

## Psychotherapy Science Curriculum Modules

### Module 1 Psychotherapy Science

Introduction to the praxeology and basic theories of current psychotherapeutic techniques. Introduction to scientific work with special reference to the understanding of science in psychotherapy.

### Module 2 Fundamentals of Psychology

The fundamentals of psychology within the framework of the psychotherapeutic preparatory course. The teaching approach is based on cultural studies and cultural anthropology.

### Module 3 Fundamentals of Medicine

Medical fundamentals within the framework of the psychotherapeutic preparatory course, first insights into specific specialist-, task-, and work areas.

### Module 4 Praxeology

Acquisition of practical skills, in accordance with the legal training guidelines, in health- and social services institutions within the framework of the preparatory course and the subject-specific internship.

### Module 5 Research Methods

Fundamentals of empirical quantitative and qualitative research methods as well as hermeneutics, also includes aspects of the philosophy of science.

### Module 6 Fundamentals & Frame Conditions

Basic knowledge of the health and social security system within the framework of the psychotherapeutic preparatory course, main features of social psychiatric care and health economics within the framework of subject-specific training/ electives.

### Module 7 Independent Scientific Thesis and Examination

Planning and implementation of a scientific thesis, oral exam.

### Module 8 Elective Courses

Specialization in the clinical field and in the field of philosophy and social sciences.

## Study Program Psychotherapy Science

The Psychotherapy Science study program at the SFU provides the first pan-European academic, theoretical-scientific, and practical preparation for the profession of psychotherapist. Studies are supplemented by student self-awareness courses and internships from the start. From the third year on, the study program provides comprehensive specialization in well-established scientific psychotherapeutic methods: psychoanalysis, systemic family therapy, Gestalt therapy, individual psychology, person-centered psychotherapy, behavioral therapy, existential analysis, and analytical psychology. Courses are offered in German or English.

### What distinguishes Psychotherapy studies at the SFU?

- Dedicated teaching and research
- Individual support & mentoring
- Learning in small groups
- Personal contact with the teachers
- Early involvement in research projects
- Practical relevance from the 1st semester

### Admission Criteria

- higher education entrance qualification
- admissions procedure (two personal interviews and one admission seminar)

### Academic Degrees

- Bachelor (BA pth.)
- Master of Psychotherapy Science (Mag. pth.)

### Program Duration

- 6 semesters (BA), 4 semesters (Mag.)

### Doctorate in Psychotherapy Science (Dr. scient. pth.)

The focus of the doctoral program is on qualitative research and based on empirical, theoretical, and historical papers, including critical analysis of existing research fields or psychotherapeutic schools. More information at [www.sfu.ac.at](http://www.sfu.ac.at)

The SFU was accredited and recognized as a private university by the Austrian accreditation authority in 2005. Individual support, dialogue with the teaching staff, and the guarantee of practical relevance exemplify the high quality of studies at the SFU. The close connection between research and practice further encourages the acquisition of knowledge in a creative teaching and learning environment. In addition to the home university in Vienna with its four faculties Psychotherapy Science, Psychology, Medicine, and Law, the SFU offers locations in Paris, Milano, Ljubljana, Linz, and Berlin.

#### SFU Course Offerings

Psychotherapy Science: Vienna, Paris, Berlin, Linz, Ljubljana

Psychology: Vienna, Linz, Berlin, Milano

Law: Vienna

Human Medicine, Dentistry, Pharmacy: Vienna

#### Sigmund Freud University Vienna

Freudplatz 1, 1020 Vienna, Campus Prater  
Tel. +43 (0) 1 798 40 98 | [office@sfu.ac.at](mailto:office@sfu.ac.at)

Find more information about SFU courses and locations at

[www.sfu.ac.at](http://www.sfu.ac.at)

