

Curriculum Psychodynamic Psychotherapy for Beginners (2011-2013)

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An Academic Cooperation with:

- “Chinese-German Academy for Psychotherapy (CGAP)” (Shanghai/Heidelberg)
 - “Shanghai Mental Health Center (SMHC)” (Shanghai) connected with “Shanghai Jiao Tong University”
 - „Sigmund-Freud-Institut (SFI)“ (Frankfurt, Germany), research institute for psychoanalysis connected with “Johann Wolfgang von Goethe-University”, Frankfurt, Germany
 - „Frankfurter Psychoanalytisches Institut (FPI)“ (Frankfurt, Germany), training institute of the „German Psychoanalytical Association (DPV)”, Germany, German branch of the “International Psychoanalytical Association (IPA)”
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1. Aim of the training program

The program is designed for Chinese physicians and psychologists practising in a clinical field who wish to obtain theoretical and practical competence in psychoanalytic oriented (psychodynamic) psychotherapy in the German-Chinese training program.

2. Preconditions for participation

2.1 Only participants with continuous clinical practice will be admitted to the program. The participants must have an academic degree in medicine or psychology.

2.2 Before the admission to the training program the candidate has to take part in an interview and a questionnaire in order to assess his motivation and suitability for this training program.

2.3 The training program will be held in English with translation into Chinese. Good knowledge of English is necessary. The candidate has to read scientific literature in English and should be able to understand and to speak English.

3. Conditions for successful participation

3.1 A continuous participation in the training is obligatory. The participant has to take part in the total program comprising of

3.1.1 Theoretical seminars

3.1.3 Clinical seminars and supervision

3.1.4 Self-experience (min. 4 sessions)

3.1.5 Presenting min. 3 case reports in the clinical seminar

3.1.6 Writing a final case report in Chinese and English between the third and fourth part of the program.

3.2. If a participant could not take part in one part of the program the head of the program can accept equivalent competences and modules of other training programs after specific consideration of the case in question.

3.3 The participant will be awarded a certificate about the successful participation in the German-Chinese training program for psychoanalytic oriented (psychodynamic) psychotherapy.

4. The general contents of the program

The program is based on the curricula in psychoanalytic oriented psychotherapy which are held in Germany, without claiming to realize these standards fully. The German-Chinese program 2011-2013 is based on the experiences of the four German-Chinese-Training-Programs between 1997 and 2010 in China.

4.1 Theoretical seminars

The curriculum consists of the basic issues in

1. Psychoanalytic theory

2. Methods of psychotherapeutic treatment

3. Theory of the technique in initial interviews and treatment method
(psychotherapeutic process)

4. Psychoanalytic developmental psychology

5. Psychopathology: General and special topics of the theory of neuroses and psychosomatic disorders

6. Other psycho-social aspects of psychotherapy

4.2 Clinical seminars

The participant has to present case reports of

- one initial interview,
- one short term psychotherapy (15 – 25 sessions) and

which are discussed by the group of participants and supervised by the teacher. During the case presentation the participants should reflect their theoretical knowledge and clinical experience in an analytical way.

4.3 Self-experience

As a first step in self-experience the Chinese and German experts offer the opportunity of a time-limited self-experience. If it is possible, the candidate should continue his or her self-experience after the end of the current training program with competent psychotherapists in China.

4.4 Evening lectures

Special theoretical, clinical and cultural topics of current interest related to psychodynamic psychotherapy and psychoanalysis will be presented in the evening lectures in the plenary assembly of the beginner-groups and the advanced-groups of this training program. These evening lectures are open to other mental health professionals.

4.5 It is proposed to continuously discuss special theoretical topics over the training weeks. These special topics could also be determined by the participants and the experts in case of need.

4.6 During the prospective three-year-program the participant should treat patients continuously, if it is possible by supervision of Chinese psychotherapist or intervention of colleagues.

5. Realization of the program

5.1 Teaching staff

The teachers of the training program are competent psychotherapists from China and competent psychoanalysts from Germany or Europe (see attachment 2.1). They are experienced in clinical work and teaching of psychotherapy and psychoanalysis. Each group

will be taught by one German and one Chinese teacher. The self-experience will be held by a German or Chinese clinical experienced therapist.

5.2 Duration, extent and workload of the training program

5.2.1 Duration

The German-Chinese training program includes 32 days over four parts of 8 days extending from June 2011 until June 2013. At the beginning of every part the Shanghai Mental Health Center offers a pre-seminar of two days with Chinese teachers.

