Psychotherapy Practice IIA
(PSYT810)

Pathways, programmes/specialisations the paper is attached to
Master of Psychotherapy

Am I eligible to enrol in this paper?
This paper is for students who have completed Graduate Diploma in Health Science Psychotherapy pathway, and have completed the pre-requisite papers PSYT830 Psychotherapy Practice IA and PSYT831 Psychotherapy Practice IB.

What is this paper about?
Integrates the complex knowledge and skill of psychotherapy through clinical practice, supervision, and self-reflection.

What can I expect to learn?
- This Paper comprises practice and the supervision of the student’s own clinical practice in Aotearoa New Zealand.
- Understandings of therapeutic relationships across a range of differences including culture, gender, sexuality, and age.
- Therapeutic processes, with attention to specialist aspects, e.g. embodiment in therapeutic practice.
- Change factors in psychotherapy.
- Micro-skills in clinical practice.
- Transference and countertransference dynamics in individual and group settings.
- Reflective practice, including giving and receiving effective feedback.
- Therapeutic interventions.
- Bicultural understandings including awareness and analysis of the impact of biculturalism on psychotherapy practice.
- Current debates about the profession and professionalization, and their impact on consumers and practitioners.

How is this paper taught?
The teaching in this paper is a combination of didactic teaching, clinical presentations with class discussion, as well as individual and group supervision. Important learning happens in the placement and AUT psychotherapy clinic and in work with clients in these settings. Learning takes place through these processes and through the student’s reflection on them.

How will I be assessed?
1. Reflection on practice and supervision reports
2. Oral and written presentation

Who will be teaching me?
Paper Coordinator:
Josie Goulding  MHSc (Hons) PG Dip Sexual Health Counselling, Dip Psychotherapy, Dip Nursing
Josie is a senior lecturer in the Discipline of Psychotherapy, a registered psychotherapist and a member of NZAP. She has been in practice as a psychotherapist for the last 24 years. Her special areas of interest are in MindBody issues where a whole person approach is taken to health issues. In addition, she has an interest and experience in working with people sexuality and gender issues as well as providing general psychotherapy for example for people with anxiety and depression.

Fees
Information about paper tuition fee for papers may be found at:
http://www.aut.ac.nz/study-at-aut/fees-scholarships-and-finance/fees/postgraduate-fees

Enrolment and enquires
Please contact Debra Spinetto for any enquiries about enrolment. Further information about our postgraduate offerings may be found online.