

## Description of Modules

Bachelor's Degree Programme (Bakkalaureat)

in Psychotherapy Science

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## Module A: Psychotherapy science

### 1. Overview of courses – Module A

Course	Type	Unit(s)	ECTS	Sem.
Lecture series – Perspectives of psychotherapy science	LECT	1	1,5	1
Psychotherapy as a science	PS	1	2	1
Psychotherapy as a profession	PS	1	2	1
History and theoretical development of the psychotherapy schools I	LECT	2	3	1
History and theoretical development of the psychotherapy schools I	PS	1	2	1
Academic writing I	WS	1,5	2,5	1
History and theoretical development of the psychotherapy schools II	LECT	1	1,5	2
History and theoretical development of the psychotherapy schools II	PS	1	2	2
Training supervision and reflection II (focus on documentation)	PRS	1	1	2
History and theoretical development of the psychotherapy schools III	LECT	1	1,5	3
History and theoretical development of the psychotherapy schools III	PS	1	2	3
Basic in cultural studies I	LECT	1	2	3
Training supervision and reflection III	PRS	1	1	3
Basic in cultural studies II	LECT	1	1,5	4
Psychotherapy and gerontology	LECT	1	1,5	4
Elective – “Window of Opportunity”	WS	1	1	4
Training supervision and reflection IV	PRS	0,5	0,5	4
General psychopathology	LECT	2	3	5
MOD Basic principles of personality theory and development	SE	2	3	5
MOD Scientific terminology	SE	2	3	5
MOD Principles of psychopathology I	SE	1	1,5	5

## 2. Description of Module A: Psychotherapy science

Module A “Psychotherapy science” introduces to the basics of studying psychotherapy science and meets the requirements regarding content as defined by the Psychotherapy Act (especially PthGes § 3 (1)). It is designed in a multi-dimensional way, covering cultural and historical aspects of psychotherapy science, reflection sessions, putting academic research and writing into practice, as well as connecting theory and practice.

### 2a. Content and qualification goals

#### Knowledge

Students acquire factual knowledge on the history and development of psychotherapy schools, with a current focus on eight psychotherapeutic methods. Students gain insight into their future field of work as well as the academic aspects of the study course. They learn that mental illness and psychotherapy science are part of a cultural matrix. Several courses will specifically focus on this, and on combining theoretical knowledge with practical experience within psychotherapy science. Students already make first practical placement experiences in psychosocial facilities and reflect on their experiences in reflection seminars.

#### Cognitive und practical skills

In this module, students acquire two knowledge-based set of skills: firstly, academic writing skills and how to document their thoughts, idiosyncratic notions, dreams, a.s.o., as the ability to document your (individual) inner life is essential for practicing psychotherapy science. Secondly, they learn how to write academic papers. This module also includes reflection seminars where students write reports on their tasks and experiences in the respective institution and present them in the seminar. Discussing made experiences within the group aims at improving the ability to observe, to differentiate between external influences and personal reactions, and to teach students to act in a competent way in professional surroundings.

#### Expertise

This module is a mix of various course types which helps integrating the acquired knowledge. It includes lectures, but also seminars, workshops and reflection seminars where group work plays a key role. Thus students also acquire social skills in an academic setting.

## 2b. Course types

Lectures, seminars, proseminars, workshops, seminars reflecting on practical experiences (small groups)

## 2c. Admission requirements

certificate of access to higher education at the SFU

## 2d. Required credits

39 ECTS

## 2e. Types of exams and assessments

see examination regulations

## 2f. Module duration

B1 – B5

## 2g. Usability of the module

This module is closely linked to the modules dealing with the practical aspects of training for the psychotherapeutic profession, especially the practical placements for the propaedeutic (Propädeutikum) and advanced (Fachspezifikum) studies in psychotherapy. After successfully completing the courses of the first four semesters, the propaedeutic studies certificate is awarded (first part of the psychotherapy training as defined in the Austrian Psychotherapy Act - PthG § 3 (1)).

## 2h. Availability of the module

This module is offered every semester, except for the 6th (the last semester)

## 2i. Planned group size

ranging from 10 to 90 students, depending on the course type

## Module B: Psychological basics

### 1. Overview of courses – Module B

Course	Type	Unit(s)	ECTS	Semester
General psychology I	LECT	1	1,5	1
Differential psychology	LECT	2	3	1
Psychological diagnostics I	LECT	2	3	1
Psychological diagnostics II	LECT	1	1,5	2
Psychological diagnostics II	WS	1	1	2
General psychology II	LECT	1	1,5	3
Developmental psychology	LECT	1	1,5	3
Developmental psychology	PS	1	1,5	3
Social psychology	LECT	1	1,5	3

### 2. Description of Module B: Psychological basics

Module B “Psychological basics” includes courses required for the propaedeutic studies as defined in the Austrian Psychotherapy Act (PthG § 3 (1)). It introduces to the basics of psychology: memory, learning theory, modern cognitive psychology, introduction to the psychology of thinking and solving problems, and theories of emotions in psychology. The core concept of the teachings defines psychology as a science of human experience and action, incorporated in a complex inter-active structure of physical, sensual-vital, biographical, ecological, social and cultural aspects. The courses will be taught on a sound culturalological and cultural-anthropological basis.

