

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).

GENERAL DESCRIPTION OF CONTENT

The course will cover the following themes:

A. INTRODUCTION

1. Why you are here
2. About the instructor
3. Disclaimer

B. PSYCHODYNAMIC PRINCIPLES

1. A brief introduction to psychodynamic psychotherapy
2. The 'simple' premise of psychodynamic therapy
3. Classical psychodynamic formulation, Contemporary psychodynamic therapy, Treatment goals, Psychodynamic change process, Evolution and Variations, Evolution and Variations
4. Historical Background to Dynamic Psychotherapy: The Concept of Conflict; Unconscious Processes
5. Anxiety and Psychic Pain
6. Defense Mechanisms (an intro)
7. Motivational Drives
8. Developmental Stages
9. Attachment
10. Models of the Mind
11. The therapeutic relationship
12. A family tree

C. KEY CONSTRUCTS

1. The Ego, Id and Superego
2. The Unconscious
3. Unconscious conflict

4. Dreams
5. Free association
6. Motives
7. Defense mechanisms
8. Relationship patterns
9. Transference and countertransference
10. Personality structure

D. THE PDM

1. An introduction to the PDM
2. Using the PDM
3. Personality disorders

E. PSYCHODYNAMIC PRACTICE

1. Overview
2. Techniques in psychodynamic psychotherapy
3. The technique continuum, therapist adjustment and therapist accuracy
4. Research on therapist technique in dynamic therapy

F. CLOSING REMARKS

1. Psychodynamic therapy and other therapies
2. Conclusion

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 assignment(s) or examination(s).

ASSIGNMENTS

This course involves completing two exams, one mid-way through the course and another at the end of the course.

This course is graded as Pass/Fail.

REFERENCES

All important documents are available to you in each lesson taken online. In addition to those documents, you are strongly encouraged to read the following:

- Gabbard, G.O. (2000) Psychodynamic Psychiatry in Clinical Practice, Third edition, Washington, D.C.: American Psychiatric Press.
- Gabbard, G.O. (2004) Long-Term Psychodynamic Psychotherapy: A Basic Text, Washington, DC: American Psychiatric Press.
- McWilliams N. (1999) Psychoanalytic Case Formulation, New York: The Guilford Press, Inc.
- McWilliams N. (2004) Psychoanalytic Psychotherapy, New York: Guilford Press.
- Mitchell, S.A., Black, M.J. (1995) Freud and Beyond: A History of Modern Psychoanalytic Thought, New York: Basic Books.
- Moore, B.E. (1995) Psychoanalysis: The Major Concepts, New Haven, Yale University Press.
- Moore, B.E., Fine, B.R., eds. (1990) Psychoanalytic Terms and Concepts, New Haven: Yale University Press. Schwartz, H., et al. (1995) Psychodynamic Concepts in General Psychiatry, Washington, D.C.: American Psychiatric Press.