

PSYCG 1530 : Introduction to Psychotherapy

From a historical basis, this course introduces the student to the various psychotherapeutic traditions. Treatment approaches examined include psychoanalytic, psychodynamic, Gestalt, behavioral, cognitive/behavioral, Adlerian, and others. Through both didactic and experiential means, the student will be exposed to the fundamental aspects of each treatment approach. Also reviewed is the current literature on empirically supported treatment approaches as well as issues related to culture, ethnicity, gender, and disabilities.

College

Clinical Psychology Program

Credits 3.0