A (Lectures and e-learning pdf files)

1. Psychological reactions to illnesses and their psychotherapy
2. Indications of psychotherapy
3. The most important dimensions of psychotherapeutic diagnosis
4. Therapy contract
5. Indicators of psychotherapy related change
6. Psychotherapeutic treatment of anxiety
7. Logical fallacies
8. Autogenic training
9. The treatment of avoidance behaviour concomitant with anxiety
10. General principles of the psychotherapy of depression
11. The psychotherapeutic (cognitive behavioural therapeutic) model of insomnia
12. Cognitive behavioural therapeutic model of somatization
13. Psycho-education, non-specific psychotherapeutic interventions of somatization
14. Supportive therapy in chronic diseases
15. Psychotherapeutic approaches to psychotic disorders. Basics of the LEAP method.
16. Psychotherapy of addictions. Short intervention. Motivational interview. Techniques used in the psychotherapy of addictions.
17. Psychotherapy of sexual disorders
18. Psychotherapy of difficult patients
19. Psychotherapeutic aspects in personality disorders
20. Crisis intervention. Recognizing suicidal inclination, and its psychotherapy
21. Psychotherapeutic steps in the communication of bad news

B (book: Oxford Textbook of Psychotherapy / Gabbard, G.O., Beck, J.S., Holmes, J.: Oxford Textbook of Psychotherapy, 1st Edition. Oxford University Press. 2005. )

1. Psychoanalytic/psychodynamic therapies
2. Cognitive and behavioural therapies
3. Interpersonal psychotherapy
4. Group psychotherapy
5. Cognitive-behavioural group interventions
6. Family therapy
7. Psychodynamic couple therapy
8. Cognitive-behaviour therapy with couples
9. Art therapies
10. Psychotherapy integration
11. Psychotherapy research
12. Psychotherapy and medication
13. Ethics and psychotherapy
14. Clinical and legal issues in psychotherapy