

# COURSE DETAIL

## EVIDENCE-BASED PSYCHODYNAMIC PSYCHOLOGY

**Country**

Italy

**Host Institution**

University of Padua

**Program(s)**

Psychology and Cognitive Science, Padua

**UCEAP Course Level**

Upper Division

**UCEAP Subject Area(s)**

Psychology

**UCEAP Course Number**

184

**UCEAP Course Suffix****UCEAP Official Title**

EVIDENCE-BASED PSYCHODYNAMIC PSYCHOLOGY

**UCEAP Transcript Title**

PSYCHODYNAMIC PSY

**UCEAP Quarter Units**

5.00

**UCEAP Semester Units**

3.30

## **Course Description**

This advanced course addresses the ongoing theoretical and scientific crisis in psychotherapy research. It begins by presenting and critically discussing the evidence-based treatment (EBT) framework, its historical development, recent meta-analytic findings, and its epistemological and methodological limitations. Particular attention is given to the historical, cultural, and methodological challenges of studying psychodynamic psychology within this framework. On these grounds the course introduces the current effort in literature of pushing the field from its current state of caucus-race, toward individualized treatment and prevention practices. These efforts emphasize repeatable phenomena, causal evidence, and falsifiable theories, while remaining compatible with the unique demands of studying interpersonal relationships between reflective, self-updating individuals. To this end, the course offers a critical reinterpretation of core psychodynamic constructs, such as conflict, resistance, and defense mechanisms, reframing them in light of leading paradigms in neuroscience, cognitive psychology, evolutionary psychology, and infant research. These contemporary perspectives are used to revise and extend Freud's theory based on decades of experimental evidence. Central attention is given to Karl Friston's Free Energy Principle and the Bayesian brain model built upon it, as well as computational semiotics, the Dynamic Complex Systems framework, and recent advances in Attachment Theory, particularly regarding epistemic trust and mentalization. The course provides students with foundational knowledge of scientific literature in the field of psychotherapy, as well as the ability to engage with it critically. Furthermore, students are equipped with conceptual tools to develop a critical stance toward clinical models, their effectiveness, integration, and application in clinical practice. Students acquire advanced theoretical tools from an interdisciplinary framework and are trained to apply them to clinical cases, particularly in the context of case formulation.

## **Language(s) of Instruction**

English

## **Host Institution Course Number**

PSQ5108762

**Host Institution Course Title**

EVIDENCE-BASED PSYCHODYNAMIC PSYCHOLOGY

**Host Institution Course Details**

<https://unipd.coursecatalogue.cineca.it/corsi/2025/9969/insegnamenti/2025/51306...>

**Host Institution Campus**

**Host Institution Faculty**

Psychology

**Host Institution Degree**

Second Cycle Degree in CLINICAL, SOCIAL AND INTERCULTURAL PSYCHOLOGY

**Host Institution Department**

**Course Last Reviewed**

2025-2026

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