#### 2a. Content and goals of qualification

##### Knowledge

Students acquire factual knowledge in general psychology, differential psychology, social psychology, developmental psychology and practical knowledge in psychological diagnostics.

## Cognitive und practical skills

Based on the acquired knowledge, students understand on-going discourse in psychology and comprehend the specific values of psychological testing, and to apply such tests. They acquire theoretical and practical knowledge on quality criteria for psycho-diagnostic methods, on “Abbilddiagnostik” (assessing the current condition of a patient) vs. “Prozessdiagnostik” (assessing the behaviour of a patient over a certain period of time), and on documentation. Methods: exploring and documenting the medical history.

## Expertise

This module is a mix of various course types which helps integrating the acquired knowledge. Students learn to contrast scientific findings on behaviour, thinking and feeling (third-person perspective or observer's perspective) with first and second-person insights (participant's perspective) offered by psychotherapy science. They gain theoretical and practical knowledge on currently applied methods of psychological diagnostics, knowledge on quality criteria and are aware of the possibilities and limits of psychological diagnostics and findings.

### 2b. Course types

Lectures, proseminars, workshops

### 2c. Admission requirements

certificate of access to higher education at the SFU

### 2d. Required credits

16 ECTS

### 2e. Types of exams and assessments

see examination regulations

### 2f. Module duration

B1 – B3

### 2g. Usability of the module

This module is closely linked to the modules offering knowledge essential (required by law) for psychotherapy science and for practicing psychotherapy.

## 2h. Availability of the modules

in B1, B2 and B3

### 2i. Planned group size

from 60 to 90 students



## Module C: Medical basics

### 1. Overview of courses – Module C

Course	Type	Unit(s)	ECTS	Semester
Introduction to medical terminology	LECT	2	3	1
Psychiatry I	LECT	1	1,5	1
Fundamental principles of neuroscience	LECT	1	1,5	1
Psychiatry II	LECT	2	3	2
Rehabilitation, special needs and therapeutic psychology	LECT	2	3	2
Psychopharmacology	LECT	2	3	3
Psychopharmacology	PS	1	2	3
Psychosomatics	LECT	2	3	4
First aid	WS	1	1	4
Child and youth psychiatry	LECT	2	3	4

### 2. Description of Module C: Medical basics

Module C “Medical basics” includes courses required for the propaedeutic studies, as defined in the Austrian Psychotherapy Act (PthG § 3 (1)). It introduces to medical terminology, fundamentals of neuroscience as well as first aid.

In addition, the following subjects are covered: psychiatry, psychosomatic medicine, child and adolescent psychiatry, psychopharmacology, and rehabilitation, special needs and therapeutic education.

#### 2a. Content and goals of qualification

##### Knowledge

Students acquire factual knowledge in medical terminology, fundamentals of neuroscience as well as theoretical and practical knowledge in first aid.

In addition, relevant fields for psychotherapy such as fundamentals of psychiatry, psychosomatic medicine, child and adolescent psychiatry, psychopharmacology, and of rehabilitation, special needs and therapeutic education are taught.

## Cognitive und practical skills

Students acquire fundamental knowledge in the mentioned subjects, gain insights into future tasks, duties and fields of work, and acquire basic practical skills.

## Expertise

Students learn to contrast scientific findings on behaviour, thinking and feeling (third-person perspective or observer's perspective) with first and second-person insights (participant's perspective), as offered by psychotherapy science. They gain a fundamental understanding on the application and effects of psychiatric medication.

### 2b. Course types

Lectures, proseminars, workshops

### 2c. Admission requirements

certificate of access to higher education at the SFU

### 2d. Required credits

24 ECTS

### 2e. Types of exams and assessments

see examination regulations

### 2f. Module duration

B1-B4

### 2g. Usability of the module

This module includes courses that can be accredited for the propaedeutic studies in psychotherapy ("psychotherapeutisches Propädeutikums"). After successfully completing the courses of the first four semesters, a certificate for the propaedeutic studies in psychotherapy is awarded (first part of the psychotherapy training as defined in the Austrian Psychotherapy Act - PthG § 3 (1)).

