

University of Puerto Rico-Río Piedras Campus
College of Social Sciences
Psychology Department

Course: Psychology 6405: Theories of Psychotherapy and Personality

Professor: Guillermo Bernal, Ph.D.

Schedule: Thursday from 8:30 am to 11:20 am

Office Hours: By Appointment

Office: Institute for Psychological Research, Third Floor, Room 304

I Course Description

The course is focused on establishing a foundation for the understanding of key psychotherapy modalities and related theories of personality. The concepts, principles, and theoretical models of psychotherapy and key theories of personality, as well as their origins and evolutions, will be considered. This course aims to generate a specific understanding of the principle theoretical models and therapy processes, such as the differences and similarities between models. Once the foundation of the theoretical models and theories of personalities are established current therapeutic approaches will be examined from a critical standpoint, emphasizing conceptual issues, methodology, and alternatives for facing such issues.

II Course Objectives

After completing the course students will achieve the following *knowledge* objectives:

1. Develop and strengthen knowledge of selected psychotherapy and personality theories.
2. Obtain an understanding of the primary models of personality and psychotherapy and their use in case formulations.
3. Develop a critical view of theoretical models and frameworks.
4. Understand and appreciate specific research areas of psychotherapy and personality.
5. Comprehend the role of theory, evidence, and individual differences in the case study analysis.

After completing the course students will achieve the following *attitudinal* objectives:

1. Foster an interest in theory, research, and practice in psychotherapy and personality.
2. Develop an increased sensitivity toward issues of diversity, ethics, and individual differences in psychotherapy and personality theories.
3. Become open to new ideas, models, and the role of science in psychotherapy and personality.

After completing the course students will achieve the following *skill* objectives:

1. Apply critical analysis of psychotherapy and personality models presented and discussed.
2. Acquire skills in writing reports based on the assigned readings and with the use of APA style.
3. Develop skills in the conceptualization of case formulations informed by theory, the best available research, and the individual preferences, values, culture, and context of the person.

III Teaching Methods

The described objectives will be met via conference presentations, class discussions, and analysis of assigned readings and videos.

IV Course Requirements

1. Punctuality and active class participation.
2. Weekly one-page single spaced (new times roman font 12.0) report on assigned readings. Each report should have an introduction, the key points covered in the assigned readings, how these connect to one another, and a conclusion.
3. Participation in class discussions.

4. Seven six-page double spaced reports (new times roman font 12.0) on guided questions related to assigned readings, class discussion, assigned psychotherapy DVDs, and two oral reports on assigned materials.
5. All written reports should follow APA Publications Manual (2005) guidelines.

V Required Texts

1. Bernal, G. & Martínez-Taboas, A. (Eds.) (2008). *Teoría y práctica de la Psicoterapia en Puerto Rico* (2nd ed.). Hato Rey, PR: Publicaciones Puertorriqueñas.
2. Bernal, G., Domenech Rodríguez, M.M. (Eds), (2012). *Cultural Adaptations: Tools for evidence based practice with multicultural populations*. Washington, DC: APA.
3. Ellis, A., Abrams, M., & Abrams, L. (2008). *Personality Theory: Critical Perspectives* (3rd ed.). Thousand Oaks, CA: Sage
4. Ford, D. & Urban, D. (1998). *Contemporary models of psychotherapy: A comprehensive analysis* (2nd ed.). New York: Wiley.
5. Frank, J. D. & Frank, J.B. (1991). *Persuasion and healing: A comparative study of psychotherapy* (3rd ed.). Baltimore and London: John Hopkins University Press.
6. Hall, C.S., & Lindzey, G. (1978). *Theories of Personality* (3rd ed.). New York: Wiley.
7. Martínez-Taboas, A. & Bernal, G. (2014). *Estudio de casos clínicos: Contribuciones a la psicología en Puerto Rico*. Hato Rey: Publicaciones Puertorriqueñas.
8. Norcross, J. C. (2011). *Psychotherapy relationships that work: Evidence-based responsiveness, Second Edition*. New York: Oxford

VI Other Important Readings for the Course:

1. Bongar B. & Beutler, L.E. (Eds.) (1995). *Comprehensive textbook of psychotherapy: Theory and practice*. New York: Oxford.
2. Book, H.E. (1998). *How to practice brief psychodynamic psychotherapy*. Washington, D.C.: American Psychological Association.
3. Cozolino, L. (2002). *The neuroscience of psychotherapy: Building and rebuilding the human brain*. New York: Norton.
4. Goodheart, C.D., Kazdin, A., & Sternberg, R.J. (Eds.) (2006). *Evidence-based Psychotherapy: Where practice and research meet*. Washington, D.C.: American Psychological Association.
5. Freud, S. (1960). *The ego and the id*. New York: Norton.
6. Hibbs, E.D., & Jensen, P.S. *Psychosocial treatments for child and adolescent disorders: Empirically based strategies for clinical practice*. Washington, D.C.: American Psychological Association.
7. Igram, R.E., Miranda, J., Segal, Z.V. (1998). *Cognitive vulnerability to depression*. New York: Guilford Press.
8. Lebow, J. L. (2008). *Twenty-first century psychotherapies: Contemporary approaches to theory and practice*. Hoboken, NJ: John Wiley & Sons Inc.
9. Miranda, J., Bernal, G., Lau, A., Kohn, L., Hwang, W., La Fromboise, T. (2005). State of the Science on Psychosocial Interventions for Ethnic Minorities. *Annual Review of Psychology*, 1, 113142.
10. Mishel, W. (1999). *Introduction to personality* (6th ed.). Fort Worth, TX: Harcourt Brace College Publishers.
11. Wachtel, P.L., & Messer, S.B. (1997). *Theories of psychotherapy: Origins and evolution*. Washington, D.C.: American Psychological Association.
12. Wampold, B. E. (2002). *The great psychotherapy debates: Models, methods, and findings*. Mahwah, NJ: Lawrence Earlbaum and Associates.
13. Yalom, I. (1990). *Love's executioner & other tales of psychotherapy*. New York: Harper.
14. Other articles are available on the web page.

