

## Description of Modules

Master's Degree Programme (Magister)

in Psychotherapy Science

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## Module A1: Psychotherapy science: Theoretical fundamentals

### 1. Overview of courses – Module A1

| Course  | Type | Unit(s) | ECTS | Sem. |
|---|------|---------|------|------|
| Health and illness from a social perspective            | LECT | 1       | 1,5  | 1    |
| Sexual disorders  | LECT | 1       | 1,5  | 1    |
| Physical impairments: Forms of intervention             | LECT | 1       | 1,5  | 1    |
| MOD Historical development of psychotherapy method      | SE   | 1       | 1,5  | 1    |
| MOD Theory of personality and psychological development | SE   | 1       | 1,5  | 1    |
| MOD Psychopathology I                                   | SE   | 1       | 1,5  | 1    |
| Health and illness in a historical perspective          | LECT | 1       | 1,5  | 2    |
| Differential psychopathology I – Trauma                 | LECT | 1       | 1,5  | 2    |
| Psychological disorders in the social context           | LECT | 1       | 1,5  | 2    |
| Diagnostic coding and classification standards          | LECT | 1       | 1,5  | 2    |
| MOD Psychopathology II                                  | SE   | 1       | 1,5  | 2    |
| Psychotherapy, neuroscience und genetics                | LECT | 1       | 1,5  | 3    |
| Differential psychopathology II – Psychosis             | LECT | 1       | 1,5  | 3    |
| Psychotherapeutic advice                                | LECT | 1       | 1,5  | 4    |
| Differential psychopathology III – Addiction            | LECT | 1       | 1,5  | 4    |

### 2. Description of Module A1: Psychotherapy science: Theoretical fundamentals

Module A1 "Psychotherapy Science: Theoretical fundamentals" builds on the foundations of the Bachelor's degree program in Psychotherapy Science. This module is designed in a multidimensional way, including general and differential pathology, as well as method-specific theory of a healthy and psychopathological self-development (courses marked "MOD - Modality Specific Trainings"), embedding them in a social, cultural and historical context.

## 2a. Content and goals of qualification

### Knowledge

Students acquire general knowledge of various personality theories and disorders but also specific knowledge, depending on the chosen psychotherapy school. Based on the general pathology courses from the bachelor's program, the focus of the master's program is on specific clinical phenomena. The goal is to combine theoretical knowledge with practical experience, which is acquired in internships (practicum) and have to be done in parallel to the courses.

### Cognitive und practical skills

During the courses, students are trained on the psychotherapeutic process, including the initial consultation with a patient, making a diagnosis, compiling a treatment plan and the closing phase. In addition to method-specific pathology courses, a major emphasis will be put on sexual disorders, trauma and addiction, which are intrinsic fields of psychotherapy. Imparting knowledge on the relevant cultural, historical and social aspects makes students aware of the individual context of making a diagnosis and the psychotherapeutic process.

### Expertise

Students acquire in-depth knowledge of method-specific pathology and a differentiated view of personality theory and clinical pictures. This theoretical knowledge forms a sound basis for the practical implementation in Module A2 (praxeology).

## 2b. Course types

Seminars, lectures

## 2c. Admission requirements

Bachelor's degree in Psychotherapy Science

## 2d. Required credits

22,5 ECTS

## 2e. Types of exams and assessments

see examination regulations

## 2f. Module duration

M1 – M4

## 2g. Usability of the module

The module includes courses which are mandatory for obtaining a master's degree in Psychotherapy Science.

## 2h. Availability of the modules

M1 und M3 courses can be attended during winter term, M2 and M4 courses during summer term.

## 2i. Planned group size

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

## Module A2: Psychotherapy science: Applied psychotherapy science

### 1. Overview of courses – Module A2

| Course   | Type | Unit(s) | ECTS | Sem. |
|--|------|---------|------|------|
| (modality workshop) Psychotherapeutic Praxis - Schools in dialogue           | MPR  | 0,3     | 0,5  | 1    |
| MOD Treatment techniques I   | WS   | 2       | 2    | 1    |
| MOD Reflection of the praxis with a focus on psychotherapeutic diagnostics   | MPRS | 1       | 1    | 1    |
| MOD Reflection of the praxis with a focus on therapy planning and structure  | MPRS | 1       | 1    | 1    |
| MOD Self-awareness – internal  | MPD  | 2       | 2    | 1    |
| MOD Self-awareness - external  | MPD  |         | 2    | 1    |
| (modality workshop) Psychotherapeutic Praxis - Schools in dialogue           | MPR  | 0,3     | 0,5  | 2    |
| Professional patient – centered care   | PS   | 1       | 1,5  | 2    |
| MOD Treatment techniques II  | WS   | 2       | 2    | 2    |
| MOD Reflection of the praxis with a focus on indication and contraindication | MPRS | 1       | 1    | 2    |
| MOD Reflection of the praxis with a focus on case presentation methods       | MPRS | 1       | 1    | 2    |
| MOD Reflection of the praxis with a focus on case presentation I             | MPRS | 1       | 1    | 2    |
| MOD Self-awareness - external  | MPD  |         | 3    | 2    |
| (modality workshop) Psychotherapeutic Praxis - Schools in dialogue           | MPR  | 0,3     | 0,5  | 3    |
| Malpractice in the psychotherapeutic context                                 | SE   | 1       | 2    | 3    |
| MOD Treatment techniques III   | SE   | 1       | 2    | 3    |
| MOD Reflection of the praxis with a focus on case presentation II            | MPRS | 1       | 1    | 3    |
| MOD Self-awareness - external  | MPD  |         | 3    | 3    |
| MOD Case presentation seminar for graduates                                  | MPRS | 2       | 2    | 4    |