### 2h. Availability of the modules

In B1, B2, B3, B4

### 2i. Planned group size

from 60 to 90 students

## Module D: Praxeology

### 1. Overview of courses – Module D

Course	Type	Unit(s)	ECTS	Semester
Clinical placement	PR		2	1
Training supervision and reflection I	PRS	0,5	0,5	1
Self-awareness I	PD	1	1	1
Forms of psychosocial intervention I	PS	2	4	2
Clinical placement	PR		7,5	2
Self-awareness II	PD	1	1	2
Clinical placement	PR		4,5	3
Self-awareness III	PD	1	1	3
Research workshop I	WS	1	1	3
Clinical placement	PR		4,5	4
Ethics	LECT	1	1,5	4
Ethics	PS	1	1,5	4
Forms of psychosocial intervention II	PS	2	3	4
MOD Clinical placement	MPR		7	5
MOD Training supervision and reflection V	MPRS	1	1,5	5
MOD Self-awareness I – internal	MPD	2	2	5
Principles of psychotherapeutic discourse	WS	1	1	5
MOD Clinical placement	MPR		4,5	6
MOD Self-awareness II – internal	MPD	2	2	6
Crisis intervention	PS	1	2	6

## 2. Description of Module D: Praxeology

In Module D, students gather practical experiences in health-care and social system institutions, as defined in the training guidelines (PthG § 5. (1)). In addition, courses in ethics, psycho-social forms of intervention and crisis intervention cover the theoretic basis for the practice, and reflecting on internships and self-development sessions are fostering skills for self-reflection and documenting practical experiences, which are essential elements of training in psychotherapy.

### 2a. Content and goals of qualification

#### Knowledge

In semesters B1-B4, students must intern for 480 hours. This is an important element for finishing the propaedeutic studies and a precondition for being accepted for the method-specific part of the studies (“Wahlpflichtfach”). They get to know different approaches and methods in psycho-social institutions and start interacting with people with mental health problems. In the first four semesters, internships, reflection sessions and self-development are not yet linked to a specific psychotherapeutic method. As of the 5<sup>th</sup> semester, students choose a specific psychotherapeutic method / psychotherapy school and start the method-specific training analysis (Lehrtherapie).

#### Cognitive und practical skills

By finishing this module, and through the practical placements in health-care and social system institutions, students know how to reflect on and document their experiences. Students must write a report on the internship at the end of the 4<sup>th</sup> semester and thus connect and demonstrate theoretical and practical knowledge. Upon completion, they have acquired the ability to observe and to differentiate between external influences and personal reactions. They know how to act in a competent way in professional surroundings and are aware of the ethic framework of the profession.

#### Expertise

Through practical experience, reflection and self-development sessions, students broaden their skills with regard to their psychotherapeutic attitude, social forms of intervention and mental crisis intervention. Thus they acquire fundamental social skills for practicing psychotherapy.

## 2b. Course types

Lectures, internships, reflecting on internships (small groups); internal self-development sessions in small groups, and in a one-to-one setting externally.

## 2c. Admission requirements

certificate of access to higher education at the SFU; for the method-specific courses: being accepted for the method-specific part of the studies (“Wahlpflichtfach”).

## 2d. Required credits

53 ECTS

## 2e. Types of exams and assessments

see examination regulations

## 2f. Module duration

B1-B6

## 2g. Usability of the module

includes the practical elements required for finishing the propaedeutic studies (“Propädeutikum”)

## 2h. Availability of the modules

Von B1-B6

## 2i. Planned group size

varies: 60 to 90 students in the lectures and proseminars; self-development sessions and reflecting on internships are done in small groups

## Module E: Research methods

### 1. Overview of courses – Module E

Course	Type	Unit(s)	ECTS	Semester
Scientific research methods I	LECT	2	3	2
Scientific research methods I	WS	1	1,5	2
Statistical data analysis and quantitative methods	LECT	1	1,5	3
Statistical data analysis and quantitative methods	WS	1	1,5	3
Scientific research methods II	LECT	1	1,5	4
Academic writing II	WS	0,5	0,5	4
Qualitative interpretation	LECT	1	1,5	5
Qualitative interpretation	WS	1	1,5	5
Academic writing III	PS	1	2	5
Research workshop II	WS	1	1	5

### 2. Description of Module E: Research methods

Module E “Research methods” introduces to the fundamentals of empirical, quantitative and qualitative research methods of social sciences which can be relevant in psychotherapy science, and meets the requirements regarding content as defined by the Psychotherapy Act (especially PthGes § 3 (1)). It includes basic aspects of the philosophy of science as well as specific aspects of methodology / methods of empirical, quantitative and qualitative research in theory (lectures), practice (seminars) and reflection (proseminars).

#### 2a. Content and goals of qualification

##### Knowledge

Students acquire factual knowledge on the general fundamentals of science and research methods, statistical data analysis, quantitative methods and various forms of qualitative interpretation.

