

Psychotherapeutic Systems Activity

Focus Project – Paper, Video, Presentation, & Debate - Overview

You have the opportunity to study one founder of a psychotherapeutic system in depth. You are to learn as much as you can about this person. In essence, for a brief moment, you are to become that person, thinking and speaking as you imagine that person does/did.

Paper

8-12 page paper, APA format, written with doctoral level sentence structure and vocabulary (a thesaurus is your best friend!). Points will be deducted if paper and/or citations are not using correct APA style. Points will be deducted if paper is not written at doctoral level.

1. Biography of Author
 - a. What happened in this person's life that could explain why this person developed his/her particular approach to therapy?
 - b. Research the person's childhood, historical events when they were growing up, cultural background of self and parents
 - c. Write a CV for your person to include in oral presentation and as an appendix in your paper
2. Indepth explanation of the approach to therapy
3. Identify strengths/weaknesses of this approach. Use research to back this up whenever possible
4. Is this approach evidence-based? Why or why not does this matter?
5. What was this person's lifetime spiritual journey from childhood to adulthood? How did this person's beliefs affect the development of the psychotherapeutic system/approach? Is spirituality incorporated into the therapy? If so, how? If not, why not?

Video Project

Make a 10-minute video in which you are the therapist and a classmate is the client. Set up the video room in a way that is consistent with the approach you are using. Dress in a way consistent with the therapist you are playing. Using a clinical scenario given in class, respond to your "patient" in character as though you are your focus person doing therapy. You need to tell your client how you conceptualize his/her problem, what you intend to do as treatment, and give homework (if consistent with the approach you are using). You will present this to the class.

Panel Discussion/Debate (groups of 2-3 students at a time)

The oral part of this project will be in the form of a panel discussion/debate. A case will be presented in class and you will need to respond *in character*, "arguing" your point of view regarding how the treatment of the hypothetical patient should progress as if you actually are your focus person.