

## **GENERAL PSYCHOTHERAPY PROGRAM**

This is a two year part time program leading to a *Certificate in General Psychotherapy*. The program is open to those holding a license in one of the mental health disciplines or in training to obtain such license. In the latter case, certificates are only awarded after the granting of the state license.

In this program, the major modalities of psychotherapy are set forth in the following dimensions, theoretical material, application to cases and the practice of the modality under supervision. Wherever possible, attention is given to related techniques employed in other countries.

Application: the application from the psychoanalytic program may be used with appropriate changes. Fees are \$500 per course which meets weekly for 90 minutes over a 15 week semester.

Individual Personal Therapy: this is highly recommended but not required.

### **FIRST YEAR**

#### **First Semester**

Group Dynamics 1 (theoretical and participation in Group)

Case Supervision 1A

Techniques in Depth Therapy

Techniques in Behavior Modification

#### **Second Semester**

Group Dynamics 2 (theoretical and participation in Group)

Case Supervision 1B

Techniques of Hypnotherapy

Transactional Analysis

### **SECOND YEAR**

#### **First Semester**

Advanced Group Dynamics 1 (theoretical and participation in Group)

Case Supervision 2A

Gestalt Therapy

Bio-Feedback

**Second Semester**

Advanced Group Dynamics 2 (theoretical and participation in Group)

Case Supervision 2B

Rational Emotive Therapy

Cognitive Behavioral Therapy