5.2.2 Extent and workload

The extent of the training program and the workload of the participants consist of two parts:

1. The “on-campus-program”: the lecturer contact, the participation during the training at the “Shanghai Mental Health Center” and
2. the “self-study”: the homework for studies, reading books, preparing theory, doing clinical work, writing case reports and the final case report:

	”on-campus- program”	”self-study”	total
Theoretical seminar	90	200	290
Evening lecture	52	-	59
Clinical seminar	144	60	188
4 Case presentation	8	80	88
Continuous clinical experience	-	150	150
Self-experience	4	6	12
Writing final case report	-	80	80
organisation meetings	8	-	8
total hours	306 h	596 h	902 h

Tab.: The workload of the training program 2011-2013 (1 hour = 45 min)

Ca. 66 % of the workload is covered by self-study and 34 % by the “on-campus program”.

5.2.3. Evaluation

The success and out-come of the participants will be evaluated by the active participation and the final case report.

After every part of the program the participants should evaluate the contents and the teaching by a questionnaire.

6. Fee

The fees for the participation of the training program (theoretical seminar, clinical seminar, self-experience) will be fixed by the head of the program of the “Shanghai Mental Health Center”.

Head of program

Prof. Dr. med. Matthias Elzer
Specialist in Psychiatry, Psychosomatic Medicine,
Psychotherapy, Psychoanalysis (DPV/IPA), Group-Analysis,
Supervision, Leader of Balint-Groups
University of Applied Sciences Fulda, Germany

Member of the program committee

Xiao Zeping MD & PhD
Psychiatrist & Psychotherapist
President
Shanghai Mental Health Center
Professor of Psychiatry
Medical School of Jiaotong University

Qiu Jianyin MD & PhD
Psychiatrist & Psychotherapist
Shanghai Mental Health Center

Xu Yong MD
Psychiatrist & Psychotherapist
Shanghai Mental Health Center

Zhang Haiyin MD
Psychiatrist & Psychotherapist
Shanghai Mental Health Center

Dr. med., Dipl. Soz. Alf Gerlach
Specialist in Psychosomatic Medicine,
Psychotherapy, Psychoanalysis (DPV/IPA)
Group-Analysis, Training Analyst of the German
Psychoanalytic Association (DPV),
Head, Saarland Institute for Psychoanalysis and
Psychotherapy

Dr. med. Wolfgang Merkle
Specialist in Psychosomatic Medicine, and
Psychotherapy, Psychiatrist, Special Pain Therapy
Psychoanalysis (DPV/IPA)
Director of Psychosomatic Clinic Hospital Holy Spirit
in Frankfurt /Germany

Attachment

1. Description and content of the modules

Module 1 to 4 deal with the theoretical basics of the psychodynamic psychotherapy. Module 5 to 8 deal with the technical basics of the psychodynamic psychotherapy. Module 9 to 11 serve as an introduction into the psychopathology of neuroses, psychosomatic disorders and other aspects.

Module 1: Essentials of psychoanalysis

The aim of the module 1 is to understand and reflect upon the theoretical essentials of psychoanalysis, the history of these essentials and their clinical relevance.

- 1.1 Models of the mind
 - 1.1.1 Unconscious (Topical Model)
 - 1.1.2 Psychic Apparatus (Structural Model)
- 1.2 Some other essentials
 - 1.2.1 Psychosexuality
 - 1.2.2 Two stages of the psychosexual development
 - 1.2.3 Erogenous zones of the body
 - 1.2.4 Drives
 - 1.2.5 Object relations
 - 1.2.6 Narcissism
 - 1.2.7 Principle of pleasure – principle of reality

Literature: (Abbreviations: chin = translated into Chinese; engl = English; germ = German)

- Bateman, A., Holmes, J. (1995): Introduction to Psychoanalysis. Contemporary Theory and Practice. London, Routledge (engl./chin.)
- Elzer, M., Gerlach, A., Schultz, H. (Ed.) (2009): Basicbook of Psychodynamic Psychotherapy. (engl/chin)
- European Psychoanalytic Federation: Glossary of psychoanalytic terms, 1997; 2006 chin. (<http://www.epf-eu.org/public/glossary>)
- Laplanche, Jean; Pontalis, J.-B. : Vocabulaire de la Psychanalyse, Paris 1967 chin. (Taipeh)
- Milton, Jane; Polmear Caroline; Fabricius, Julia: A short introduction to psychoanalysis, London 2004 Chap: 2 (engl/chin)
- Sandler, Joseph; Dare, Christopher; Holder, Alex: The patient and the analyst, London 1973 (engl/chin)
- Senf, W.: Psychotherapy: Theory & Practice. Chinese Medico-Pharmaceutical Publishing House, Beijing (germ/chin)

Module 2: Basics of the psychoanalytical theory of development through the life span

The aim of the module 2 is to understand the basics of the psychoanalytical theory of development through the life span as a precondition for a psychodynamic understanding of the patients.

