

Study program: PSYCHOLOGY			
Level of studies: Master studies			
Course: Integration of Psychotherapeutic Approaches (MP110)			
Teachers: Jovana Trbojević Jocić, Milena Mladenović			
Type of subject: elective			
ECTS: 6			
Prerequisites: /			
Course objectives			
<p>The aim of this course is to introduce students to psychotherapy integration and integrative psychotherapy, including the historical developments that led to integrative movements and contemporary applications in prevention, clinical intervention, and psychoeducation. Introduction to different models of integrative psychotherapy and the application of appropriate strategies and techniques in relation to the client's psychological needs. Particular emphasis is placed on the use of an integrative framework in independent clinical practice, as well as on the integration of clinical practice and empirical research.</p>			
Learning outcomes			
<p>Students will be able to: understand the historical development, core principles and key characteristics of psychotherapy integration; differentiate levels of integration and understand their practical implications; distinguish between different models of psychotherapy integration; independently design appropriate psychotherapeutic interventions in accordance with the type of client needs, apply techniques of the integrative approach, and demonstrate insight into the importance of integrating clinical practice and empirical research.</p>			
Course unit contents			
<i>Lectures</i>			
<p>Historical development of integration in psychotherapy. The main models of psychotherapy integration: common factors, technical eclecticism, theoretical integration, assimilative integration, and unification. Comparison of different integrative psychotherapeutic modalities (integrative psychodynamic psychotherapy, integrative relational psychotherapy, integrative body-oriented psychotherapy, etc.). Therapeutic strategies and intervention techniques in integrative psychotherapy. Implications of the integrative approach for psychotherapeutic practice. The key role of the client–therapist relationship in the psychotherapeutic process. Quality of the therapeutic alliance and the therapist's use of relational stances in contributing to effective psychotherapy integration. Integration of psychotherapeutic practice and empirical research and their implications. Major research findings in psychotherapy integration. Key challenges and problems encountered in integrative psychotherapy.</p>			
<i>Practice</i>			
<p>Group work involving student self-reflection and discussions. Practice in applying techniques and interventions through role-playing as therapist and client. Presentation and analysis of therapy transcripts, video materials, and research literature. Group preparation and presentation of a preventive or educational program using knowledge from integrative psychotherapy.</p>			
References (selected chapters)			
<ol style="list-style-type: none"> Evans, K.R., Gilbert, M. (2005). <i>An introduction to Integrative psychotherapy</i>. NY: Palgrave-Macmillan. Stricker, G. (2011). <i>Psychotherapy integration</i>. Washington, DC: American Psychological Association. Stricker, G., Gold, J. (eds.) (2006). <i>A casebook of psychotherapy integration</i>. Washington, DC: APA. Brooks-Harris, J.E. (2008). <i>Integrative multitheoretical psychotherapy</i>. Boston: Houghton-Mifflin. Magnavita, J.J., Anchin, J.C. (2014). <i>Unifying psychotherapy: Principles, methods, and evidence from clinical science</i>. New York: Springer Publishing. Norcross, J.C., Goldfried, M.R. (2019). <i>Handbook of psychotherapy integration</i>. NY: Oxford Univ. Press. 			
Number of active teaching hours			
Lectures: 2	Practice: 2	Other forms of classes: 0	Other classes: 0
Teaching methods			
Interactive and problem-based teaching, case studies, analysis of manuals and relevant literature.			
Examination methods (maximum 100 points)			
Exam prerequisites	No. of points:	Final exam	No. of points:
Activity at lectures	10	Written exam	40
Student's presentation/video analyses	40	Oral exam	10