

# Advanced Theory of Psychotherapy Modular Series 2020

Every year Ashburn Clinic presents two modules on the theory of psychotherapy. They are part of a series of four which makes up a complete course over two years.

Each module has **10 seminars**, held on **Tuesday evenings (7.00 pm to 8.30 pm)**.

Seminars are presented by experienced, practising therapists – psychotherapists, psychologists or psychiatrists.

The course is not offered as a practising qualification, and is based on theory, but seminars are generally interactive, and deal with case studies as well as theory.

## Module 1:

<b>201 Stages of Human Development: March-May 2020</b>		
<b>Title</b>	<b>Subtitle/theme</b>	<b>Topics</b>
<b>Pregnancy and birth</b>	Pregnancy and birth	The emotional work of pregnancy Childbirth and its vicissitudes Immediate postnatal period
<b>Infancy</b>	Infancy	The feeding relationship Adaptation and regulation The Father
<b>1-5 years</b>	First separation and individuation	Independent mobility Play and symbolic thought Siblings and socialisation Managing aggression
<b>5-10 years</b>	Family, school, playgrounds	Roles in the family system Peer relationships Rules and formal learning
<b>Adolescence (1)</b>	Puberty and sexual maturation	The body – physical changes and psychological correlates Peer relationships: pairing and rehearsals for intimacy
<b>Adolescence (2)</b>	Second separation and individuation	Changing family relationships Peer relationships: group membership Beginnings of personal identity
<b>Adulthood</b>	Love and work	Capacity for intimacy Capacity for industry Cultural relativity and its impact
<b>Generativity</b>	Achieving and not achieving	Parenting Creativity Social and cultural integration/alienation
<b>The Third Age</b>	Ego integrity vs despair	Leaving the workforce/changing roles Reflection and meaning Death and dying
<b>Death and Dying</b>	"A good enough death"	Management of the process of dying: choices Ending relationships The meanings of death

## Module 2:

<b>202 Models of Psychotherapeutic Practice: July-September 2020</b>		
<b>Title</b>	<b>Subtitle/theme</b>	<b>Topics</b>
<b>Child Psychotherapy</b>	Facilitating development	The play setting and its variations: Axline, Klein, Anna Freud The use of interpretations
<b>Individuals</b>	Building a therapeutic relationship	Transference Countertransference Conscious/unconscious processes
<b>Groupwork</b>	The therapeutic group	The group as a treatment entity Therapy in the group and therapy of the group Phases in building a therapeutic group
<b>Psychodrama</b>	Its theory, methods and practice	For psychotherapists Diversity of psychodrama Sociometry
<b>Systems Thinking</b>	Application of the theory to psychotherapy	Open and closed systems Change and stasis
<b>Couples</b>	Tasks and problems	The conscious and the unconscious marital contracts The tasks of intimacy and autonomy
<b>Families (1)</b>	Developmental tasks and problems	Lifecycle of the family Definition and variations of the family
<b>Families (2)</b>	Strategies for intervention	Models of family therapy
<b>Therapeutic Communities</b>	Development and current practice	History and development Current practice Variations of form
<b>Therapy Models</b>	Therapy Models	Cognitive Behavioural Therapy Dialectical Behavioural Therapy Acceptance and Commitment Therapy

For more information:

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Download: Handbook and application form: [ashburn.co.nz/education/](http://ashburn.co.nz/education/)