Week 5 Assignment

Interpersonal Psychotherapy Techniques: Video Demonstration #1

Identifying and critically examining a patient’s personal story line is the superordinate technical strategy that guides our work each session.

Jeffrey L. Binder and Ephi J. Betan, "Essential Activities in a Session of Brief Psychodynamic/Interpersonal Psychotherapy"

Teyber & Teyber (2017) note that case conceptualization is an ongoing process that continues to be refined, as the therapist learns more about the client through each therapeutic session. With further understanding of the client's core conflicts, therapists can move forward with proper care and treatment. Binder and Betan (2013) also make clear that exploring the client's personal storyline guides the therapist's work during each session. As you consider your demonstration video for this week, think about what you already know about your client from your case conceptualization of them. What techniques might you need to support your client during this session? Also, what therapeutic skills might you need to further practice?

For this Assignment, you will use the same Case Study Example #1, “The Case of Debra”, found in the Learning Resources and the Case Conceptualization you developed in Week 4 for this client. You will demonstrate at least two techniques and skills drawn from what you know thus far regarding the Interpersonal Psychotherapy approach to practice during a fictitious “real-play” therapy session. This demonstration will be composed of a video that you create, demonstrating your understanding of the techniques utilized within the Interpersonal Psychotherapy approach to therapy for Case Study Example #1.

To prepare for this Assignment:

- Review the Case Study Example #1 and your Case Conceptualization Assignment from Week 4.
- Review the “Session 3” from the Psychoanalytic Therapy Over Time found in this week’s Learning Resources for your own understanding of the therapy session.
- For this Week’s Video Demonstration:
  - Choose a friend or acquaintance that is not a member of your family to help you demonstrate a fictitious “real-play” therapy session. Please share with them the information regarding Debra from your case study example #1, as your friend or acquaintance will take the persona of the client that you want them to demonstrate, and you will serve as the therapist. Please follow the case study example, but DO NOT read verbatim from it. It is meant to give your partner a background of the client they are to portray.
  - Please choose a quiet location away from any noise and distractions. If the session is unable to be heard or seen clearly, this may affect faculty’s ability to properly evaluate your demonstration session.
  - Conduct and record your fictitious mock therapy session (approximately 5-10 minutes), please no longer than this. **Note:** As you record your session, please ONLY record yourself and not your fictitious client (i.e., have the video recorder or webcam directed only at you.)
  - Review the Kaltura Media Uploader link and the documents included found in the left-hand navigation bar of the classroom to guide you as you prepare and upload your video for this assignment.
Assignment. Also, as you review, please make sure that you and your participant read, sign, and acknowledge the Video/Voice Release Agreement.

For this Assignment:

Create and record a fictitious mock therapy session, where you follow the Interpersonal Psychotherapy process and include two Interpersonal Psychotherapy skills and/or techniques with your client, such as establishing rapport, negotiating client resistance, providing a corrective emotional experience, honoring transference/countertransference, termination, corrective emotional experience, recapitulating a client's conflicts, etc. Make sure you demonstrate the use of these techniques in therapy from an Interpersonal Psychotherapy approach.

Submit and upload your Case Conceptualization of the client and your Interpersonal Therapy Techniques Part 1: A Video Demonstration Assignment by Day 7.

Note: You previously received a score for your Case Conceptualization in Week 4 and WILL NOT receive another score for the case conceptualization this week.