

**Note:**

The following curriculum is a consolidated version. It is legally non-binding and for informational purposes only.

The legally binding versions are found in the University of Innsbruck Bulletins (in German).

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**Curriculum for the  
Continuing Education Programme in Propedeutic Studies in Psychotherapy  
at the University of Innsbruck**

**§ 1 Objectives**

- (1) This Continuing Education Programme aims at imparting the Propedeutic Studies in Psychotherapy (acc. to §4 para. 1 in connection to §3 of the Psychotherapy Act, BGBl, No. 361/1990). It aims at introducing to the theoretical and practical fundamentals and basic concepts of Psychotherapy, at enabling first experiences in the fields of psychosocial care, at promoting self-reflection and coming to terms with own experiences and at helping the students to find out about their personal suitability.
- (2) The Continuing Education Programme is targeted at the following persons:
  - a) persons, who want to pursue a training in Psychotherapy
  - b) persons, who want to further their knowledge about the fundamentals of Psychotherapy,
  - c) persons, who want to gain scientifically sound basic knowledge for working in the field of psychosocial support and care.

**§ 2 Qualification Profile**

- (1) Graduates have a basic knowledge of the schools of Psychotherapy, theories and methods as well as fundamental knowledge in other disciplines, which are important for understanding psychotherapeutic processes, such as communication and interaction research, medicine, psychology, educational science and philosophy.
- (2) Meeting the other preconditions acc. to §10 para 2 of the Psychotherapy Act, graduates are entitled to pass the Advanced Course in Psychotherapy at an educational institution approved by the Federal Ministry of Health.
- (3) Graduates can use their basic competence in Psychotherapy also for other professions, especially in the field of psychosocial support and care, where a basic knowledge and understanding of psychotherapeutic processes can be beneficial.

**§ 3 Admission**

To be admitted to the continuing education programme the requirements specified in §10 para. 1 of the Psychotherapy Act must be met.

#### **§ 4 Admission procedure**

- (1) Admission to the Continuous Education Programme is possible at the start of each semester. Only a limited number of participants can be admitted (maximum of 300 participants for the entire continuous education programme).
- (2) Applicants have to file an application with the programme director via the office of the Continuous Education Programme.
- (3) The programme director checks the formal requirements and decides on the admission based on the available places.
- (4) Applicants, who have been admitted to the Continuous Education Programme and have paid their course fee, are to be admitted as non-degree students by the rectorate.

#### **§ 5 Scope and duration**

The Continuous Education Programme covers courses amounting to 53 SSt, 50 hours of self-awareness and 480 hours of practical experience. The workload amounts to 120 ECTS-Credits. One ECTS-Credit corresponds to a workload of 25 hours. The Continuous Education Programme is offered part-time and covers four semesters.

#### **§ 6 Types of courses and maximum numbers of students per course**

There are the following types of courses:

1. Lectures (VO) are courses held in lecture format. They introduce the research areas, methods and schools of thought for a given subject. No maximum number of participants.
2. Lectures with Practical Elements (VU) focus on the practical treatment of concrete scientific tasks that are discussed during the lecture parts of the course. Maximum number of participants: 30
3. Practical Courses (UE) focus on the practical treatment of concrete scientific tasks within an area. Maximum number of participants: 15

#### **§ 7 Allocation of places in courses with a limited number of participants**

For courses with a limited number of participants (VU, UE) the places are allocated based on the following criteria:

- number of semesters in the Continuing Education Programme;
- Students, for whom the participation in the course is absolutely required to fulfil the requirements specified in the Curriculum are to be given priority over students, who have an alternative or who have already successfully passed the required ECTS-Credits.
- order of registrations;

## § 8 Compulsory Modules

(1) In the theoretical part Compulsory Modules amounting to 89.5 ECTS-Credits must be passed:

<b>A 1.</b>	<b>Introduction to the Difficult History and Development of Schools of Psychotherapy</b>	<b>h</b>	<b>ECTS-Credits</b>
<b>A 1.1.</b>	<b>VO Schools of Depth Psychology</b>	2	3.5
<b>A 1.2.</b>	<b>VO Humanistic Psychology</b>	2	3.5
<b>A 1.3.</b>	<b>VO Systemic Schools and Schools Based on Communication Theory</b>	2	3.5
<b>A 1.4.</b>	<b>VO Schools Based on Learning Theory</b>	2	3.5
	<b>Total</b>	<b>8</b>	<b>14</b>
	The Module gives a critical overview of the development and the difficult History of the most important Schools of Psychotherapy, the most important basic assumptions and concepts, the respective action concepts and the interrelation of psycho-therapeutic orientation and developments in society.		
	<b>Objective:</b> Students have a basic knowledge of the most important Schools of Psychotherapy and their common ground and differences.		
	<b>Prerequisites:</b> none		