##### Cognitive und practical skills

Students acquire the following skills: (1) reflecting on and implementing the fundamentals of science and research methods (e.g.: formulating adequate

research questions, choosing the proper approach and research design, research tools, methods for data analysis a.s.o.); (2) using statistical data analysis and quantitative methods, as well as various forms of qualitative interpretation for concrete cases, aligned with the research question, research design a.s.o.; (3) putting results of 1 and 2 in academic writing.

### Expertise

This module offers a mix of various course types (lectures, seminars, proseminars) which helps integrating the acquired theoretical knowledge and cognitive and practical skills. Various opportunities for discussion offer the possibility to reflect on the theory and practice of research, and to get to know different point of views and opinions of colleagues. Thus students improve their social skills, which are essential in an academic setting.

#### 2b. Course types

Lectures, proseminars, workshops, seminars reflecting on practical experiences

#### 2c. Admission requirements

certificate of access to higher education at the SFU

#### 2d. Required credits

15,5 ECTS

#### 2e. Types of exams and assessments

see examination regulations

#### 2f. Module duration

B2-B5

#### 2g. Usability of the module

This module is closely linked to modules offering knowledge, skills and expertise relevant for psychotherapy science.

#### 2h. Availability of the modules

This module is offered every semester.

#### 2i. Planned group size

ranging from 10 to 90 students, depending on the course type

## Module F: Fundamental principles of psychotherapy practice

### 1. Overview of courses – Module F

Course	Type	Unit(s)	ECTS	Semester
Introduction to the healthcare system	LECT	1	1,5	3
Introduction to the health insurance system	LECT	1	1,5	3
Law in the healthcare system	LECT	1	1,5	4
Law in the healthcare system	PS	1	1,5	4
Introduction to the healthcare environment	LECT	1	1,5	4
Principles of psychosocial care	LECT	1	1,5	4
Sexuality	PS	1	2	5
Differential psychopathology	LECT	1	1,5	6
MOD Principles of psychopathology II	SE	2	4	6
MOD Principles of therapy techniques	SE	1	2	6
Group processes and dynamics	LECT	1	1,5	6
Group processes and dynamics	PS	1	2	6

### 2. Description of Module F: Fundamental principles of psychotherapy practice

Module F “Fundamental principles of psychotherapy practice” includes courses required for the propaedeutic studies, as defined in the Austrian Psychotherapy Act (PthG § 3 (1)). The courses held in this module are fundamental for psychotherapy science. They include the basics of the health-care and social insurance system, which are discussed by using concrete examples. In addition, the basics of social psychiatry care and health economics are covered. As of B5, students acquire practical and theoretical knowledge of their chosen psychotherapeutic method (“Wahlpflichtfach”).

#### 2a. Content and goals of qualification

##### Knowledge

Students acquire factual knowledge of the health-care and social insurance system (using concrete examples) as well as of social psychiatry care and



health economics. In addition, subjects relevant for psychotherapy such as fundamentals of sexuality and concepts of group dynamics are presented. Students are introduced to method-specific forms of intervention and have an overview of the theoretic basics of the chosen psychotherapeutic method.

### Cognitive und practical skills

In this module, Students acquire two sets of skills:

Firstly, they are introduced to the fundamentals of the health-care and social insurance system. Secondly, they are able to practice the theoretic, method-specific basics by using concrete examples.

### Expertise

This module offers a mix of various course types (lectures, seminars, workshops, and reflection seminars), which enables students to make the first steps with putting theory into practice.

#### 2b. Course types

Lectures, proseminars, seminars

#### 2c. Admission requirements

certificate of access to higher education at the SFU; being accepted for the method-specific part of the studies (“Wahlpflichtfach”)

#### 2d. Required credits

22 ECTS

#### 2e. Types of exams and assessments

see examination regulations

#### 2f. Module duration

B3-B6

#### 2g. Usability of the module

This module includes courses that can be accredited for the propaedeutic studies in psychotherapy (“psychotherapeutisches Propädeutikum – PthG”).

#### 2h. Availability of the modules

in B3, B4, B5, B6

## 2i. Planned group size

from 60 to 90 students, maximum of 20 in the method-specific sessions

## Module G: Thesis and examination

Module G includes writing the bachelor's thesis (8.5 ECTS) and final exam (2 ECTS).

By writing a bachelor's thesis, and thus earning the title Bakkalau-rea/Bakkalaureus, students show that they are able to implement the theoretical and practical knowledge acquired in Modules A-F with regard to developing and methodologically answering the aims and objectives of a thesis. During the oral part of the final exam, students present their bachelor's thesis and elaborate on a chosen psychotherapeutic topic in an expert discussion, thus proving their expertise and know-how.