

5CLIR – Fall 2018

Mondays, 1:30 to 3:30, Converse Hall, Amherst College

THE PSYCHOTHERAPIES

There are over 500 forms of psychotherapy. In this seminar, participants will receive an overview of a number of different approaches to the practice of psychotherapy. They will also have an opportunity to investigate in greater depth one particular topic. There will be a final list of suggested topics from which participants can choose. They can also research a topic not on the list with the moderators' approval. The topics can be drawn from three domains: recognized schools of therapy; influential figures in the history of psychotherapy; and a miscellaneous category as suggested below. Each participant will present a topic for 30 minutes which will be followed by a 30 minute discussion. Below are some possible areas of investigation. Others may be added prior to the seminar.

Schools of Psychotherapy

Psychoanalysis	Behavioral Therapy	EMDR
Jungian Therapy	Cognitive-Behavioral Therapy	Other?
Neo-Freudians	Couples	
Client-centered Therapy	Family	
Humanistic/Existential	Group	
Gestalt	Emotion Focused Therapy	

Influential Figures (some of whom will overlap with the above list)

Sigmund Freud	Harry Stack Sullivan
Carl Jung	Carl Rogers
Alfred Adler	Abraham Maslow
Albert Ellis	Milton Erikson
Otto Rank	Other?

Miscellaneous Topics

Research evidence regarding the efficacy of psychotherapy

What elements lead to successful outcomes?

Impact of newer technologies on the field of psychotherapy

Other?