VII Course Outline

1. Introduction

- **Introduction to theories of psychotherapy and personality (Unit #1)**

Introduction to seminar and review of syllabus. Research models in psychology, historical perspective of psychotherapy, personality, and clinical psychology.

- **Contemporary overview of clinical psychology**

Characteristics of clinical psychology, its history, models, definitions and its relationship to psychotherapy and personality theories.

- **Readings**

1. Nietzel, M., Bernstein, D., & Milich (1996). Chapter on Clinical Psychology: Definitions and History and Models of Clinical Psychology. In *Clinical Psychology*. New York: Wiley.
2. Ellis, A., Abrams, M., Abrams L. (2008). Study of Personality (Chapter 1) & Historical Perspectives on Personality (Chapter 2). In *Personality Theory: Critical Perspectives* (3rd ed.). Thousand Oaks, CA: Sage.

2. Contemporary Overview (Continued)

- **Current Psychotherapy Panorama (Unit # 1)**

Characteristics of Clinical psychology in Puerto Rico, its history, models, definitions and its relationship to psychotherapy and personality theories.

- **Readings**

1. *Frank, J. D. & Frank, J. B. (1991). Psychotherapy in America today (Chapters 1) and A conceptual framework for psychotherapy (Chapter 2). In *Persuasion and healing: A comparative study of psychotherapy* (3rd ed.). Baltimore and London: John Hopkins University Press.
2. Fernández-Álvarez, H. (1992). La psicología clínica en América Latina: Estudio de situación en 1992. In *Libro de Ponencias Libres, Congreso Iberoamericano de Psicología*. Madrid: Colegio Oficial de Psicólogos.
3. *Bernal, G. (2006). La psicología clínica en Puerto Rico. *Revista Puertorriqueña de Psicología*, 17, 343-388.
4. *Albee, G. W. (1998). Fifty years of clinical psychology: Selling our soul to the devil. *Applied and Preventive Psychology*, 7, 189-194.

3. Theories, Paradigms, and Models

- **Theories, Paradigms, and models (Unit #2)**

Origin of personality theory, criteria, comparisons to other theories, models and paradigms.

- **Readings**

1. *Ellis, A., Abrams, M., Abrams L. (2008). Historical Perspectives on Personality (Chapter 2) In *Personality Theory: Critical Perspectives* (3rd ed.). Thousand Oaks, CA: Sage.
2. Hall, C., & Lindzey, G. (1978). The nature of personality theory (Chapter 1) & Personality theory in perspective (Chapter 17). In *Theories of personality*. (3rd ed.). New York: Wiley.
3. Orlinsky, D., & Howard, K. (1995). Unity and diversity among psychotherapies: A comparative perspective (Chapter 1). In B. Bongar & L.E. Beutler (Eds.), *Comprehensive textbook of psychotherapy: Theory and practice*. New York: Oxford.
4. *Ford, D. & Urban, D. (1998). Design criteria for a comprehensive comparative framework. *Contemporary models of psychotherapy: A comprehensive analysis* (2nd ed.). New York: Wiley.

- **Comparative approach to psychotherapy, personality, and social context (Unit #2)**

Common conceptual and clinical characteristics of psychotherapy and personality theories.

- **Readings**

1. Mayer, J. D. (2005). A tale of two visions: Can a new view of personality help integrate psychology? *American Psychologist*, 60(4), 294-307.
2. *Bernal, G. & Martínez Taboas, A. (Eds.) (2008). Teorías de psicoterapia en Puerto Rico: Una introducción (Chapter 1) and Acercamiento comportativo a las teorías de psicoterapia

(Chapters 2). In *Psicoterapia en Puerto Rico: Teoría y práctica*. Hato Rey, PR: Publicaciones Puertorriqueñas.

3. Maddi, S. R. (1993). The continuing relevance of personality theory. In K. H. Craik, R. Hogan, & R. N. Wolfe (Eds.), *Fifty years of personality psychology* (pp. 85–102). New York: Plenum Press.

- **Assignment**

Turn in first essay on class lectures and discussions. Maximum of 6 pages (double-spaced not including references). Please choose one of the following questions. Each question is worth 20 points.