<b>A 2.</b>	<b>Personality Theories</b>	<b>h</b>	<b>ECTS-Credits</b>
	<b>VO Personality Theories</b>	2	3.5
	<b>Total</b>	<b>2</b>	<b>3.5</b>
	This Module covers the contemplation of and comparative reflection on different ideas of human beings, the Personality Theories based on them and especially their effects on thinking and acting in Psychotherapy.		
	<b>Objective:</b> Students have a basic knowledge of the most important Personality Theories and their relation and comprehensive relevance for psychotherapeutic theory and practice.		
	<b>Prerequisites:</b> none		

<b>A 3.</b>	<b>General Psychology and Developmental Psychology</b>	<b>h</b>	<b>ECTS-Credits</b>
<b>A 3.1.</b>	<b>VO General Psychology</b>	2	3.5
<b>A 3.2.</b>	<b>VO Developmental Psychology</b>	2	3.5
	<b>Total</b>	<b>4</b>	<b>7</b>
	This Module comprises an introduction to the methods, basic concepts and important theories in the field of General Psychology and Developmental Psychology, as well as their relevance for psychotherapeutic thinking and acting. Besides of themes like Perception, Memory, Learning, Thinking and Problem Solving, Experiencing, Behaviour and Social Impacts, the Development of human beings over the course of their lives (physical, cognitive, emotional and social dimensions) are discussed and reflected upon.		

	<b>Objective:</b> Students have a basic knowledge of selected themes of General and Developmental Psychology with special focus of gender aspects, which are of special importance for understanding psychotherapeutic processes.
	<b>Prerequisites:</b> none

<b>A 4.</b>	<b>Rehabilitation and Inclusion in Educational Science</b>	<b>h</b>	<b>ECTS-Credits</b>
	<b>VO Rehabilitation and Inclusion in Educational Science</b>	2	3.5
	<b>Total</b>	<b>2</b>	<b>3.5</b>
	This Module comprises the basics, targets and special characteristics of Rehabilitation as compared to out-patient or hospital treatment. Moreover, the causes and reasons for disabilities and special developmental problems are discussed as well as the respective therapy approaches, frame conditions and demands of the society.		
	<b>Objective:</b> Students are able to describe the targets and special characteristics of rehabilitation and Inclusion in Educational Science, which are especially important for understanding processes in Psychotherapy, in consideration of frame conditions and demands of society.		
	<b>Prerequisites:</b> none		

<b>A 5.</b>	<b>Psychological Diagnostics and Assessment</b>	<b>h</b>	<b>ECTS-Credits</b>
<b>A 5.1.</b>	<b>VO Psychological Diagnostics I</b>	2	3.5
<b>A 5.2.</b>	<b>VO Psychological Diagnostics II</b>	2	3.5
	<b>Total</b>	<b>4</b>	<b>7</b>
	This Module covers the fundamentals and fields of application of Psychological Diagnostics. An overview of data collection methods, strategies for information processing and data integration for making a diagnostic Assessment and an Assessment report is given.		
	<b>Objective:</b> Students have basic knowledge of Psychological Diagnostics and are able to reflect on the possibilities and limitations.		
	<b>Prerequisites:</b> none		

<b>A 6.</b>	<b>Psychosocial Types of Intervention</b>	<b>h</b>	<b>ECTS-Credits</b>
<b>A 6.1.</b>	<b>VO Psychosocial Types of Intervention I</b>	2	3.5
<b>A 6.2.</b>	<b>VO Psychosocial Types of Intervention II</b>	2	3.5
	<b>Total</b>	<b>4</b>	<b>7</b>
	This Module gives an overview of the range of Psychosocial Services (regional and supra-regional institutions), especially of service and support offers, their working methods in relation to the historic and current development and interdisciplinary cooperation; Different Types of organisation and their influence on the Intervention and types of cooperation and networking are reflected upon.		

	<b>Objective:</b> Students know the most important offers and institutions in the psychosocial field and are able to differentiate Psychotherapy from other Types of Intervention and to recognise and promote possibilities for cooperation and networking.
	<b>Prerequisites:</b> none

<b>B 1.</b>	<b>Introduction to Medical Terminology</b>	<b>h</b>	<b>ECTS-Credits</b>
	<b>VO Medical Terminology</b>	2	3.5
	<b>Total</b>	<b>2</b>	<b>3.5</b>
	This Module covers the introduction to the structure of medical language. Important diagnostic keys are discussed and the use of subject-specific terminology in the setting of psychotherapy is reflected upon.		
	<b>Objective:</b> Students have a basic knowledge of the medical terminology and are able to understand professional articles and medical reports.		
	<b>Prerequisites:</b> none		