## 2. Description of Module A2: Psychotherapy science: Applied psychotherapy science

Module A2 "Psychotherapy science: Applied psychotherapy science" builds on the foundations of the Bachelor's degree program in Psychotherapy Science. On the one hand, the emphasis is on the psychotherapeutic practice and providing professional care to patients, regardless of the chosen psychotherapeutic method. On the other hand, the focus is on method-specific self-development (one-on-one sessions) and on a method-specific analysis of the internship (practicum) and practical experiences. The psychotherapeutic process is analysed by using case studies from the practical experience. This analysis focusses on psychotherapeutic diagnoses, treatment plans, prognoses and treatment methods and is based on the chosen psychotherapeutic method.

### 2a. Content and goals of qualification

#### Knowledge

Students learn how to put method-specific theory of self-development into practice. Developing self-monitoring skills and the corrective emotional experience during self-development contribute to the maturing process: they are fundamental and essential for working as a psychotherapist on a professional level. In the "Treatment Techniques" seminars I-III, students acquire knowledge of method-specific treatment techniques in psychotherapy, as well as of general relevant factors (safe surroundings, mutual trust, therapeutic alliance).

#### Cognitive und practical skills

In the seminars, students acquire the necessary skills (e.g. therapeutic attitude, method-specific types of intervention) for a professional psychotherapeutic practice. These skills are developed through specific interactive role-plays, by reflecting on experiences made during self-development sessions, self-reflection in group sessions, and by studying with the peer group.

#### Expertise

In this module, students broaden their therapeutic capacities by developing self-awareness, self-monitoring and self-analysis skills. Thus they are able to work as "psychotherapist under supervision" and are supported in the reflection of the practice sessions.

### 2b. Course types

Proseminars, seminars, method-specific internships (practicum), method-specific analysis of the internship/ reflection of the practice

## 2c. Admission requirements

Bachelor's degree in Psychotherapy Science

## 2d. Required credits

29 ECTS

## 2e. Types of exams and assessments

see examination regulations

## 2f. Module duration

M1 – M4

## 2g. Usability of the module

The module includes courses which are mandatory for obtaining a master's degree in Psychotherapy Science.

## 2h. Availability of the modules

M1 und M3 courses can be attended during winter term, M2 and M4 courses during summer term.

## 2i. Planned group size

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

## Module D: Praxeology

### 1. Overview of courses – Module D

| Course                                   | Type | Unit(s) | ECTS | Sem. |
|--|------|---------|------|------|
| MOD Clinical placement                   | MPR  |         | 4,5  | 1    |
| MOD Reflection of the clinical placement | MPRS | 1       | 1    | 1    |
| MOD Praxis                               | MP   |         | 4,5  | 1    |
| MOD Clinical placement                   | MPR  |         | 2,5  | 2    |
| MOD Praxis                               | MP   |         | 7,5  | 2    |
| MOD Clinical placement                   | MPR  |         | 4    | 3    |
| MOD Praxis                               | MP   |         | 8    | 3    |
| MOD Praxis                               | MP   |         | 4    | 4    |

### 2. Description of Module D: Praxeology

Module D “Praxeology” focusses on making practical experiences through clinical placements in health-care and social system institutions and hospitals, and by working with patients. The psychotherapeutic outpatient clinic of the SFU provides support during this process.

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

##### Knowledge

Students will have to do a practical placement amounting to 550 hours, out of which 150 hours must be done in a hospital/medical institution. These experiences, together with 630 hours of practice, are mandatory practical requirements for finishing the method-specific, advanced part of the studies (Fachspezifikum).

##### Cognitive und practical skills

Experienced psychotherapists are present at the clinical placements and support putting method-specific theory into practice. By interning in psychotherapeutic and psychiatric institutions and thus being in direct contact with patients with mental disorders, students broaden their therapeutic expertise. Furthermore, therapeutic skills are strengthened and sharpened by working as a psychotherapist under supervision.

## Expertise

The placements and working with patients helps students to strengthen their psychotherapeutic attitude, their differentiated knowledge of psychotherapeutic diagnostics and the specific treatment techniques applied during the psychotherapeutic process. This module provides students with a sustainable basis for dealing with patients with mental disorders in a confident, competent and humane way.