4. **Psychoanalytic Approach**

- **Psychoanalytic Approach (Unit # 3)**

Conceptual and clinical issues of Psychoanalytical psychotherapy.

- **Readings**

1. *Ellis, A., Abrams, M., Abrams L. (2008). Freud and the dynamic unconscious (Chapter 4) and Psychoanalysis in theory and practice (Chapter 5), Freud followers (Chapter 6). In *Personality Theory: Critical Perspectives* (3rd ed.). Thousand Oaks, CA: Sage.
2. *Gómez, M. (2008). Acercamiento psicoanalítico: Puntuaciones teóricas, clínicas y éticas (Chapter 3). In G. Bernal & A. Martínez Taboas, A. (Eds.) (2008). *Teoría y práctica de la Psicoterapia en Puerto Rico* (2nd ed.). Hato Rey, PR: Publicaciones Puertorriqueñas.
3. *Binder, J., Strupp, H., & Henry, W. (1995). Psychodynamic therapies in practice: Time-limited dynamic psychotherapy (Chapter 3). In B. Bongar & L.E. Beutler (Eds.), *Comprehensive textbook of psychotherapy: Theory and practice*. New York: Oxford.
4. Martínez, S. (2014). Lidando con los afectos. In A. Martínez-Taboas y G. Bernal (Eds). *Estudio de casos clínicos: Contribuciones a la psicología en Puerto Rico*. San Juan: Hato Rey, Puerto Rico.
5. Reyes-Rodríguez, M.E. (2014). Un error de cuentas: Experiencia clínica desde una perspectiva psicodinámica con un caso de con trastorno de conducta alimentaria. En A. Martínez-Taboas y G. Bernal (Eds). *Estudio de casos clínicos: Contribuciones a la psicología en Puerto Rico*. San Juan: Hato Rey, Puerto Rico.

- **Other readings on webpage and original text**

- **Video: Psychoanalytic Psychotherapy**

Psychoanalytic psychotherapy practiced by Dr. Fredheim.

- Jimmy P: Psychotherapy of a Plains Indian. Movie based on Devereaux, G. (1951). *The Reality and dream: Psychotherapy of a Plains Indian*. New York: International Univ. Press.

- **Assignment**

Submit second essay regarding class readings and discussion. Maximum of 6 pages (double-spaced not counting references). Please choose one of the following questions. Each question is worth 20 points.

5. **Behavioral Approach**

- **Behavioral Approach (Unit # 4)**

Conceptual development and clinical issues of Behavioral therapy.

- **Readings**

1. Ellis, A., Abrams, M., Abrams L. (2008). Behavioral views of personality (Chapter 10) In *Personality Theory: Critical Perspectives* (3rd ed.). Thousand Oaks, CA: Sage.
2. *Craighead, W.E., Craighead, L.W., Hardi, W. (1995). Behavior therapies in historical perspective (Chapter 4). In B. Bongar & L.E. Beutler (Eds.), *Comprehensive textbook of psychotherapy: Theory and practice*. New York: Oxford.

3. *Martínez-Taboas, A. (2008). Trastorno de pánico: Alternativas psicoterapéuticas (Chapter 10). In G. Bernal & A. Martínez Taboas, A. (Eds.), (2008). *Teoría y práctica de la Psicoterapia en Puerto Rico* (2nd ed.). Hato Rey, PR: Publicaciones Puertorriqueñas.
4. *Prochaska, J.O., DiClemente, C.C., & Norcross, J.C. (1992). In search of how people change: Applications to addictive behaviors. *American Psychologist*, 47(9),1102-1114.
5. Colón, Y. (2014). La Terapia de Aceptación y Compromiso (ACT): Estudio de caso en Puerto Rico. En En A. Martínez-Taboas y G Bernal (Eds). *Estudio de casos clínicos: Contribuciones a la psicología en Puerto Rico* (pp. 169-188). San Juan: Hato Rey, Puerto Rico.

- **Video: Behavioral therapy for panic**
Behavioral treatment for panic disorder by Sam Turner.