<b>B 2.</b>	<b>Psychiatry, Psychopathology, Psychosomatics</b>	<b>h</b>	<b>ECTS-Credits</b>
<b>B 2.1</b>	<b>VO Psychiatry I</b>	2	3.5
<b>B 2.2.</b>	<b>VO Psychiatry II</b>	2	3.5
<b>B 2.3.</b>	<b>VO Children and Youth Psychiatry</b>	2	4
<b>B 2.4.</b>	<b>VO Psychogerontic Therapy</b>	1	1.5
<b>B 2.5.</b>	<b>VO Psychosomatic Medicine</b>	1	1.5
	<b>Total</b>	<b>8</b>	<b>14</b>
	This Module gives an overview of mental health problems, their causes and their course and treatment possibilities.		
	<b>Objective:</b> Students can describe the basic mental health problems, their causes and course and the respective treatment options. They know the basic terminology of Psychiatry, Psychopathology and Somatology or relevant special medical disciplines.		
	<b>Prerequisites:</b> none		

<b>B 3.</b>	<b>Psychopharmacology</b>	<b>h</b>	<b>ECTS-Credits</b>
	<b>VO Psychopharmacology</b>	3	4.5
	<b>Total</b>	<b>3</b>	<b>4.5</b>
	This Module gives an overview of the most important psychiatric medicines, how they work and their possible uses. Also the possibilities and limits of treatment with psychiatric medicines and their interacting with psychotherapeutic treatment are reflected upon.		

	<b>Objective:</b> Students have a basic knowledge of psychiatric medicines and are able to reflect on their possibilities, limitations and especially their interacting with Psychotherapy.
	<b>Prerequisites:</b> none

<b>B 4.</b>	<b>First Aid in the Practice of Psychotherapy</b>	<b>h</b>	<b>ECTS-Credits</b>
	<b>VU First Aid in the Practice of Psychotherapy</b>	1	1.5
	<b>Total</b>	<b>1</b>	<b>1.5</b>
	The Module covers the basics and immediate measures in case of medical emergencies incl. instructions for acting. It is completed by practical exercises.		
	<b>Objective:</b> Students are able to help in case of medical emergencies in the Practice of Psychotherapy (first aid).		
	<b>Prerequisites:</b> none		

<b>C</b>	<b>Methodology of Research and Science</b>	<b>h</b>	<b>ECTS-Credits</b>
<b>C 1.</b>	<b>VO Introduction to Scientific Working</b>	1	1.5
<b>C 2.</b>	<b>VO Theory of Science</b>	2	3.5
<b>C 3.</b>	<b>VO Methodology of Research and Science I</b>	1	2.5
<b>C 4.</b>	<b>VO Methodology of Research and Science II</b>	1	2.5
	<b>Total</b>	<b>5</b>	<b>10</b>
	The Module covers the introduction to the criteria and techniques of Scientific Working, the scientific-theoretical fundamentals and the general and special Methodology in the field of empirical Psychotherapy Research.		
	<b>Objective:</b> Students have basic knowledge of Psychotherapeutic Research Methodology and are able to assess their possibilities and limitations and to critically reflect on empirical studies in these fields.		
	<b>Prerequisites:</b> none		

<b>D</b>	<b>Questions of Ethics</b>	<b>h</b>	<b>ECTS-Credits</b>
	<b>VO Questions of Ethics</b>	2	3.5
	<b>Total</b>	<b>2</b>	<b>3.5</b>
	This Module covers the review of central concepts, the critical discussion of important Ethical Systems, their key thoughts and argumentative ways as well as the reflection on norms and values for their relevance for psychotherapeutic action.		
	<b>Objective:</b> Students identify with central Ethical Concepts and are able to discuss important Ethical Systems, their key messages and argumentations incl. norms and values with regards to psychotherapeutic action in an exemplary way.		
	<b>Prerequisites:</b> none		

<b>E</b>	<b>Framework Conditions of Psychotherapy</b>	<b>h</b>	<b>ECTS-Credits</b>
<b>E 1.</b>	<b>VO Framework Conditions of Psychosocial Work I</b>	2	3.5
<b>E 2.</b>	<b>VO Framework Conditions of Psychosocial Work II</b>	2	3.5
<b>E 3.</b>	<b>VO Framework Conditions of Psychosocial Work III</b>	2	3.5
	<b>Total</b>	<b>6</b>	<b>10.5</b>
	This Module gives an overview of legal Framework Conditions of Psychotherapeutic Work: Introduction and presentation of the Psychotherapy Act, legal dimensions of the profession, questions of liability, pertinent regulations in the criminal law, drugs law; hospital system, co-operations in the health sector, patients' rights, hospitalisation/placement of mentally ill persons, youth welfare services.		
	<b>Objective:</b> Students get to know the institutional, health law and psycho-social Framework Conditions of work in the psycho-social field.		
	<b>Prerequisites:</b> none		

(2) In the practical part compulsory modules covering 28.5 ECTS-Credits must be passed.