Bachelor (BA pth.)		ECTS	UNITS
SEMESTER 1	M.1 LECT	Lecture series – Perspectives of psychotherapy science	1.5   1
	M.1 PS	Psychotherapy as a science	2   1
	M.1 PS	Psychotherapy as a profession	2   1
	M.1 LECT	History and theoretical development of the psychotherapy schools I	3   2
	M.1 PS	History and theoretical development of the psychotherapy schools I	2   1
	M.1 WS	Academic writing I	0.5   0.5
	M.2 LECT	General psychology I	1.5   1
	M.2 LECT	Differential psychology	3   2
	M.2 LECT	Psychological diagnostics I	3   2
	M.3 LECT	Introduction to medical terminology	3   2
	M.3 LECT	Psychiatry I	1.5   1
	M.3 LECT	Fundamental principles of neuroscience	1.5   1
	M.4 PR	Clinical placement	4   1
	M.4 PRS	Training supervision and reflection I	0.5   0.5
M.4 PD	Self-awareness I	1   1	
SEMESTER 2	M.1 LECT	History and theoretical development of the psychotherapy schools II	1.5   1
	M.1 PS	History and theoretical development of the psychotherapy schools II	2   1
	M.1 PRS	Training supervision and reflection II (focus on documentation)	1   1
	M.2 LECT	Psychological diagnostics II	1.5   1
	M.2 WS	Psychological diagnostics II	1   1
	M.3 LECT	Psychiatry II	3   2
	M.3 LECT	Rehabilitation, special needs and therapeutic psychology	3   2
	M.4 PS	Forms of psychosocial intervention I	4   2
	M.4 PR	Clinical placement	5.5   1
	M.4 PD	Self-awareness II	1   1
	M.5 LECT	Scientific research methods I	3   2
	M.5 WS	Scientific research methods I	1.5   1
	M.5 PS	Academic writing II	2   1
	SEMESTER 3	M.1 LECT	History and theoretical development of the psychotherapy schools III
M.1 PS		History and theoretical development of the psychotherapy schools III	2   1
M.1 PS		Basics in cultural studies I	2   1
M.1 PRS		Training supervision and reflection III	1   1
M.2 LECT		General psychology II	1.5   1
M.2 LECT		Developmental psychology	1.5   1
M.2 PS		Developmental psychology	1.5   1
M.2 LECT		Social psychology	1.5   1
M.3 LECT		Psychopharmacology	3   2
M.3 PS		Psychopharmacology	2   1
M.4 PR		Clinical placement	4.5   1
M.4 PD		Self-awareness III	1   1
M.4 WS		Research workshop I	1   1
M.5 LECT		Statistical data analysis and quantitative methods	1.5   1
M.5 WS	Statistical data analysis and quantitative methods	1.5   1	
M.6 LECT	Introduction to the healthcare system	1.5   1	
M.6 LECT	Introduction to the health insurance system	1.5   1	
SEMESTER 4	M.1 PS	Basics in cultural studies II	1.5   1
	M.1 LECT	Psychotherapy and gerontology	1.5   1
	M.1 WS	Elective – <i>Window of Opportunity</i> *	1   1
	M.1 PRS	Training supervision and reflection IV	0.5   0.5
	M.3 LECT	Psychosomatics	3   2
	M.3 WS	First aid	1   1
	M.3 LECT	Child and youth psychiatry	3   2
	M.4 PR	Clinical placement	4.5   1
	M.4 LECT	Ethics	1.5   1
	M.4 PS	Ethics	1.5   1
	M.4 PS	Forms of psychosocial intervention II	3   2
	M.5 LECT	Scientific research methods II	1.5   1
	M.5 WS	Academic writing III	0.5   0.5
	M.6 LECT	Law in the healthcare system	1.5   1
M.6 PS	Law in the healthcare system	1.5   1	
M.6 LECT	Introduction to the healthcare environment	1.5   1	
M.6 LECT	Principles of psychosocial care	1.5   1	
SEMESTER 5	M.1 LECT	General psychopathology	3   2
	M.1 SE MOD	Basic principles of personality theory and development	3   2
	M.1 SE MOD	Scientific terminology	3   2
	M.1 SE MOD	Principles of psychopathology I	1.5   1
	M.4 MPR	Clinical placement	7   1
	M.4 MPRS	Training supervision and reflection V	1.5   1
	M.4 MPD	Self-awareness I-internal	2   2
	M.4 WS	Principles of psychotherapeutic discourse	1   1
	M.5 LECT	Qualitative interpretation	1.5   1
	M.5 WS	Qualitative interpretation	1.5   1
	M.5 PS	Academic writing IV	2   1
	M.5 WS	Research workshop II	1   1
	M.6 PS	Sexuality	2   1

Bachelor (BA pth.)		ECTS	UNITS
SEMESTER 6	M.4 MPR MOD	Clinical placement	4.5   2
	M.4 MPD MOD	Self-awareness II-internal	2   2
	M.4 PS	Crisis intervention	2   1
	M.6 LECT	Differential psychopathology	1.5   1
	M.6 SE MOD	Principles of psychopathology II	4   2
	M.6 SE MOD	Principles of therapy techniques	2   1
	M.6 LECT	Group processes and dynamics	1.5   1
	M.6 PS	Group processes and dynamics	2   1
	M.7	Bachelor thesis	8.5   1
	M.7	Final examination	2   2