6. Cognitive-Behavioral Approach

- **Cognitive-Behavioral Approach (Unit # 5)**
Conceptual and clinical issues of cognitive-behavioral approaches.
- **Readings**
 1. *Ellis, A., Abrams, M., Abrams L. (2008). Early cognitive views of personality (Chapter 13) and Rational Emotive Behavioral Theory of Personality (Chapter 16). In *Personality Theory: Critical Perspectives*. (3rd ed.). Thousand Oaks, CA: Sage.
 2. *Michembaum, D.H. (1995). Cognitive behavioral therapy in historical perspective (Chapter 8). In B. Bongar & L.E. Beutler (Eds.), *Comprehensive textbook of psychotherapy: Theory and practice*. New York: Oxford.
 3. *Dobson, K.S., & Shaw, B.F. (1995). Cognitive therapies in practice (Chapter 9). In B. Bongar & L.E. Beutler (Eds.), *Comprehensive textbook of psychotherapy: Theory and practice*. New York: Oxford.
 4. Reyes, M. (2008). Acercamiento cognitivo conductual a la psicoterapia (Chapter 4). In G. Bernal & A. Martínez Taboas, A. (Eds.) (2008). *Teoría y práctica de la Psicoterapia en Puerto Rico* (2nd ed.). Hato Rey, PR: Publicaciones Puertorriqueñas.
 5. *Rosselló, Philippi, y Miranda (2008). Terapia cognitiva-conductual: La experiencia con un grupo de adolescents con síntomas de depresión (Chapter 12). In G. Bernal & A. Martínez Taboas, A. (Eds.) (2008). *Teoría y práctica de la Psicoterapia en Puerto Rico* (2nd ed.). Hato Rey, PR: Publicaciones Puertorriqueñas.
 6. Talavera-Valentín, J. (2014). El corredor elite y sus obstaculos. En A. Martínez-Taboas y G. Bernal (Eds). *Estudio de casos clínicos: Contribuciones a la psicología en Puerto Rico*, (108-128). San Juan: Hato Rey, Puerto Rico.
- **Other Readings**
 1. * Baer, R. A., Huss, D. B., & Lebow, J. L. (2008). Mindfulness and acceptance-based therapy. In J.L Lebow (Ed.), *Twenty-first century psychotherapies: Contemporary approaches to theory and practice* (pp.123-166). Hoboken, NJ: John Wiley & Sons Inc.
 2. Rosselló y Bernal (1999). Efficacy of CBT and IPT for depressed adolescents. *Journal of Consulting and Clinical Psychology*, 67 (5) 734-745.
 3. Rosselló, J., & Bernal, G. (2007) *CBT Manuals for the treatment of depression in adolescents*. Rio Piedras: UPR_RP: Institute for Psychological Research. Available from http://ipsi.uprrp.edu/pdf/manuales_tara/individual_participante_esp.pdf
- **Video: Cognitive-Behavioral Psychotherapy**
Cognitive-Behavioral Psychotherapy by Jacqueline Parsons (1997).
- **Assignment:**
Third Essay. Essay on readings and class discussions. Maximum of 5-6 pages (excluding references). Please choose one of the following questions. Each question is worth 20 points.

7. Humanistic and Existential Approach

- **Humanistic and Existential Approach (Unit # 6)**

Conceptual and clinical issues of Humanistic and Existential theories of psychotherapy.

- **Readings**

1. *Ellis, A., Abrams, M., Abrams L. (2008). Humanistic view of personality (Chapter 11), Carl Rogers and humanistic psychotherapy (Chapter 12). In *Personality Theory: Critical Perspectives*. (3rd ed.). Thousand Oaks, CA: Sage.
2. *Cooper, M., & Lebow, J. L. (2008). Existential psychotherapy. In J.L Lebow (Ed.), *Twenty-first century psychotherapies: Contemporary approaches to theory and practice* (pp. 237-276). Hoboken, NJ: John Wiley & Sons Inc.
3. *Elliot, R., & Greenberg, L.S. Experiential therapy in practice: The process experiential approach (Chapter 7). In B. Bongar & L.E. Beutler (Eds.), *Comprehensive textbook of psychotherapy: Theory and practice*. New York: Oxford.
4. Hill, C. (2007). My Personal Reactions to Rogers (1957): The Facilitative but neither necessary nor sufficient conditions of Therapeutic Personality Change. *Psychotherapy: Theory, Research, Practice, Training* 44(3), 260-264.
5. *Núñez-Molina, M. (2008). Acercamiento transpersonal: El espiritismo puertorriqueño como terapia (Chapter 6). In G. Bernal & A. Martínez Taboas, A. (Eds.) (2008). *Teoría y práctica de la Psicoterapia en Puerto Rico* (2nd ed.). Hato Rey, PR: Publicaciones Puertorriqueñas.
6. *Rodríguez, S. & Ortiz-Pons, N. (2008). Acercamiento constructivista a la psicoterapia: Le deconstrucción y con-construcción de “realidades” en el contexto psicoterapéutico (Chapter 5). In G. Bernal & A. Martínez Taboas, A. (Eds.) (2008). *Teoría y práctica de la Psicoterapia en Puerto Rico* (2nd ed.). Hato Rey, PR: Publicaciones Puertorriqueñas.
7. Morales Arandes, E., & Torres Dávila, P (2014). Construcciónismo relacional en la psicoterapia. En A. Martínez-Taboas y G Bernal (Eds). *Estudio de casos clínicos: Contribuciones a la psicología en Puerto Rico* (pp. 301-321). San Juan: Hato Rey, Puerto Rico.

- **Other Readings, see course webpage**

7. Goldfried, M. (2007). What has Psychotherapy inherited from Carl Rogers? *Psychotherapy: Theory, Research, Practice, Training*, 44(3), 249-252.
8. *Rogers, C. (1992). The Necessary and Sufficient Conditions of Therapeutic Personality Change. *Journal of Consulting and Clinical Psychology*, 60(6), 827-832.
9. Sartre, J. El Existencialismo es humanismo.
10. Resources in Humanistic and Existential Psychology. (The Psychology Department at Sonoma State University).
11. *Yalom, I. (1989). Fat Lady (Chapter 3). In *Love's executioner*. New York: Harper Perennial.

