

Study programmes 2025-2026

Faculty of Psychology, Speech and Language Therapy, and Education

University Certificate in Psychotherapy according to the Palo Alto model (180°) : Systemic and strategic approach

Cycle view of the study programme

Bl Or Th Pr Au Cr

Compulsory courses (B1 : 34Cr, B2 : 38Cr, B3 : 38Cr)

YCER0193-1 *The systemic and strategic model of Palo Alto (1st year) - N...* B1 TA 188 - - **34**

- Module 1.1: Epistemology of the model (32h + 60h personal work)
- Module 1.2: Systemic and strategic therapy in the scientific world (8h + 4h personal work)
- Module 1.3: Interview techniques in the systemic and strategic approach (40 h + 20 h of personal work)
- Module 1.4: Applying systemic and strategic therapy to manage stress and anxiety (32 h + 20 h of personal work)
- Module 1.5: Applying systemic and strategic therapy to manage moods (32h + 20h of personal work)
- Module 1.6: Applying brief therapy to manage psychiatric problems (32 hours + 20 hours of personal work)
- Module 1.7: Session observation (12h + 8h of personal work)

YCER0194-1 *Intensive training in systemic and strategic model - internship (2nd year) - N...* B2 TA 232 - - **38**

- Module 2.1 : Support seminar for work placements (140 hours and 40 hours of individual work)
- Module 2.2 : Participation in a research project (8 hours face-to-face + 60 hours of individual work)
- Module 2.3 : Work placement (310 hours of brief therapy practice)
- Module 2.4 : Group supervision of practical cases (20 hours and 20 hours of individual work)

YCER0195-1 *Intensive training in systemic and strategic model - internship (3rd year) - N...* B3 TA 232 - - **38**

Module 3.1: Placement support seminar (140 hours and 40 hours of independent work)

Module 3.2: Participation in a scientific research project (8 hours in person + 60 hours of independent work)

Module 3.3: Placement (310 hours of brief therapy practice)

Module 3.4: Group supervision of practical cases (20 hours and 20 hours of independent work)