WPA Course: Principles of Supportive and Psychodynamic Psychotherapy
WPA WCP-Bangkok, 14 October 2020; 08:30-12:30 (break at 10:00-10:30)

Course Faculty:

Erin Crocker (USA)
Co-Chair of Psychotherapy Committee,
American Association of Directors of Psychiatry Residency Training (AADPRT)
WPA Psychotherapy Section SIG Chair-Cultural Adaptations of Supportive Psychotherapy
University of Iowa
Department of Psychiatry Training Director

David Teo Choon Liang (Singapore)
WPA Psychotherapy Section SIG Chair- Consultation and Liaison Psychiatry
Consultant Psychiatrist
Department of Psychological Medicine
Changi General Hospital

Rasmon Kalayasiri (Thailand)
Program Director Grad. Dip. in Mental Health:
Substance Dependence and Psychiatric Disorders
Associate Professor of Psychiatry
Faculty of Medicine, Chulalongkorn University

César A. Alfonso (USA)-Course Director
Chair of the WPA Psychotherapy Section
Associate Professor of Psychiatry Columbia University Medical Center, USA
Adjunct Professor of Psychiatry Universitas Indonesia
Visiting Professor of Psychiatry, National University of Malaysia

Course Description:

This course is designed to review the common factors of psychotherapy that are curative and clinically relevant. The target audience is early to mid-career general psychiatrists as well as psychiatry residents. Its objective is to increase knowledge and competence in the delivery of supportive psychotherapy and psychodynamic psychotherapy. Course faculty members are cognizant that psychotherapy training is limited in many low-and-middle-income countries. Therefore, extensive materials including textbook chapters, review articles, psychometric scales, power point presentations and illustrative video-links will be made available for pre-course review. Faculty members will present principles and practical applications of supportive psychotherapy and intensive, psychodynamic psychotherapy in general psychiatric practice settings such as inpatient, outpatient, Emergency Room (ER), general hospital Consultation-Liaison (CL), and addiction psychiatry settings. Particular attention will be given to cultural adaptations and optimizing services in high volume clinical settings. Attendees will have opportunities to gain practical, hands-on experience in applying the skills learned through role playing sessions and peer feedback.
Learning Objectives:

At the completion of this course, registrants will be able to:

1. Describe the common factors of psychotherapies, including goal consensus and collaboration, positive regard and affirmation, mastery, congruence, genuineness, empathy, and expression of affect.
2. Identify and define transtheoretical psychodynamic factors, such as the therapeutic alliance, neutrality and active listening, mentalization, regulation of affect, attachment patterns, defense mechanisms, and the impact of childhood adverse events on adult development.
3. Apply supportive and psychodynamic psychotherapy in general psychiatric practice in ER, inpatient, outpatient, CLP and addiction treatment settings.

Pre-Course On-line Review*:

Principles of Supportive Psychotherapy (.PPTX Slide Presentation and Self-Assessment Questions)-Crocker
Contemporary Practice of Psychodynamic Psychotherapy (.PPTX Slide Presentation and Self-Assessment Questions)-Alfonso

Psychometric Scales*:

Achievement of Therapeutic Objectives Scale-ATOS, Relationship Questionnaire-RQ, Reflective Functioning Questionnaire-RFQ-54, Working Alliance Inventory-WAI, Defense Mechanisms Rating Scale-DMRS

Video-links:

- https://www.youtube.com/watch?v=LbLIN9nIAZY
- https://www.youtube.com/watch?v=1FrcsumtaC0
- https://www.youtube.com/watch?v=iKvtkB9Njg
- https://www.youtube.com/watch?v=9xPhDrb_eQ
- https://www.youtube.com/watch?v=djeicvI3e-4
- https://www.youtube.com/watch?v=JstbwxF7Ckc

Pre-Course Assigned Readings*:


Pre-Course Suggested Readings*:

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*All pre-course materials will be made available electronically to pre-registrants for review before the course takes place, including PDF files of required and suggested readings

**Course Schedule** 14 October 2020
08:30-09:00 Introduction

09:00-09:30 Supportive Psychotherapy – Inpatient, Outpatient and ER Settings – Erin Crocker

09:30-10:00 Psychotherapy Interventions in the General Hospital and Consultation-Liaison Psychiatry Settings – David Teo

10:00-10:30 Break

10:30-11:00 Intensive Psychodynamic Psychotherapies for Patients with Complex Multimorbidities - César Alfonso

11:00-11:30 Integrating Psychotherapy Modalities in Addiction Psychiatry – Rasmon Kalayasiri

11:30-12:30 – Open Forum and Interactive Q&A-Crocker, Teo, Alfonso, Kalayasiri