DIRECT PRACTICE I

Demonstrate your understanding of the interview process

- engagement
- data gathering
- understanding of the client
- assessment
  - problem formulation
  - short & long term goals
  - coping mechanisms
  - ego defenses
  - ego functions
- treatment planning
- importance of evaluation plan
- Shea’s 5 phases of the interview
- techniques and characteristics
  
  For example: scouting, blending, gates, regions, etc. (refer to Shea)

- Issues in interview
  - resistance
  - transference
  - countertransference
  - core pains

Practice Models

- ego psychology
- cognitive-behavioral therapy
- Dialectical Behavioral Therapy

Working with specific problem areas

- Depression & suicidal ideation
- Trauma
- Chronic mental illness

Personality Disorders

- Difference between the personality disorder and other similar disorders, such as:
  - obsessive compulsive personality disorder and obsessive compulsive disorder

- Importance of the social history

- Understand and be able to recognize the following techniques of Shea
  - Shame attenuation
  - Symptom amplification
  - Denial of the specific
  - Gentle assumption
  - Normalization
DIRECT PRACTICE II

Families

- Be able to identify differing levels of family need of according to Kilpatrick in examples
- Understand basics of family systems models
- Complementary relationships, feedback mechanisms, circular causality, triangles, structure, function of symptom, identified client

- Understand and be able to apply the following family models
  - Bowen’s Family Systems Model
  - Structural Family Therapy
  - Narrative Family Therapy
  - Psychoeducational
  - Solution focused therapy
  - Cognitive couples therapy
  - Issues in case management

DSM-IV TR

*Remember on all diagnoses, you only need to know basics, not all details. This is a multiple choice. You need to recognize, not memorize. You will not be asked very detailed questions about each one, just major features.*

1. Understand the structure of the DSM
   - Axes of DSM -
     - What kind of diagnoses or information is in each of the 5 axes?
   - Difference between disorder, episode, & other noncodifiable conditions,
     - Ex: manic episode, panic attack, agoraphobia, etc.

2. Understand the hierarchical structure of disorders in a particular group

3. Specifiers

4. Difference between maladaptive traits and symptoms

5. Major Categories of Disorders (first 4 categories the most important)
   - Psychotic disorders – understand major ones
     - Schizophrenia and types
     - Delusional disorder
     - Schizophriniform
     - Schizoaffective
     - Delusional disorder
     - Brief psychotic disorder
   - Mood disorders
     - Major depressive disorder
     - Dysthymic disorder
     - Bipolar disorders I and II
     - Cyclothymic disorder
Anxiety disorders
- Panic disorder with & without agoraphobia
- Agoraphobia without panic disorder
- Specific phobia
- Social phobia
- Obsessive-compulsive (difference between this & obsessive compulsive personality disorder)
- PTSD
- Acute stress disorder
- Generalized anxiety disorder

Personality disorders
- Importance of history--early development, etc.
- Defense small in number and rigid
- Clusters and disorders within
  - A - eccentric
  - B - empathy problems (most important)
    - Antisocial not before age 18
  - C - anxiety prone (there relation to anxiety disorders)

Cognitive disorders
- Delirium
- Dementia – difference between Alzheimer’s & vascular
- Amnesic disorder

Childhood Disorders First Diagnosed in Childhood
- Oppositional defiant disorder
- Conduct disorder (begin in childhood or adolescence)
- Separation anxiety disorder
- Selective mutism
- Reactive attachment disorder
- Attention deficit disorder (hyperactive and non)
- Pervasive developmental disorders
  - Autism & Asberger’s

Substance disorders
- Substance dependence
- Substance abuse
- Disorders related to particular substance
  - Substance intoxication, withdrawal

Dissociative disorders
- Dissociative identity disorder
- Dissociative fugue
- Dissociative amnesia

Somatoform disorders
- Somatization disorder
- Conversions disorder
- Pain disorder
- Body dysmorphic disorder

Eating disorders – anorexia and bulimia nervosa
Sexual & gender identity disorders
  - Paraphilias
    - Exhibitionism, fetishes, voyeurism
    - Pedophilia
    - Transvestic (difference between this & gender identity disorder)
  - Gender identity disorder