <i>Humanistic Psychologist</i>, 32, 3–75. • Feifel, H. & Eells, J. (1963). Patients and therapists assess the same psychotherapy. <i>Journal of Consulting Psychology</i>, 27, 310–318. http://dx.doi.org/10.1037/h0046645. • Norcross, J. C., Krebs, P. M. & Prochaska, J. O. (2011). Stages of change. In J. C. Norcross (Ed.), <i>Psychotherapy relationships that work: Evidence-based responsiveness</i> (2nd ed., pp. 279–300). http://dx.doi.org/10.1093/acprof:oso/9780199737208.003.0014. • Rice, L. N. & Wagstaff, A. K. (1967). Client voice quality and expressive style as indexes of productive psychotherapy. <i>Journal of Consulting Psychology</i>, 31, 557–563. http://dx.doi.org/10.1037/h0025164.

<ul style="list-style-type: none"> r. <i>Monitoring the relationship ;</i> s. <i>Pragmatism, pluralism and integration ;</i> t. <i>Therapist investment in client well-being.</i> 	
16. Summary & Conclusion	No readings
Second exam (30 questions, 50%).	

ORGANIZATION OF CLASS TIME

As per the OPQ's interpretation of Bill 21 and of the hours and credits required by domain, participants may expect to invest 2 hours of personal work for each hour spent "in class" (online) for readings, course preparation, studying and the examinations.

ASSIGNMENTS

This course involves completing two exams, one mid-way through the course and another at the end of the course. Both exams must be completed successfully. This course is graded as Pass/Fail. Pass is set at 60%.

REFERENCES

A number of documents are available in each lesson taken online (see the references section at the end of each module).