Introduction to Psychotherapy Research  
(Equivalent to a tutorial in the Life Science PhD program)

2 ECTS

Teacher: Prof. Dr. Ueli Kramer, Dep. Psychiatry, CHUV  
Level: Introductory  
Pre-requirements: none

Objectives
This introductory course and tutorial will inform the participants about research designs which test the efficacy and effectiveness of psychotherapy, types of assessment of change, and will provide a headstart into the diversity of psychotherapy models from an integrative perspective and the different methodologies to assess them. The course will discuss candidate variables explaining the effectiveness of psychotherapy and differentiate between predictors, moderators and mechanisms. Further, the utility of neuroimaging methods to highlight brain-level changes correlating with treatment changes will be discussed.

Assessment
Participants are expected to be present to all course sessions, and to actively participate. Participants should become familiar with the literature on the topic by reading the materials listed below before each course session. Those materials will be made available on Moodle (please see below).

As final course assessment, participants will have to provide a 1-2 page term paper after the course discussing one of the questions below:

1. Discuss at least two research designs testing the efficacy and effectiveness of psychotherapy.
2. Discuss three candidate variables explaining the effects of psychotherapy.
3. Discuss at least two methodological problems in the demonstration of mechanisms of change.
4. Discuss the relevance of neuroscience methods to explain psychotherapeutic changes.

Essays resulting in a “pass” should a) respect formal APA guidelines (7th edition, APA, 2020), b) provide a clear response to the question, c) use methodological details from at least one empirical study to illustrate the response.


Course sessions

Session 1: (November 1, 2024, 08:00-12:00)

Introduction, design, outcome research and integration practice-research

Readings:


Session 2: (November 15, 2024, 08:00-12:00)

**Systems of psychotherapy: theories, models, psychotherapy integration**

Readings:


Session 3: (November 22, 2024, 08:00-12:00)

**Assessment of effects of psychotherapy**

Readings:


Session 4: (November 29, 2024, 08:00-12:00)

**Predictors of psychotherapy outcome and qualitative research**

Readings:


**Session 5: (December 6, 2024, 08:00-12:00)**

Mechanisms of change and process research

Readings:


**Session 6: (December 13, 2023, 08:00-12:00)**

Use of neurobiology in psychotherapy research

Readings:


**Course location**
Salle Bovet, 5e étage, Consultation de Chauderon, [Place Chauderon 18, 1003 Lausanne](https://www.unil.ch/).

**Registration**
The course is limited to 12 participants. Register before October 1 by writing a mail to [lndscourses@gmail.com](mailto:lndscourses@gmail.com) (with your supervisor in copy) and stating the course title as subject.

**Reading materials on Moodle**
For accessing the course materials, please do the following:
- go to ["https://moodle2.unil.ch"](https://moodle2.unil.ch)
- log in with your institutional/university address
- click on "Faculté de Biologie et de Médecine" > "Ecole doctorale / doctoral school" > "Lemanic Neuroscience Doctoral School"
- the materials will be stored under "Introduction to Psychotherapy Research in Neuroscience"

Please make use of the “self-enrollment” method. The access key to use is “Kramer2021”.
In case of persisting problems please contact the LNDS coordinator: [Ulrike.toepel@unil.ch](mailto:Ulrike.toepel@unil.ch).