

The Psychotherapies

A history and review of diverse psychological treatments

Purpose: In this seminar, we will explore the various psychotherapies from early approaches to contemporary methods.

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| Moderator: | Bonnie Strickland |
| Co-moderator | Fred Bogin |
| Date and Time: | Monday afternoon, 1:30-3:30 10 weeks, starting September 24 |
| Format: | Seminar |
| Location: | Amherst College, Converse Hall Porter Lounge |

Description: Psychotherapy is defined as a form of treatment for problems of an emotional nature in which a trained person deliberately establishes a professional relationship with a patient with the object of removing, modifying, or retarding existing symptoms, of mediating disturbed patterns of behavior, and of promoting positive personal growth and development.

This seminar will cover the major psychotherapies. Beginning with definitions and early history, the development of psychotherapy across time will be examined. The primary emphasis will be on contemporary psychotherapies. Beginning with early approaches, each participant will choose and present one of the psychotherapies ranging from pre-Freudian through psychoanalysis, neo-Freudian, client-centered, humanistic, behavioral, and cognitive behavior therapies. Emphasis will be placed on history, foundations, theoretical approaches, and empirical support.

Role of participants: Topics can be chosen from a list of important individuals (Freud, Rogers, etc.) and schools of thought (psychoanalysis, cognitive, behavioral, etc.) to be provided by the moderators. Participants will present one of the psychotherapies for thirty minutes followed by a thirty-minute discussion.

Resources: Most of the materials for preparing presentations can be found on the internet. Standard psychology textbooks and books that cover the various psychotherapies can be found in college and university libraries.

About the Moderators: Bonnie continues to teach clinical psychology at UMass. She is a former President of the American Psychological Association and the APA Society for the Study of Clinical Psychology. She has previously moderated two seminars.

Fred is a retired pediatrician with specialized training and experience in Developmental-Behavioral Pediatrics. Throughout his career his primary focus was on psychosocial pediatrics. He has previously moderated two seminars.

Maximum number of participants: 18

Auditors accepted: yes, up to 2

Course # 18F7P