- **Video: Experiential and Process Psychotherapy**

Experiential Therapy according to Greenberg (1997).

- **Assignment:**

Fourth Essay Submit third essay. Essay on readings and class discussions. Maximum of 5-6 pages (excluding references). Please choose one of the following questions. Each question is worth 20 points. Remember to include page numbers and follow APA style guidelines.

8. Systemic Family Approach

- **Systemic Family Approach to Psychotherapy (Unit #7)**

Introduction to the Systemic Family Approach.

- **Readings**

1. *Lebow, J. L. (2008). Couple and family therapy. In J. L. Lebow (Ed.), *Twenty-first century psychotherapies: Contemporary approaches to theory and practice* (pp. 307-346). Hoboken, NJ: John Wiley & Sons Inc.

2. *Fernández, E. y Calderón, J. (2008). Psicoterapia familiar social: Un enfoque sociopolítico (Chapter 7). In G. Bernal & A. Martínez Taboas, A. (Eds.), *Teoría y práctica de la Psicoterapia en Puerto Rico* (2nd ed.). Hato Rey, PR: Publicaciones Puertorriqueñas.
 3. *Rohrbaugh, M., Shoham, V., & Spungen, C., & Steinglass, P. (1995). Family systems therapy in practice: A systemic couples therapy for problem drinking (Chapter 13). In B. Bongar & L. Beutler (Eds.), *Comprehensive textbook of psychotherapy: Theory and practice* (pp. 228-253). New York: Oxford University Press.
 4. *Bateson, G. Lectura 1: Mente y Naturaleza – see web page
 5. Bateson, G. Lectura 2: Espíritu y Naturaleza – see web page
 - **Other Readings and view webpage**
 6. Bernal, G., & Ysern, E. (1986). Family therapy and ideology. *Journal of Marital & Family Therapy*, 12,129-135.
 7. Bernal, G., & Baker, J. (1979). Toward a metacommunicational framework of couple interactions. *Family Process*, 18, 293-302.
 8. *Haley, J. (1969). The art of being a failure as a therapist. *American Journal of Orthopsychiatry*, 39, 691-695.
 9. Kurtines, W., & Szapocznik, J. (1996). Family interaction patterns: Structural family therapy in contexts of cultural diversity. In E. Hibbs P. Jensen (Eds), *Psychosocial treatments for child and adolescent disorders: Empirically based strategies for clinical practice* (pp. 671-697). Washington, D.C.: American Psychological Association.
 10. Lopéz Valentín, C. & Bernal, G. (2014). Una psicoterapia “corta” a largo plazo: Una madre artesana recupera la musa y re-significa la vida. En A. Martinez-Taboas y G Bernal (Eds). *Estudio de casos clínicos: Contribuciones a la psicología en Puerto Rico* (38-62). San Juan: Hato Rey, Puerto Rico.
 - **Video: Systemic Family Psychotherapy**
Structural Family Therapy by Salvador Minuchin.
 - **Assignment:**
Fifth Essay Submit fourth essay. Essay on readings and class discussions. Maximum of 5-6 pages (excluding references). Please choose one of the following questions. Each question is worth 20 points. Remember to include page numbers and follow APA style guidelines.
9. **Integrative /Eclectic Therapies and Evidenced-Based Practice Approach**
- **Integrative /Eclectic Therapies and Evidenced-Based Practice Approach (Unit #8)**
Conceptual and clinical issues
 - **Video: Client-Centered Therapy**
Client-centered psychotherapy by N. Raslkin (1997) or J. Norcross
 - **Readings**
 1. Hall, C., & Lindzey, G. (1978). The nature of personality theory (Chapter 1) & Personality theory in perspective (Chapter 17). In *Theories of personality* (3rd ed.). New York: Wiley.
 2. *Ellis, A., Abrams, M., Abrams L. (2008). Study of Personality (Chapter 1). In *Personality Theory: Critical Perspectives* (3rd ed.). Thousand Oaks, CA: Sage.
 3. Strieker, G., & Gold, J. (2008). Integrative therapy. In J. L. Lebow (Ed.), *Twenty-first century psychotherapies: Contemporary approaches to theory and practice* (pp. 389-423). Hoboken, NJ: John Wiley & Sons Inc.
 4. *Prochaska, J.O., DiClemente, C.C., & Norcross, J.C. (1992). In search of how people change: Applications to addictive behaviors. *American Psychologist*, 47, 1102-1114.
 5. *Pinsof, W. (2005) Integrative Problem Centered Therapy (Chapter 14). In J. Norcross and M. Goldfried (Eds.), *Handbook of psychotherapy integration* (2nd ed., pp. 382-402). New York, NY: Oxford University Press.