### 2b. Course types

Practical placements, practice, reflection

### 2c. Admission requirements

Bachelor's degree in Psychotherapy Science

### 2d. Required credits

36 ECTS

### 2e. Types of exams and assessments

see examination regulations

### 2f. Module duration

M1 – M4

### 2g. Usability of the module

The module includes courses which are mandatory for obtaining a master's degree in Psychotherapy Science.

### 2h. Availability of the modules

M1 und M3 courses can be attended during winter term, M2 and M4 courses during summer term.

### 2i. Planned group size

small groups

## Module E: Research methods

### 1. Overview of courses – Module E

| Course   | Type | Unit(s) | ECTS | Sem. |
|--|------|---------|------|------|
| Quantitative methods in psychotherapy research | LECT | 1       | 1,5  | 1    |
| Quantitative methods in psychotherapy research | WS   | 1       | 1    | 1    |
| Qualitative psychotherapy research methods     | LECT | 1       | 1,5  | 2    |
| Qualitative psychotherapy research methods     | WS   | 1       | 1    | 2    |
| Seminar for graduates I                        | SE   | 1       | 2    | 3    |
| Workshop for psychotherapy research            | WS   | 1       | 1,5  | 3    |
| Seminar for graduates II                       | SE   | 1       | 2    | 4    |

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

Module E “Research methods” provides an in-depth, advanced application of empirical, quantitative and qualitative research methods. These methods derive from the social sciences, which is the relevant field for psychotherapy science. Module E enables students to compile a qualified academic master’s thesis.

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

##### Knowledge

Students deepen their methodical knowledge of how to compile data through interviews, questionnaires, surveys, group discussions and ethnographical data compilation. The processing and analysis of data is carried out by applying modern social sciences methods, including hermeneutic approaches, analysis by content / descriptive evaluation strategies and descriptive-statistical and inferential-statistical data analysis (using SPSS, R, ATLAS.ti).

##### Cognitive und practical skills

Students have the opportunity to present their scientific research, objectives, research designs and results in inter-active seminars held specifically for degree candidates and in the psychotherapy research workshop. In this way the skills for actively participating in the psychotherapeutic discourse within the scientific community are strengthened. The process of writing the master’s thesis is closely supported and overseen by academic supervisors which help students to make their first steps in the field of psychotherapy research.

## Expertise

Module “Research Methods” enables students to become researchers in the field of psychotherapy science. Thus they will be able to recognize crucial clinical phenomena and carry out relevant research by using the proper research tool (method application). This provides students with the required expertise to actively participating in the psychotherapeutic discourse.

### 2b. Course types

Lectures, seminars, workshops

### 2c. Admission requirements

Bachelor's degree in Psychotherapy Science

### 2d. Required credits

10,5 ECTS

### 2e. Types of exams and assessments

see examination regulations

### 2f. Module duration

M1-M4

### 2g. Usability of the module

The module includes courses which are mandatory for obtaining a master's degree in Psychotherapy Science.

### 2h. Availability of the modules

M1 und M3 courses can be attended during winter term, M2 and M4 courses during summer term.

### 2i. Planned group size

from 10 to 90 students, depending on course type

## Module G: Thesis and examination

Module G includes writing the master's thesis (14 ECTS) and the final exam (5 ECTS).

By writing an academic master's thesis, and thus developing and methodologically answering the aims and objectives of a thesis, students prove that they are able to implement the theoretical and practical knowledge acquired in Modules A-H. During the oral part of the final exam, students present their master's thesis and elaborate on a selected psychotherapeutic topic in an expert discussion, thus proving their expertise and know-how.

## Module H: Electives

### 1. Overview of courses – Module H

| Course                                       | Type | Unit(s) | ECTS | Sem. |
|--|------|---------|------|------|
| Clinical elective                            | LECT | 1       | 1,5  | 3    |
| Philosophical and social scientific elective | LECT | 1       | 1,5  | 3    |

### 2. Description of Module H: Electives

Courses held in Module H “Elective Courses” aim at deepening clinical and philosophical knowledge and at expanding existing perspectives, but also at establishing new ones. In the clinical field, this refers to therapeutic methods which complete and enhance the standardized approaches. Philosophical knowledge, but also know-how in social sciences, are part of the psychotherapy training. The electives provide students with an opportunity to establish an individual learning approach in these fields. Offered courses range from history of mentalities, psychotherapy, film, gender to an introduction to Chinese philosophy and medicine and are updated on a regular basis.

#### 2b. Course types

Lectures

#### 2c. Admission requirements

Bachelor's degree in Psychotherapy Science

## 2d. Required credits

3 ECTS

## 2e. Types of exams and assessments

see examination regulations

## 2f. Module duration

M3

## 2g. Usability of the module

Mandatory for obtaining a master's degree in Psychotherapy Science

## 2h. Availability of the modules

winter term

## 2i. Planned group size

up to 70 students