Introduction to Psychotherapy Research

1 ECTS

Teacher: Ueli Kramer, PD

Level: Introductory

Pre-requirements: none

Objectives:
The course will inform the participants about research designs which test the efficacy and effectiveness of psychotherapy, as well as to discuss candidate variables explaining the effectiveness of psychotherapy. Further, methodological problems in the demonstration of mechanisms of change from pre-to post-treatment will be discussed, as well as the utility of neuroimaging methods to highlight brain-level changes correlating with treatment changes.

Assessment:
Participants are expected to be present to all course sessions, and to actively participate.

Participants should become familiar with the literature on the topic by reading the materials listed below before each course session. Those materials will be made available on Moodle (please see below).

As final course assessment, participants will have to provide a 1-2 page term paper after the course discussing one of the questions below:

1. Discuss at least two research designs testing the efficacy and effectiveness of psychotherapy.
2. Discuss three candidate variables explaining the effectiveness of psychotherapy.
3. Discuss at least two methodological problems in the demonstration of mechanisms of change.
4. Discuss the relevance of neuroscience methods to explain psychotherapeutic changes.
Course sessions:

Session 1: (September 25th, 2020, 08:00-12:00)

**Introduction, design, outcome research, measure of change, integration practice-research**

Readings:


Session 2: (October 30th, 2020, 08:00-12:00)

**Predictors, mechanisms of change, process research, qualitative research**

Readings:


Session 3: (November 13th, 2020, 08:00-12:00)

**Use of neurobiology in psychotherapy research**

Readings:

Course location

Lausanne, Institute of Psychotherapy/General Psychiatry, Place Chauderon 18, 1003 Lausanne, Salle Pierre Bovet (room #514) on the 5th floor.

Depending on the Covid-related sanitary measures at that moment the course might take place online only. Be prepared to use your own laptop and internet connection!

Registration

The course is limited to 12 participants. Register before September 5, 2020, by writing a mail to lnscourses@gmail.com (with your supervisor in copy) and stating the course title as subject.

Reading materials on Moodle

For accessing the course materials, please do the following:

- go to "https://moodle2.unil.ch"
- log in with your institutional/university address
- click on "Faculté de Biologie et de Médecine" > "Ecole doctorale / doctoral school" > "Lemanic Neuroscience Doctoral School"
- the materials will be stored under "Introduction to Psychotherapy Research"

Please make use of the “self-enrollment” method. The access key to use is “Kramer2020”.

In case of persisting problems please contact the LNDS coordinator: Ulrike.toepel@unil.ch.