7. Frank, J. D. & Frank, J. B. (1991). Chapters 4, 5, 6 y 7 In Frank, J. D. & Frank, J.B. (1991). *Persuasion and healing: A comparative study of psychotherapy* (3rd ed.). Baltimore and London: John Hopkins University Press.
8. *Martínez Taboas, A. (2005). Acercamiento integrador a la psicoterapia (Chapter 8). In G. Bernal & A. Martínez Taboas, A. (Eds.) (2008). *Teoría y práctica de la Psicoterapia en Puerto Rico* (2nd ed.). Hato Rey, PR: Publicaciones Puertorriqueñas.
9. *American Psychological Association. (2006). Evidence-based practice in psychology. *American Psychologist*, 61, 271-285.
10. Martínez-Taboas, A. (2014). El padre que no aprendió a perder. A. Martinez-Taboas y G Bernal (Eds). *Estudio de casos clínicos: Contribuciones a la psicología en Puerto Rico* (21-37). San Juan: Hato Rey, Puerto Rico.

- **Assignment:**

Sixth Essay Submission of fifth essay. Essay on readings and class discussions. Maximum of 5-6 pages (excluding references). Please choose one of the following questions. Each question is worth 20 points. Remember to include page numbers and follow APA style guidelines.

10. Cultural Diversity and Individual Differences

- **Cultural Diversity (Unit #9)** Topic of cultural diversity, psychotherapy with marginalized groups and ethics in psychotherapy. Ethics codes and confidentiality and social responsibility issues in psychotherapy.
- **Readings**
 1. Bernal, G., & Domenech Rodríguez, M. M. (2012). *Cultural adaptations: Tools for evidence-based practice with diverse populations*. Washington, DC: APA Press.
 2. *Bernal, G., & Scharrón-del-Río, M. R. (2001). Are empirically supported treatments valid for ethnic minorities? Toward an alternative approach for treatment research. *Cultural Diversity and Ethnic Minority Psychology*, 7, 328-342.
 3. Bernal, G., & Sáez-Santiago, E. (2006). Culturally centered psychosocial interventions. *Journal of Community Psychology*, 34, 121-132.
 4. *Brown, L. S., & Lebow, J. L. (2008). Feminist therapy. In J.L Lebow (Ed.), *Twenty-first century psychotherapies: Contemporary approaches to theory and practice* (pp. 277-306). Hoboken, NJ: John Wiley & Sons Inc.
 5. Brodsky, A.M., & Steinberg, S.L. (1995). Psychotherapy with women in theory and practice (Chapter 16). In B. Bongar & L.E. Beutler (Eds.), *Comprehensive textbook of psychotherapy: Theory and practice*. New York: Oxford.
 6. Casas, M. J. (1995). Counseling and psychotherapy with racial/ethnic minority groups in theory and practice (Chapter 17). In B. Bongar & L.E. Beutler (Eds.), *Comprehensive textbook of psychotherapy: Theory and practice*. New York: Oxford.
 7. *Fassinger, R. E., Arseneau, J. R., Bieschke, K. J., Perez, R. M., & DeBord, K. A. (2007). "I'd Rather Get Wet Than Be Under That Umbrella": Differentiating the Experiences and Identities of Lesbian, Gay, Bisexual, and Transgender People. In K. J. Bieschke, R. M. Perez & K. A. DeBord (Eds.), *Handbook of counseling and psychotherapy with lesbian, gay, bisexual, and transgender clients* (2nd ed., pp. 19-49). Washington: American Psychological Association.
 8. *McIntosh, P. (1998). White privilege: Unpacking the invisible knapsack. In M. McGoldrick (Ed.), *Re-visioning family therapy: Race, culture, and gender in clinical practice* (pp. 147-152). New York: Guilford Press.
 9. Nazario-Serrano, J. (2014). "Miedo a quien yo soy": Evaluación e intervención clínica para trabajar con la homofobia internalizada a través de la terapia afirmativa gay. En A.

Martinez-Taboas y G Bernal (Eds). *Estudio de casos clínicos: Contribuciones a la psicología en Puerto Rico* (253-277). San Juan: Hato Rey, Puerto Rico.

10. *Toro-Alfonso, J. (2008). Cuando la juventud nos sorprende: Perspectivas sobre el desarrollo y la familia de la juventud lesbiana, gay y bisexual. In R. Nina (Ed.), *Acercamientos multidisciplinarios a la adolescencia en el Caribe* (pp.46-65). San Juan, PR: Publicaciones Gaviota.
11. *Smith, T. B., Domenech Rodríguez, M., & Bernal, G. (2011). Culture. In J. Norcross, (Ed.). *Psychotherapy Relationships that Work: Evidence-Based Responsiveness* (pp. 316-335). New York: Wiley/Blackwell.
12. Tseng, W. (1999). Culture and Psychotherapy: Review and practical guidelines. *Transcultural Psychiatry*, 36(2) 131-179.
13. U.S. Department of Health and Human Services (2001). *Mental Health: Culture, Race and Ethnicity*.

- **Assignment:**

Seventh Essay Submit sixth essay. Essay on readings and class discussions. Maximum of 6-8 pages (excluding references). Please choose either (even or odd) two of the following questions.

Each question is worth 10 points. Remember to include page numbers and follow APA style guidelines.