- 2.1 Methodology of psychological theory of development
- 2.2 Overview of the fundamental theories: Freud, Spitz, Bowlby, Klein, Hartmann, Mahler et. al., Winnicott, Erikson, Kohut, Lichtenberg («Baby-Watchers»)
- 2.3 Prenatal stage and 1 year: the oral stage
- 2.4 2. and 3. year: the anal stage
- 2.5 4. and 5./6. year: the infantile-genital (oedipal) stage

- 2.6 6. until 10. year: Stage of latency
- 2.7 11. and 12. year: preadolescence stage
- 2.8 12. until 18. year: adolescence stage
- 2.9 19. until 21. year: Period of young adulthood
- 2.10 ca. 21 until ca. 60 year: adulthood
- 2.11 ca. 60 until death: Period of old age and death

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- Elzer, M., Gerlach, A., Schultz, H. (Ed.) (2009): Basicbook of Psychodynamic Psychotherapy. (engl/chin)
- European Psychoanalytic Federation: Glossary of psychoanalytic terms, 1997; 2006 chin. (<http://www.epf-eu.org/public/glossary>)
- Elzer, M.: „Psychoanalytic Theory of Development throughout the Life”. In: Senf, W.: Psychotherapy: Theory & Practice. Chinese Medico-Pharmaceutical Publishing House, Beijing (germ/chin)
- Tyson, Phyllis; Tyson, Robert: Psychoanalytic theories of development, New Haven 1990 (engl/germ)

Module 3: Conflict, trauma, defence mechanism, symptom

The aim is to understand the history of the concepts of trauma and psychic conflict, the mechanism of defence and the development of symptoms and suffering.

- 3.1 Primary and secondary process
- 3.2 Trauma
- 3.3 Conflict
- 3.4 Defence mechanism
- 3.5 Symptoms and suffering
- 3.6 Solution of unconscious conflicts and traumata

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- Ursano, Robert J., Sonnenberg, Stephen M., Lazar Susan G.: Psychodynamic Psychotherapy. Principles and Techniques in the Era of Managed Care. American Psychiatric Press, Washington 1998 (engl/chin)

Module 4: Dream

The aim is to understand the function of the dream for the psychic work of the brain, the function of dreams and how to understand dreams by the psychotherapeutic treatment.

- 4.1 The history of the theory of dreaming and dream research
- 4.2 Neuropsychological aspects of dreaming

- 4.3 Latent and manifest contents of dreaming
- 4.4 The dream as a material of therapy

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- Bateman, A., Holmes, J. (1995): Introduction to Psychoanalysis. Contemporary Theory and Practice. London, Routledge (engl./chin.)
- Elzer, M., Gerlach, A., Schultz, H. (Ed.) (2009): Basicbook of Psychodynamic Psychotherapy. (engl/chin)
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Module 5: The psychotherapeutic setting

The candidate should recognize the importance of the setting and the therapeutic rules in different psychoanalytical treatments.

- 5.1 The setting
- 5.2 Ethical aspects of the setting
- 5.3 The rule of free association
- 5.4 The rule of abstinence
- 5.6 The free floating attention
- 5.7 The frequency of the treatment
- 5.8 The fee of the treatment
- 5.9 Changing the setting and therapeutic method
- 5.10 Parallel treatments i.e. medication
- 5.11 The patient and his/her relatives

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- Elzer, M., Gerlach, A., Schultz, H. (Ed.) (2009): Basicbook of Psychodynamic Psychotherapy. (engl/chin)
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Module 6: The therapeutic relationship

The therapeutic relationship between the patient and the therapist is a special professional relationship. The aim of the module is to recognize the special implication of the psychoanalytical and psychodynamic therapy.

- 6.1 The patient's and the therapist's aims and expectations of the treatment
- 6.2 The asymmetry of the therapeutic relationship
- 6.3 The regression of the patient
- 6.4 The transference of the patient
- 6.5 The transference and the counter-transference of the therapist
- 6.6 The resistance
- 6.7 The treatment alliance
- 6.8 Ethical aspects

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Module 7: The treatment in psychodynamic and psychoanalytic psychotherapy I

The candidate should recognize the different aspects of the psychotherapeutic technique beginning from the first contact between patient and therapist, the assessment, the diagnosis, indication, working alliance and how to communicate with the patient.