Master (MAG. pth.)		ECTS	UNITS
SEMESTER 1	M.1A LECT	Health and illness in a social perspective	1.5   1
	M.1A LECT	Sexual disorders	1.5   1
	M.1A LECT	Physical impairments: Forms of intervention	1.5   1
	M.1A SE MOD	Historical development of psychotherapy method	1.5   1
	M.1A SE MOD	Theory of personality and psychological development	1.5   1
	M.1A SE MOD	Psychopathology I	1.5   1
	M.1B MPR	(modality workshop) Psychotherapeutic praxis – Schools in dialogue	0.5   0.3
	M.1B WS MOD	Treatment techniques I	2   2
	M.1B MPRS MOD	Reflection of the praxis with a focus on psychotherapeutic diagnostics	1   1
	M.1B MPRS MOD	Reflection of the praxis with a focus on therapy planning and structure	1   1
	M.1B MPD MOD	Self-awareness – internal	2   2
	M.1B MPD MOD	Self-awareness – external	2   2
	M.4 MPR MOD	Clinical placement	4.5   1
	M.4 MPRS MOD	Reflection of the clinical placement	1   1
M.4 MP MOD	Praxis	4.5   1	
M.5 LECT	Quantitative methods in psychotherapy research	1.5   1	
M.5 WS	Quantitative methods in psychotherapy research	1   1	
SEMESTER 2	M.1A LECT	Health and illness in a historical perspective	1.5   1
	M.1A LECT	Differential psychopathology I – Trauma	1.5   1
	M.1A LECT	Psychological disorders in the social context	1.5   1
	M.1A LECT	Diagnostic coding and classification standards	1.5   1
	M.1A SE MOD	Psychopathology II	1.5   1
	M.1B MPR	(modality workshop) Psychotherapeutic praxis – Schools in dialogue	0.5   0.3
	M.1B PS	Professional patient-centered care	1.5   1
	M.1B WS MOD	Treatment techniques II	2   2
	M.1B MPRS MOD	Reflection of the praxis with a focus on indication and contraindication	1   1
	M.1B MPRS MOD	Reflection of the praxis with a focus on case presentation methods	1   1
	M.1B MPRS MOD	Reflection of the praxis with a focus on case presentations I	1   1
	M.1B MPD MOD	Self-awareness – external	3   1
	M.4 MPR MOD	Clinical placement	2.5   1
	M.4 MP MOD	Praxis	7.5   1
M.5 LECT	Qualitative psychotherapy research methods	1.5   1	
M.5 WS	Qualitative psychotherapy research methods	1   1	
SEMESTER 3	M.1A LECT	Psychotherapy, neuroscience and genetics	1.5   1
	M.1A LECT	Differential psychopathology II – Psychosis	1.5   1
	M.1B MPR	(modality workshop) Psychotherapeutic praxis – Schools in dialogue	0.5   0.3
	M.1B SE	Malpractice in the psychotherapeutic context	2   1
	M.1B SE MOD	Treatment techniques III	2   1
	M.1B MPRS MOD	Reflection of the praxis with a focus on case presentation II	1   1
	M.1B MPD MOD	Self-awareness – external	3   2
	M.4 MPR MOD	Clinical placement	4   1
	M.4 MP MOD	Praxis	8   1
	M.5 SE	Seminar for graduates I	2   1
	M.5 WS	Workshop for psychotherapy research	1.5   1
	M.8 LECT	Clinical elective	1.5   1
	M.8 LECT	Philosophical and social scientific elective	1.5   1
	SEMESTER 4	M.1A LECT	Psychotherapeutic advice
M.1A LECT		Differential psychopathology III – Addiction	1.5   1
M.1B MPRS MOD		Case presentation seminar for graduates	2   2
M.4 MP MOD		Praxis	4   1
M.5 SE		Seminar for graduates II	2   1
M.7		Master thesis	14   1
M.7		Final examination	5   1

Legend	
LECT	Lecture
PS	Proseminar
WS	Workshop
SE	Seminar
PD	Personal Development
PRS	Reflection of the Practicum
PR	Practicum
MPD	Method-specific Personal Development
MPRS	Method-specific Reflection of the Practicum
MPR	Method-specific Practicum
MOD	modality specific training (Psychoanalysis, Systemic Family Therapy, Gestalt Therapy, Cognitive Behavioural Therapy, Person Centred Therapy)
M.1	Psychotherapy science
M.1A	Psychotherapy science: Theoretical fundamentals
M.1B	Psychotherapy science: Applied psychotherapy science
M.2	Psychological basics
M.3	Medical basics
M.4	Praxeology
M.5	Research methods
M.6	Fundamental principles of psychotherapy practice
M.7	Thesis and examination
M.8	Electives

\* Attendance of a research practicum, or of the method day, or of conferences or book presentation (20h) + submission of a report