11. Ethics and Training Models

- **Ethics and Training Models (Unit #10)**

- **Readings**

1. Koocher, G.P. (1995). Ethics in psychotherapy (Chapter 23). In B. Bongar & L.E. Beutler (Eds.), *Comprehensive textbook of psychotherapy: Theory and practice*. New York: Oxford.
2. Rodríguez, W. (2005). El código de ética profesional en la psicología en *Psicoterapia en Puerto Rico: Teoría y práctica*
3. Greene, B. (2007). Delivering ethical psychological services to lesbian, gay, and bisexual clients. In K. J., Bieschke, R.M. Perez, & K.A. DeBord (Eds.), *Handbook of counseling and psychotherapy with lesbian, gay, bisexual, and transgender clients* (2nd ed., pp. 181-199). Washington: American Psychological Association.
4. American Psychological Association. (2005). Ethical Principles of Psychotherapy and Code of Conduct.
5. American Psychological Association. (2005). Report of the American Psychological Association Presidential Task Force on Psychological Ethics and National Security.
6. American Psychological Association. (2005). APA Council Endorses Ethical Guidelines for Psychologists Participating in National Security-Related Investigations and Interrogations.
7. Pope, K. (2008). Informed Consent in Psychotherapy & Counseling: Forms, Standards & Guidelines, & References. Available from <http://kspope.com/consent/index.php>.
8. Halgin, R. & Murphy, R. (1995). Issues in the training of psychotherapist (Chapter 22). In B. Bongar & L.E. Beutler (Eds.), *Comprehensive textbook of psychotherapy: Theory and practice*. New York: Oxford.

- **Training Topics – Clinical Psychology Training Models**

- **Readings**

1. Albee, G. W. (2000). The Boulder model's fatal flaw. *American Psychologist*, 55, 247-248.
2. Baker, D. B., & Benjamin Jr, L. T. (2000). The affirmation of the scientist-practitioner: A look back at Boulder. *American Psychologist*, 55, 241-247.
3. Orlinsky, D. E. (2005). Becoming and Being a Psychotherapist: A Psychodynamic Memoir and Meditation. *Journal of Clinical Psychology*, 61, 999-1007.

12. Psychotherapy with children and adolescents

- **Psychotherapy with children and adolescents (Unit # 11)**

Evaluation of treatments available for children and adolescents.

- **Readings**

1. Huey, S. & Polo, A. Evidence-Based Psychosocial Treatments for Ethnic Minority Youth: A Review and Meta-Analysis. *Journal of Clinical Child and Adolescent Psychology*, 37(1) 262-301.
2. Matos, Torres, Santiago, Jurado, & Rodríguez (2006). Adaptation of Parent-Child Interaction therapy for Puerto Rican families: A preliminary study. *Family Process*, 45, 187-204.
3. Nazario, E. et al., (2008). Ante el juego de los niños desde una perspectiva psicoanalítica (Chapter 14). In G. Bernal & A. Martínez Taboas, A. (Eds.), *Teoría y práctica de la Psicoterapia en Puerto Rico* (2nd ed.). Hato Rey, PR: Publicaciones Puertorriqueñas.
4. Panichelli, S. & Kendall, P. (1995). Therapy with children and adolescents (Chapter 18). In B. Bongar & L.E. Beutler (Eds.), *Comprehensive textbook of psychotherapy: Theory and practice*. New York: Oxford.
5. Rosselló, J., Martínez, S. Díaz, C., & Dávila, E. (2008). Psicoterapia interpersonal para la depresión in adolescentes (Chapter 9). In G. Bernal & A. Martínez Taboas, A. (Eds.) (2008). *Teoría y práctica de la Psicoterapia en Puerto Rico* (2nd ed.). Hato Rey, PR: Publicaciones Puertorriqueñas.
6. Rosselló, J., Bernal, G., & Rivera-Medina, C. (2008). Individual and group CBT and IPT for Puerto Rican adolescents with depressive symptoms. *Cultural Diversity and Ethnic Minority Psychology*, 14, 234-245.
7. Semple, R. J., Lee, J., Miller, L. F., & Baer, R. A. (2006). Mindfulness-Based Cognitive Therapy for Children. In *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications* (pp. 143-166). San Diego: Elsevier Academic Press.

- **Video Therapy with children and adolescents**

13. Psychotherapy Research

- **Psychotherapy Research (Unit # 12)** Research methods in Psychotherapy, outcome and process research, conceptual and clinical components and evidenced-based movements in psychotherapy.

