

Advanced seminar in clinical and abnormal psychology
830: 452 Spring, 2014 Dr. R. Karlin
Senior psychology majors only.

This is an advanced seminar. It is explicitly for psych majors planning on graduate school in psychology. The course is meant to be rigorous and demanding - kind of like a graduate clinical course (light).

This course is not for you if you have counted on having an easy time during your last semester here. There is a lot of reading and a lot of writing. There are books and papers to read and films to watch outside of class. There are contradictory studies and ideas that you must consider together. There is no textbook. Exams are essay format only. It is a course that will be easy to fail (which, if you need it to graduate, will make both of us unhappy).

We are going to consider the somewhat sad state of psychotherapy in contemporary America. We will look at historical antecedents and current practice. We will look at some of the major controversies of yesterday and today.

You will notice that this schedule only goes up to spring break. There are several possible directions from that point on. We will discuss and decide on one of them by early March.

Required books for first part of the semester.

Frank, J and Frank, J. 1993. Persuasion and healing. paper

Freud, S. Dora: An analysis of a case of hysteria. Simon and Schuster paperback

Jung, C. Memories, dreams and reflections. 1961 paperback

Date Class activities and assignments

1/21 Lecture: An overview of what we are going to do
Activity: Preliminary quiz (for info only - what do you know?)

Assigned: Read: Freud, Dora: (First 60 and last 20 pages)
Two page summary due 1/28

1/23. The history of psychotherapy: What went before Freud?

Assigned:

Watch: last 50 minutes of *Freud: The secret passion*
(Huston, 1962)

Read: Brief account of what really happened around 1896 by
Ellenberger (1970)

Two page summary of film and one page summary of
Ellenberger due 1/30

1/28 Lecture: Why personality theory is important to the
history of psychotherapy.

Assigned

Read: Jung Memories dreams and reflections Ch 2-5.

Watch: *A dangerous method* (2011)

Two page summaries of book and film due 2/4

1/30: Discussion: (1) Do you think Dora was in love with
Herr K? Madam K? (2) If you were counseling Dora, what would
you want her to learn about her family and/or herself? (3)
Freud refused to respond to his critics. Yet criticism by
qualified peers and consideration of alternative hypotheses
is the essence of science. Was he a scientist, a poet or a
creator of myths?

Assigned: Classic psychotherapy:

Watch Rogers, Perls and Ellis with Gloria.

Two page summary of each film due 2/6

2/4 Discussion: Transference (?) then and now. In what
other situation do we sit for hours discussing intimate
details of our lives with people who are not spouses/family
of the opposite sex. How often do we do it with family
and/or spouses? Fe/male roles then and now. Why do far more
women than men go to individual outpatient psychotherapy?

Assigned:

Read: Scanned Erikson paper. Papers by Kagan. McElwain

One page summary of each paper due 2/11

2/6 Discussion: What were the most important parts of each
of the Gloria films. How were your assumptions about what
goes on in therapy supported or undermined by each film?
What would you have each of them do differently. Why might
Rogers come in 2nd to Perls (according to Gloria in regard
to continuing therapy)? Is Perls right and Gloria is being

a "phony." Why did each of them say or do that justifies or goes against that conclusion?

Assigned:

Find and read theories about early childhood by 3 other neo-Freudians. Is there any way to get out of notion that early childhood is critical?

One page summaries due 2/11

Create a personality to use in the role play next class.

2/11 Quartet role plays:

Pt/therapist/2 observers, one of whom keeps time. Rogers Ellis or Perls and one of your "personalities." Therapist tells who s/he is (R,P or E) Pt/Th 8-10 minutes pt/th interaction. Then each observer comments for a minute. Then general discussion. Next - Change roles until everyone has played each role. Finally chose spokesperson and to say what happened. Individually say how well, in general, could you channel your therapist of choice?

Read: Scanned bios (first ten pages of each) Allport, Bandura, Mishel, Rogers supplement, Reich excerpt from *Faces in a Cloud*.

One page summary of each due 2/18

2/13 Discussion: Erikson, Bowlby and Kagan. How do you make sense of the research?

Read: Franks and Franks "Persuasion and healing." Messer and Wampold article.

Three page summary due 2/25

2/18 Lecture and discussion: The post-modern psychology of personality theorists. If each sees what is important for him, what is left? Have we explained or "explained away" their views. Let's start with the oddest example, Reich. According to Reich any sexual repression is bad. It starves people for affection and pleasure. It creates an economy of "strokes" (Steiner, @ 1972). After the outbreak of AIDS in the 70s and early 80s, gay bathhouses and heterosexual versions thereof went out of business. Were they onto something? Or are most shrinks crazier than bedbugs?

2/20 More sensible (?) alternatives:

Discussion: What about Bandura and Mischel. Is the situation very powerful (per Mischel)? Is self-efficacy all

you need (per Bandura). The problem of causality. Bank balances as predictors of behavior.

Read: Chapter 12 from Karlin stat book.

2/25: Lecture: Effect sizes and clinical samples.

Assigned:

Read over the chapter again and make sure you understand it.

2/27 Quick quiz on Ch. 12

Films: Barlow films of curing phobias in an afternoon.

Lecture: The uses of safe and effective exposure in psychotherapy for specific phobias, agoraphobia, bulimia and OCD.

Assigned:

Orne paper Anticipatory socialization for psychotherapy. Create an anticipatory socialization for aerobic exercise. (Aerobic exercise fixes everything. How in hell do you get people to do it? Outline an introduction that you think will work.

3/4: Quartet role plays: Use your socialization for aerobics with your patient. Same format as 2/11 but this time you are not channeling anyone. It is just you working to help someone do something that will help them. Pt. - be as cooperative or uncooperative as your "person-ality" demands.

Assigned:

Classic trial of CBT for depression and explaining what went wrong. See classic trial of CBT and related papers. One page summary of each due 3/11

3/6 Lecture: Randomized clinical trials: Who creates the control condition. Kagan's full sentences.

Assigned:

Prepare for midterm.

3/11 Lecture: Review for Midterm

3/13 Midterm:

Assigned: TBA

3/18,20 Spring Break

