Introduction to Psychotherapy field - Course syllabus

1. Psychotherapy as "model of change": "doing" vs. "being"; relationship vs. therapy, process vs. goal.

2. Historical models towards mentally illness: Demonological model, custody model, medical model and anti-psychiatry model.


4. Second floor and first revolution: ego psychology vs. object-relations psychotherapy. From "a person-meets-a world" psychology to "a person-meets-a person" psychology.
5. **Rebellion - moving to a new building:** Cognitive-Behavioral-Therapy. Same goal, different methods.

6. **Third floor: concepts of integration.** Revelation of the "potential - space" and establishment of the therapeutic relationships.

7. **Forth floor: from objective-truth to subjective-truth.** From "understanding" to "helping".

8. **Fifth floor: when subject meets subject.** Relational psychology and inter-subjectivism. Critical approach and a birth of a new model.