

Requirements

Semmelweis University Faculty of Medicine	Educational Unit: Institute of Behavioural Sciences (the Institute) Department of Psychiatry and Psychotherapy (the Department)
Name of the course: Psychotherapy in medical practice	
Type of the course: compulsory code: AOKPSI050_1A credit: 2 credits 14 hours lecture + 14 hours practice	
Presenter of the course: Dr. Zsolt Unoka, Dr. György Purebl	
First semester: 2017/2018	
Course objectives: The objective of the course is that students acquire basic skills in psychotherapy which are necessary in general medical practice. Students are expected to gain knowledge about basic psychotherapeutic techniques necessary in the medical profession. Further objectives of the course are to further-develop the students' communication skills, to enable them to independently recognize and treat the problems approachable with psychotherapy on a basic level.	
Course Syllabus: <ol style="list-style-type: none">1. The role of psychotherapy in the medical praxis2. Stages of psychotherapy process3. Core competencies, mechanism of changes and techniques of psychotherapies4. Psychotherapy of anxiety disorders5. Psychotherapy of affective disorders6. Psychotherapy of sleep disorders7. Psychotherapy of somatoform disorders8. Psychotherapy in the treatment of chronic disorders9. Crisis intervention. Detection and psychotherapy of suicidal intentions10. Psychotherapy of eating and sexual disorders11. Psychotherapy of alcohol and drug abuse/Dependence12. Psychotherapeutic rehabilitation of psychotic patients13. Treating difficult cases. Personality disorders	
The e-learning material: Besides the written content, the material includes videos demonstrating psychotherapy techniques. Students have to read the e-learning material, watch videos and answer the controlling test questions on a weekly basis.	
Topics of E-learning units and practices:	
I. The role of psychotherapy in medical practice and the treatment of illness related stress <ol style="list-style-type: none">1. Basic competencies of medical doctors2. Psychological responses to illness and their psychotherapeutic treatment	
II. Indications of psychotherapy, the psychotherapeutic process <ol style="list-style-type: none">1. First phase: Indications of psychotherapy2. Second phase: the phase of change3. The last phase of therapy	
III. Basic techniques of psychotherapeutic treatments of anxiety	

- IV. Basic techniques of psychotherapeutic treatments of the depressive episode
- V. The psychotherapy of insomnia
- VI. The psychotherapy of somatization
- VII. Psychotherapeutic techniques in supporting patients living with chronic diseases
- VIII. Psychotherapeutic interventions of psychotic diseases
- IX. The psychotherapy of addictions: the short intervention, the motivational interview, and other techniques used in the psychotherapy of addictions
- X. The psychotherapy of sexual disorders
- XI. Dealing with difficult patients of various personality types in the medical practice.
- XII. Crisis intervention. Recognizing suicidal inclination and its psychotherapeutic treatment in practice
- XIII. Psychotherapeutic steps of imparting bad news
- XIV. Consultation about the semi-final exam

The seminars: Students practice psychotherapy techniques related to lectures and the e-learning material through role playing under the supervision of the seminar leader.

Participation on a seminar and making up for absences: Every student must read the e-learning unit and answer the control questions for every seminar as a condition of attending. You can miss no more than three seminars during the term. It is possible to make up for an absence by attending another seminar group the same week.

For doing that students must ask the approval of both their teacher and the teacher of the group they aim to join for making up via e-mail.

Certifying the absence(s) from seminars and examinations:

Requirement for the participation on seminars is to read the e-learning material and complete the e-learning exercises. Attendance list and practice record will be made on every seminar. The seminar leader notes down the following data in the practice record: topic of the seminar, the demonstrated psychotherapeutic techniques, the practice group and the date. In case of absence the Department will not accept medical certificate, absences have to be made up.

Assessments during the semester (reports, written assignments) :

Continuous assessment: Requirement for the participation on seminars is pre-reading the e-learning material and doing the control questions each week.

Requirements for the signature at the end of the semester:

- (1) Regular active participation in seminars where psychotherapy techniques are practiced (participate in role plays) , (2) reading the e-learning material and doing the control questions each week before attending the seminar and (3) completing at least 10 e-learning tests with an error rate of 25%.

Method of the calculation of marks:

The condition for getting the semi-final grade is to pass an oral examination. The examination grade comprises the average of the grades for two oral examination questions (from a list of topics taken from the e-learning and textbook material).

Type of the exam: oral semi-final exam

Requirements for the exam: Regular active participation in seminars where psychotherapy techniques are practiced (participate in role plays) , (2) reading the e-learning material and doing the control questions each week before attending the seminar and (3) completing at least 10 e-learning tests with an error rate of 25%. (4) Studying the exam material. Exam topic lists available on the websites of both the Institute of Behavioural Sciences and that of the Department of Psychiatry and Psychotherapy.

Application for the exam: Through the Neptun system. Students are required to register for the exam date of the institution the seminars of which they have attended during the semester.

Changing the application for the exam: Through the Neptun system.

Justification of the absence from the exam: Medical certificate has to be presented within three workdays to the course leader.

Course and recommended text books:

Glen O. Gabbard, Judith S. Beck, Jeremy Holmes – Oxford Textbook of Psychotherapy, Oxford University Press, 2007 - 534 pages
 Thomä H, Kächele H (1987) Textbook of Psychoanalytic Therapy. 1 The basics. MIET Psychotherapeutic Team. Budapest, 1987.
 Rogers CR. (2006) On Becoming a Person. The Birth of a Personality..
 Perczel Forintos D, Mórotz K. Cognitive Behavioural Therapy. Medicina Publisher Ltd. Budapest, 2010.

LECTURES – TOPIC

Theme	Lecturer
The role of psychotherapy in the medical practice: Indications of psychotherapy. The psychotherapeutic process	Prof. Dr. Túry Ferenc
Stages of psychotherapy process	Dr. Unoka Zsolt
Core competencies, mechanism of changes and techniques of psychotherapies	Dr. Unoka Zsolt
Psychotherapy of anxiety disorders	Prof. Dr. Bitter István
Psychotherapy of affective disorders	Prof. Dr. Tringer László
Psychotherapy of sleep disorders	Dr. Purebl György
Psychotherapy of somatoform disorders	Prof. Dr. Tringer László
Psychotherapy in the treatment of chronic disorders	Dr. Purebl György
Crisis intervention. Detection and psychotherapy of suicidal intentions	Dr. Simon Lajos
Psychotherapy of eating and sexual disorders	Dr. Túry Ferenc
Psychotherapy of alcohol and drug abuse/Dependence	Dr. Szily Erika
Psychotherapeutic rehabilitation of psychotic patients	Dr. Mersich Beatrix
Treating difficult cases. Personality disorders	Dr. Unoka Zsolt