<b>F 1.</b>	<b>Self-Awareness</b>		<b>ECTS-Credits</b>
	<b>Self-Awareness</b>		3
	<b>Total</b>		<b>3</b>
	Self-Awareness covers 50 hours. It offers the possibility to experience oneself and others in a group, to experience one's own effect on other group members, processes within the group and to reflect on one's own professional and personal development.		
	<b>Objective:</b> Students have basic experience in dealing with themselves and with others and have expanded their skills for Self-Awareness and the Awareness of others with special consideration of gender aspects.		
	<b>Prerequisites:</b> none		

<b>F 2.</b>	<b>Internship</b>		<b>ECTS-Credits</b>
	<b>Internship</b>		24
	<b>Total</b>		<b>24</b>
	The Internship covers 480 hours and offers the opportunity to gain practical experience in the fields of psychosocial care.		
	<b>Objective:</b> Students have gained first practical experiences in the field of psychosocial care. They are able to relate theory to practical experience and to assess their suitability and motivation based on first experiences.		
	<b>Prerequisites:</b> none		

<b>F 3</b>	<b>Supervision of the Internship</b>	<b>h</b>	<b>ECTS-Credits</b>
	<b>UE Supervision</b>	2	1.5
	<b>Total</b>	<b>2</b>	<b>1.5</b>
	The Module covers the subject-specific and personal handling of experiences made in the Internship.		
	<b>Objective:</b> Students are able to evaluate/analyse their gained experiences and to deal with the role of a professional helper.		
	<b>Prerequisites:</b> start of the internship acc. to §8 (2) Module F2		

(3) The following compulsory module must be passed to finish the continuing education programme.

<b>G</b>	<b>Final Exam</b>		<b>ECTS-Credits</b>
	<b>Final Exam</b>		2
	<b>Total</b>		<b>2</b>
	This Module serves to check the integration of the knowledge, the Problem Awareness, the ability for self-reflection and the integration of theory and practice in the overall context of the contents of the Continuing Education Programme.		
	<b>Objective:</b> Students are able to thematically integrate and critically reflect on basic issues and problems in the field of Psychotherapy and its basis.		
	<b>Prerequisites:</b> successful Evaluation of all Courses and proof of having passed the Self-Awareness acc. to § 8 (2) Module F1 and proof of having passed the Internship acc. to § 8 (2) Module F2		

### § 9 Self-Awareness

- (1) Self-Awareness covers 50 hours and must be supervised by a psychotherapist.
- (2) Self-Awareness must be organised by the participants themselves. The programme director, supported by the “Tiroler Landesverband für Psychotherapie”, provides a respective offer of Self-Awareness groups, from which the participants can select.
- (3) A confirmation of the supervising Psychotherapist serves as proof of having passed Self-Awareness.

### § 10 Internship

- (1) Acc. to § 5 para. 1 of the Psychotherapy Act the Internship must be made in an institution of the health or social sector, which offers psychosocial care to the population and has - besides of the director - at least two further qualified employees.
- (2) The Internship must be organised by the participants themselves. The continuing education programme office offers support (information material, list of approved institutions for the Internship).
- (3) It is possible to make the Internship at more than one institution.
- (4) A confirmation of the institution serves as proof of having passed the Internship.



## **§ 11 Examination Regulations**

- (1) A Module is completed by successfully passing all of its Courses. Courses with continuous Performance Assessment are evaluated by regular written and/or oral contributions and/or practical performances of the participants. The Evaluation Criteria are announced before the start of the Course by the course lecturer.
- (2) The Final Exam Module is evaluated by an oral exam before an Examination Board. The Examination Board consists of three persons.

## **§ 12 Final Examination Certificate**

Graduates of the Continuing Education Programme receive a Final Examination Certificate after having successfully passed the Final Exam.

## **§ 13 Coming into Force**

The Curriculum comes into Force one month after its announcement.

## **§ 14 Transitional provisions**

- (1) Students, who have commenced the Continuing Education Programme in Propedeutic Studies in Psychotherapy at the University of Innsbruck before 1 October 2015, are from this time onwards entitled to finish the Continuous Education Programme based on the Curriculum in the version of the University of Innsbruck Bulletin of 29 May 2001, Issue 25, No. 496 within four semesters at the most.
- (2) Students, who do not complete the Continuing Education Programme in Propedeutic Studies in Psychotherapy based on the Curriculum of 2001 in time, are subject to the Curriculum of 2015.
- (3) Students, who have commenced the Continuing Education Programme in Propedeutic Studies in Psychotherapy before 1 October 2015, are entitled to change to the Curriculum of 2015 by declaration any time.