

## DOCTORAL STUDIES COURSE UNIT DESCRIPTION

Name of subject	Field of science, code	Faculty / Center	Institute / Department
<b>Group Dynamics and Psychotherapy: Theory, Research and Practice</b>	S 006	Faculty of Philosophy	Institute of Psychology

Student's workload	Credits	Student's workload	Credits
Lectures		Consultations	
Independent study	7	Seminars	

<p><b>Course annotation</b></p> <p>Group dynamics in social psychology. Group dynamics as the most important mechanism of action in group psychotherapy. Group dynamics in terms of different theoretical paradigms.</p> <p>Group therapeutic factors and mechanisms of action. Modern research on the effects of group therapy.</p> <p>The most important stages in the development of a psychotherapeutic group in different theoretical perspectives.</p> <p>Group therapist: therapeutic worldview, role, and work style; the issue of power and responsibility within the group; key skills and therapeutic interventions; expression and disclosure of feelings; therapeutic relationships in a group; preparation and qualifications.</p> <p>The phenomenon of resistance in a group.</p> <p>Group psychotherapy research problems.</p>
<p><b>Reading list</b></p> <p>Corey, M. S., Corey, G., &amp; Corey, C. (2017). <i>Groups: Process and practice</i>. 10<sup>th</sup> edition. Cengage Learning.</p> <p>DeLucia-Waack, J. L., Kalodner, C. R., &amp; Riva, M. (Eds.). (2013). <i>Handbook of group counseling and psychotherapy</i>. Sage Publications.</p> <p>Kleinberg, J. L. (Ed.). (2015). <i>The Wiley-Blackwell handbook of group psychotherapy</i>. John Wiley &amp; Sons.</p> <p>Yalom, Irvin D. (2020). <i>The theory and practice of group psychotherapy</i>. 6<sup>th</sup> edition. Basic Books (AZ).</p>

The names of consulting teachers	Science degree	Main scientific works published in a scientific field in last 5 year period
Paulius Skruibis	Dr.	<p>Čepulienė, A. A., Pučinskaitė, B., Spangelytė, K., Skruibis, P., &amp; Gailienė, D. (2021). Spirituality and religiosity during suicide bereavement: a qualitative systematic review. <i>Religions</i>, 12(9), 1-24. doi:10.3390/rel12090766</p> <p>Rimkevičienė, J., Skruibis, P., &amp; Padrošytė, G. (2021). Effectiveness of Applied Suicide Intervention Skills Training (ASIST) in Lithuania. <i>Death studies</i>, 0, 1-7. doi:10.1080/07481187.2020.1867254</p>

	<p>Skrubis, P., Astrauskas, K., &amp; Mažulytė-Rašytinė, E. (2021). Changes in prospective helpline volunteers' suicideintervention skills throughout the initial training. <i>Death studies</i>, 45(7), 578-582. doi:10.1080/07481187.2019.1671538</p> <p>Vaštakė, M., Skrubis, P., &amp; Kočiūnas, R. A. (2021). Changes in reflexivity during existential supervision. <i>TheClinical supervisor</i>, vol. 40(no. 2), 1-19. doi:10.1080/07325223.2021.1966692</p> <p>Vaštakė, M. ir Skrubis, P. (2021). Refleksyvumo fenomenas psichoterapinėje supervizijoje: sisteminė literatūros analizė. <i>Psichologija</i>, 65, 22-39. doi:10.15388/Psichol.2021.35</p> <p>Eimontas, J., Gegieckaitė, G., Dovydaitienė, M., Mažulytė-Rašytinė, E., Rimšaitė, Ž., Skrubis, P., Želvienė, P., &amp; Kazlauskas, E. (2018). The role of therapist support on effectiveness of an internet-based modular self-helpintervention for adjustment disorder: a randomized controlled trial. <i>Anxiety, stress, and coping</i>, 31(2), 146-158. doi:10.1080/10615806.2017.1385065</p>
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Certified during Doctoral Committee session on 2022-04-25. Protocol No. 15600-KT-150

Committee Chairman prof. Evaldas Kazlauskas