- 7.1 The initial interview
 - 7.1.1 The referring of the patient
 - 7.1.2 The first contact between patient and therapist
 - 7.1.3 The scenic understanding
- 7.2 The assessment for psychodynamic psychotherapy
- 7.3 The diagnose, the indication and contra-indication for psychodynamic psychotherapy
- 7.4 The appointment of psychotherapy
- 7.5 Working in the working alliance
 - 7.5.1 The patient's work (basic rule of free association, transference, resistance, acting out)
 - 7.5.2 The therapist's work (rule of abstinence, psychodynamic listening, free floating attention, counter-transference, resistance of the therapist)
 - 7.5.3 Methods of talk to the patient; general and special technique of interventions

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Module 8: The treatment in psychodynamic and psychoanalytic psychotherapy II

The candidate should recognize more aspects of the psychotherapeutic technique throughout the therapeutic process until the end of the therapy. The candidate should understand the different settings of psychoanalytical psychotherapy.

- 8.1 Different forms of psychodynamic psychotherapy
 - 8.1.1 Diagnosis
 - 8.1.2 Counselling
 - 8.1.3 Short term psychotherapy
 - 8.1.3.1 Crisis intervention
 - 8.1.3.2 Focal therapy (special)
 - 8.1.4 Long term psychotherapy
 - 8.1.5 Couple psychotherapy
 - 8.1.6 Family therapy
 - 8.1.7 Group psychotherapy
 - 8.1.8 Principles of therapy: Supporting, “uncovering”, changing behavior
- 8.2 The psychotherapeutic process
 - 8.2.1 Aims of the therapeutic work
 - 8.2.2 Working through
 - 8.2.3 Working with resistance
 - 8.2.3.1 Acting out
 - 8.2.4 Indication of progress
 - 8.2.5 Indication of stagnation and crisis
- 8.3 Breaking off the therapy
- 8.4 Termination
- 8.5 The therapeutic relationship after the end of the therapy

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Module 9: Psychopathology of neurosis

The candidate should acquire a competent knowledge of the general and specific psychopathology of neuroses as a precondition to understand the patient’s suffering.

- 9.1 History, Epidemiology
- 9.2 General pathology of neuroses
 - 9.2.1 Definition, ICD-10, DSM-IV
 - 9.2.2 Classical systematics (Symptom neurosis, traumatic neurosis, personality disorders)
 - 9.2.3 The manifestation of neurotic symptoms in adulthood
 - 9.2.4 The child, the family and the neurotic behavior (systemic view)
 - 9.2.5 Principles of the therapy of neuroses
- 9.3 Special pathology of neuroses (selection)
 - 9.3.1 Hysteria, conversion syndrome
 - 9.3.2 Anxiety disorders (the phenomenon of anxiety, phobia, anxiety neurosis, panic attack)
 - 9.3.3 Depression (neurotic depression, reactive depression)
 - 9.3.4 Obsessive-compulsive neurosis
 - 9.3.5 Traumatic neurosis (Posttraumatic-stress-disorder)
 - 9.3.6 Personality disorders (personality, personality disorders)
 - 9.3.6.1 Narcissistic personality disorders
 - 9.3.6.2 Borderline personality disorders

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- Elzer, M., Gerlach, A., Schultz, H. (Ed.) (2009): Basicbook of Psychodynamic Psychotherapy. (engl/chin)
- European Psychoanalytic Federation: Glossary of psychoanalytic terms, 1997; 2006 chin. (<http://www.epf-eu.org/public/glossary>)
- Gabbard, Glen O : Psychodynamic Psychiatry , American Psychiatric Press, 2000 (engl.)
- Gerlach, A. (1985): „Neurotic Disorders as Pathological Results of Inner Conflicts; „The Mechanisms of Defence in the Psychoneuroses“, Guangzhou
- Laplanche, Jean; Pontalis, J.-B. : Vocabulaire de la Psychanalyse, Paris 1967 (chin.) (Taipeh)
- Senf, W.: Psychotherapy: Theory & Practice. Chinese Medico-Pharmaceutical Publishing House, Beijing (germ/chin)

Module 10: Psychopathology of psychosomatic disorders

The candidate should acquire a competent knowledge of the general and specific psychopathology of psychosomatic disorders as a precondition to understand the patient's suffering.

