

List of questions for the Master Course Exam Part I

Theoretical exam

From the following list of questions each student will extract 2 subjects – one for psychotherapy and one for psychiatry. The student will have 10 minutes to prepare the subjects and then 15 min to present the answers. If the student fails to present the extracted subjects satisfactorily (the data presented are very brief or incorrect) it is ok to take another subject. The exam is organized in groups of 5-6 participants, as a colloquium, i.e, 10-12 questions per group.

Master course Part I Theoretical Exam

1. What is the history of PPT?
2. How do you understand psychodynamics of conflicts in PPT?
3. What are primary and secondary capacities and how do they develop?
4. Describe what a actual conflict is, how does it arise, how do you define it?
5. How do you recognize an inner conflict, what is it related to?
6. What is the key conflict?
7. Explain what is a basic conflict?
8. How are the basic and the actual conflict related?
9. What are the four dimensions of modeling? How does modeling happen? Give examples.
10. Describe differences in image of the man in schools of psychotherapy.
11. What is the perspective on psychodynamics in different schools of psychotherapy?
12. What is the meaning of psychosexual development in PPT?
13. Describe the mature self-defence mechanism, give 3 examples.
14. Describe the immature self-defence mechanism, give 3 examples.
15. What is the function of a defence mechanism?
16. What are the peculiarities of the four spheres of interaction of the psychotherapist?
17. What are the general factors of psychotherapy that affect the psychotherapist and the relationship?
18. How can you explain the five capacities of a psychotherapist in the therapeutic process and behavior?
19. How do you facilitate the 3 stages of interaction in a therapeutic relationship?
20. What actual capabilities does a psychotherapist need to manage the therapeutic relationship?
21. What is the role of the key conflict in the therapeutic relationship?
22. How can you use the transcultural approach in therapeutic relationships?
23. What are the peculiarities of building therapeutic relationships in PPT?
24. What are the peculiarities of therapeutic relationships with patients with different levels of personality organization?



25. Explain at least 3 ethical dilemmas in therapeutic relationships.
26. How do you practice the principle of neutrality in therapeutic relationships?
27. What are the similarities and differences between supervision and psychotherapy?
28. How do you use the position of inner supervisor?
29. How does the key conflict affect the congruence of the therapist in the therapeutic relationship?
30. Explain borders, boundaries, and countertransference in psychotherapy.
31. Please explain the patient's needs on every stage of three stages of interaction, and the therapist's interventions for every stage. Give some examples.
32. Please explain how to use WIPPF scale. Under what circumstances would you use WIPPF scale? What does the patient get after using WIPPF? Please explain with your situation (your own WIPPF).
33. What is resistance in psychotherapy? How is it understood and applied in the therapy?
34. What are the differences in terms of interventions between positive psychotherapy and traditional psychodynamic therapy? What do these differences mean for the patient?
35. How do psychotherapists use their primary capacities in the psychodynamic interventions of positive psychotherapy? How do we help patients develop their primary capacities?
36. What is the purpose of the First Interview?
37. What is the purpose of the first step of the First Interview in positive psychotherapy? What are the common reactions of patients in the first step? How can we use the patient's narrations and reactions in the first step?
38. What is the purpose of the second step of the first interview in positive psychotherapy? What are the common reactions of patients in the second step? How can we use the patient's narrations and reactions in the second step?
39. What is the purpose of the third step of the first interview in positive psychotherapy? What are the common reactions of patients in the third step? How can we use the patient's narrations and reactions in the third step?
40. What is the purpose of the fourth step of the first interview in positive psychotherapy? What are the common reactions and feedback of patients in the fourth step?
41. What is the purpose of the fifth step of the first interview in positive psychotherapy? What are the common reactions and feedback of patients in the fifth step?
42. How can we utilize the patient's capacities seen during the first interview?
43. Describe a technique learned from other schools of psychotherapy. What is the purpose of the technique? How do you integrate the results of the technique into the intervention strategy?
44. Roles and functions of stories, metaphors and humor in psychotherapeutical interventions. Give an example
45. What is the etiology of personality disorders? What is attachment and how is it linked with primary capacities?
46. Which are the areas of personality structure assessment? What kind of questions do you use to assess the 4 areas?

47. Describe the psychosomatic arch. Where can we intervene as psychotherapists and how?
48. Describe the 4 areas of resilience. Which are the risk factors and vulnerabilities for non-resilient people?
49. Explain PTSD and its positive interpretation.
50. Explain burnout and its positive interpretation.
51. Describe the 5 stages in grief intervention. What is the role of the therapist during the stages?
52. What is the role of the therapist in couple therapy? Give some examples of interventions/ techniques you can use in couple therapy.
53. Describe the 5 steps in family therapy and the role of the therapist in each step.
54. Transference and countertransference in group therapy – describe the process and how you can work with it.
55. Describe the rules of mediation and conflict resolution in group intervention from the PPT perspective.

Psychiatry examination

From the following list of subjects each student will extract a subject, representing a psychiatric diagnosis, according to DSM V / ICD 11 (according to the country of residence).

- The student will present the respective diagnosis, referring to the diagnostic criteria, diagnostic elements and associated elements that support the diagnosis, onset, and evolution.
- It is not necessary to know the exact diagnostic criteria and it is not necessary to know the differential diagnosis.

1. Short Psychotic Disorder
2. Schizophrenia
3. Manic / Hypomaniacal episode (read from the chapter on Bipolar Disorders)
4. Major depressive disorder
5. Social anxiety disorder
6. Panic disorder
7. Agoraphobia
8. Generalized anxiety disorder
9. Obsessive-compulsive disorder
10. Post-traumatic stress disorder
11. Anorexia nervosa
12. Bulimia nervosa
13. Conduct disorder
14. Alcohol consumption disorder