- **Readings**

1. *Bernal, G. (2000). La psicoterapia: El reto de evaluar su efectividad ante el nuevo milenio. Hato Rey, PR: Publicaciones Puertorriqueñas.
2. *Kazdin, A. (1995) Methods of psychotherapy research (Chapter 21). In B. Bongar & L.E. Beutler (Eds.), *Comprehensive textbook of psychotherapy: Theory and practice*. New York: Oxford.
3. Kazdin, A. E. (2001). Progression of therapy research and clinical application of treatment require better understanding of the change process. *Clinical Psychology: Science and Practice*, 8, 143-151.
4. *Norcross, J. & Lambert, M. J. (2011). Evidence-based therapy relationships. In J. C. Norcross (Ed.), *Psychotherapy relationships that work: Evidence-Based responsiveness, Second Edition*, (3-21). New York: Oxford.
5. *Martínez Taboas, A. (2008). Investigación de la psicoterapias: Hallazgos, avances, controversias (Chapter 25). In G. Bernal & A. Martínez Taboas, A. (Eds.) (2008). *Teoría y práctica de la Psicoterapia en Puerto Rico* (2nd ed.). Hato Rey, PR: Publicaciones Puertorriqueñas.
6. Miranda, J., Bernal, G., Lau, A., Kohn, L., Hwang, W., La Fromboise, T. (2005). State of the Science on Psychosocial Interventions for Ethnic Minorities. *Annual Review of Psychology*, 1, 113-142.
7. Rounsaville, B. J., Carroll, K. M., & Onken, L. S. (2001). A stage model of behavioral therapies research: Getting started and moving on from stage I. *Clinical Psychology: Science and Practice*, 8, 133-142.

8. Rounsaville, B. J., Carroll, K. M., & Onken, L. S. (2001). Methodological diversity and theory in the stage model: Reply to Kazdin. *Clinical Psychology: Science and Practice*, 8, 152-154.
9. *Sparks, J. A., Duncan, B. L., Miller, S. D., & Lebow, J. L. (2008). Common factors in psychotherapy. In J.L. Lebow (Ed.), *Twenty-first century psychotherapies: Contemporary approaches to theory and practice* (pp. 453-497). Hoboken, NJ: John Wiley & Sons Inc.

- **Assignment:**

Last essay. Turn in seventh essay. Essay/reflection on class discussions and class readings. Maximum of 5-6 pages (excluding references). Please answer one of the following questions. Each question is worth 20 points. Remember to include page numbers and make sure to follow APA guidelines.

14. Debates in Psychotherapy and Personality Theories

- **Debates in the field (Unit #13)**

- Current debates in psychotherapy and personality theories Medical model vs. Contextual, Technical vs. Process, Cultural vs. Universal, Empirically supported treatments vs. Principles of empirical support, Single Approach vs. Treatment Integration; neuroscience and psychotherapy

- **Readings**

1. Ellis, A., Abrams, M., Abrams L.(2008). Personality and traits (Chapter 9), Religious, new age, and traditional approaches to personality (Chapter 17). In *Personality Theory: Critical Perspectives* (3rd ed.). Thousand Oaks, CA: Sage.
2. *Addis, M. E., Cardemil, E. V., Duncan, B. L., Miller, S. D., Norcross, J. C., Beutler, L. E., et al. (2006). Does Manualization Improve Therapy Outcomes? In *Evidence-based practices in mental health: Debate and dialogue on the fundamental questions* (pp. 131-160). Washington, DC: American Psychological Association.
3. *Cozolino, L. (2002). Rebuilding the brain: neuroscience and psychotherapy (Chapters 2) and Neural integration in different models of psychotherapy (Chapter 3). *The neuroscience of psychotherapy: Building and rebuilding the human brain*. New York: Norton.
4. *Cushman, P. (1990). Why the self is empty: Toward a historically situated psychology. *American Psychologist*, 45, 599-611.
5. *Franklin, M. E., DeRubeis, R. J., Westen, D. I., Norcross, J. C., Beutler, L. E., & Levant, R. F. (2006). Are Efficacious Laboratory-Validated Treatments Readily Transportable to Clinical Practice? In *Evidence-based practices in mental health: Debate and dialogue on the fundamental questions* (pp. 375-402). Washington, D.C.: American Psychological Association.
6. *Goodheart, C. D., Kazdin, A. E., & Sternberg, R. J. (2006). *Evidence-based psychotherapy: Where practice and research meet*. Washington, D.C.: American Psychological Association.
7. Horvath, A.O., Del Re, C.F., Symonds D. (2011). Alliance in individual psychotherapy. In J. C. Norcross (Ed.), *Psychotherapy relationships that work: Evidence-Based responsiveness, Second Edition*, (3-21). New York: Oxford.
8. Kazdin, A. E. (2008). Evidence-based treatment and practice: New opportunities to bridge clinical research and practice, enhance the knowledge base, and improve patient care. *American Psychologist*, 63, 146-159.
9. Smith, L. (2005). Psychotherapy, classism, and the poor: Conspicuous by their absence. *American Psychologist*, 60, 687-696.
10. *Tarragona, M., & Lebow, J. L. (2008). Postmodern/poststructuralist therapies. In J.L Lebow (Ed.), *Twenty-first century psychotherapies: Contemporary approaches to theory and practice* (pp. 167-205). Hoboken, NJ: John Wiley & Sons Inc.
11. Wampold, B. E. (2002). *The great psychotherapy debates: Models, methods, and findings*. Mahwah, New Jersey: Lawrence Erlbaum and Associates.

15. Conclusion and Evaluation

- **Continuation of debates in psychotherapy and personality theories**
- **Conclusion and course evaluation**