- 10.1 The history of psychosomatic medicine in western countries; psychosomatic aspects in TCM
- 10.2 General psychosomatic medicine
 - 10.2.1 Definitions, ICD-10
 - 10.2.2 Classical systematics
 - 10.2.3 The model of conversion (Freud)
 - 10.2.4 The model of neurosis of organs (Alexander)
 - 10.2.5 The model of de- and resomatization (Schur)
 - 10.2.6 The model of two phased repression (Mitscherlich)
 - 10.2.7 The model of stress
 - 10.2.8 The model of the learning-theory (behavioral therapy)
 - 10.2.9 Principles of the therapy of psychosomatic disorders
- 10.3 Specific psychosomatic medicine (selection)
 - 10.3.1 Conversion, dissociation
 - 10.3.2 Eating disorders

- 10.3.3 Somatisation
- 10.3.3.1 Somatoform autonomous disorders (organ of equilibrium, heart, stomach, intestine etc.)
- 10.3.3.2 Pain disorders
- 10.3.3.3 Insomnia
- 10.3.3.4 Sexual dysfunctions
- 10.3.4 Classical psychosomatic disorders
- 10.3.4.1 Hypertonus
- 10.3.4.2 Ulcus ventriculi et duodeni
- 10.3.4.3 Neurodermitis

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- European Psychoanalytic Federation: Glossary of psychoanalytic terms, 1997; 2006 chin. (<http://www.epf-eu.org/public/glossary>)
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- Senf, W.: Psychotherapy: Theory & Practice. Chinese Medico-Pharmaceutical Publishing House, Beijing (germ/chin)

Module 11: Psychotic disorders, addiction, suicide,

The candidate should understand the limited possibilities of the psychodynamic therapy for psychotic disorders. He and she should be able to become aware of self-destructive tendencies of the patient and to intervene professionally.

- 11.1 Principles of the psychotherapy of psychotic disorders (schizophrenia, affective disorders)
- 11.2 The psychoanalytical theory of addiction
- 11.3 Suicide
- 11.2.1 Forms of suicide
- 11.2.2 Psychoanalytical theory of suicide
- 11.2.3 Diagnosis of suicidal wishes and the prevention of suicide

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- Elzer, M., Gerlach, A., Schultz, H. (Ed.) (2009): Basicbook of Psychodynamic Psychotherapy. (engl/chin)

2. Structure

2.1. The German teachers of the Beginner-Groups:

Dettbarn, Irmgard, PhD, Psychologist, Psychoanalyst, Berlin/Beijing
Franke Renate Psychologist, Psycchoanlyst, Frankfurt
Kocher, Klaus, MD, Psychoanalyst, Frankfurt
Merkle, Wolfgang, MD, Psychoanalyst, Frankfurt
Scheid-Gerlach, Hanni, Psychologist, Psychoanalyst, Saarbrücken
Schultz, Hermann, MD, Psychoanalyst, Frankfurt

2.2 The theoretical contents of the four parts of the training program

Part 1 (8 days)	
	Essentials of psychoanalysis
	The therapeutic setting
	The treatment I
Part 2 (8 days)	
	The treatment II
	Conflict, trauma, defence mechanism
	The therapeutic relationship
Part 3 (8 days)	
	Psychoanalytical theory of development
	Psychopathology of neurosis
	Dream
Part 4 (8 days)	
	Psychopathology of neurosis
	Psychopathology of psychosomatic disorders
	Psychosis, addiction, suicide

2.4 Organization of the time table:

Time	Day			
08:30 – 09:40	Theoretical topic of the curriculum (plenary lecture)			
09:45 – 10:45	Discussion of the theory (small groups)	GT	Self-experience 09:45 – 10:45	CT
10:45 – 11:00	Break			
11:00 – 12:30	Clinical Seminar	GT+ CT		
12:30 – 14:00	Break			
14:00 – 15:30	Clinical seminar	CT	Self-experience 14:30-15:30	GT
15:30 – 15:45	Break			
15:45 – 17:15	Clinical seminar	GT	Self-experience 15.35-16.25 Self-experience 16.30-17.20	CT
17:15 – 18:30	Break			
18:30 – 20:30	Evening Lecture by GT/CT/participant/guest			

GT = German teacher, CT = Chinese teacher

The contents of the pre-seminar (8 days) and the final time table of the German-Chinese-program (30 days) will be published at the beginning of every part.

□