

Zentensive Learning Objectives WITH References

(Also included in the map with the schedule.)

- **L01: List the three points on Malan’s Triangle of Conflict.**
 - Hoviatdoost, P., Schweitzer, R. D., Bandarian, S., & Arthey, S. (2020). “Mechanisms of Change in Intensive Short-Term Dynamic Psychotherapy: Systematized Review.” *American Journal of Psychotherapy*, 73(3), 95–106.
- **L02: List the three points on the Triangle of Person.**
 - Hoviatdoost, P., Schweitzer, R. D., Bandarian, S., & Arthey, S. (2020). “Mechanisms of Change in Intensive Short-Term Dynamic Psychotherapy: Systematized Review.” *American Journal of Psychotherapy*, 73(3), 95–106.
- **L03: Apply the complementary relationship that exists between the Triangle of Conflict and Triangle of Person to specific client cases.**
 - Frederickson, J. (2013). *Co-creating Change: Effective Dynamic Therapy Techniques*. Bach Fulfillment & Distribution.
 - Hoviatdoost, P., Schweitzer, R. D., Bandarian, S., & Arthey, S. (2020). “Mechanisms of Change in Intensive Short-Term Dynamic Psychotherapy: Systematized Review.” *American Journal of Psychotherapy*, 73(3), 95–106.
- **L04: Demonstrate three different forms of meditation practice.**
 - Abbass, A., Town, J., & Driessen, E. (2023, March 8). “Intensive Short-Term Dynamic Psychotherapy: A Systematic Review and Meta-analysis of Outcome Research.” *Allan Abbass*.
 - Cooper, D., Yap, K., O’Brien, M., & Scott, I. (2020). “Mindfulness and Empathy Among Counseling and Psychotherapy Professionals: A Systematic Review and Meta-analysis.” *Mindfulness*, (11), 2243–2257.
 - Kabat-Zinn, J., & Hanh, T. N. (2009). *Full Catastrophe living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*. Delta.
 - Welwood, J. (2002). *Toward a Psychology of Awakening: Buddhism, Psychotherapy, and the Path of Personal and Spiritual Transformation*. Shambhala.
- **L05: Assess the role of empathy in the therapeutic process.**
 - Carmody, J., & Baer, R. A. (2008). “Relationships Between Mindfulness Practice and Levels of Mindfulness, Medical and

Psychological Symptoms and Well-being in a Mindfulness-based Stress Reduction Program." *Journal of Behavioral Medicine*, 31(1), 23–33

- Goldberg, S. B., Riordan, K. M., Sun, S., & Davidson, R. J. (2021). "The Empirical Status of Mindfulness-Based Interventions: A Systematic Review of 44 Meta-Analyses of Randomized Control Trials." *Perspectives on Psychological Science*, 17(1), 108–130.
- **L06: Write (Inner journaling) about the ways in which meditative practices help to maintain effective emotional regulation.**
 - Goldberg, S. B., & Sachter, L. D. (2018). "The Zentensive: A Psychodynamically Oriented Meditation Retreat for Psychotherapists." *Practice Innovations*, 3(1), 18–31.
- **L07: Revise personal psychotherapy practice with regards to emotional regulation.**
 - Goldberg, S. B., & Sachter, L. D. (2018). "The Zentensive: A Psychodynamically Oriented Meditation Retreat for Psychotherapists." *Practice Innovations*, 3(1), 18–31.
- **L08: Analyze the differences between personal and universal forms of intimacy.**
 - Browne, J., Cather, C., & Mueser, K. T. (2021, February 23). "Common Factors in Psychotherapy." *Oxford Research Encyclopedia*.
 - Davis, D. M., & Hayes, J. A. (2011). "What are the Benefits of Mindfulness? A Practice Review of Psychotherapy-Related Research." *Psychotherapy (Chicago)*, 48(2), 198–208
- **L09: Describe the role of attunement in the therapeutic process.**
 - Davis, D. M., & Hayes, J. A. (2011). "What are the Benefits of Mindfulness? A Practice Review of Psychotherapy-Related Research." *Psychotherapy (Chicago)*, 48(2), 198–208.
- **L010: Discuss how reviewing safety and boundary issues strengthen the therapeutic alliance.**
 - Browne, J., Cather, C., & Mueser, K. T. (2021, February 23). "Common Factors in Psychotherapy." *Oxford Research Encyclopedia*.
- **L011: Describe the functioning of the mobilized unconscious as it applies to the whole of the therapeutic context.**
 - Abbass, A., Town, J., & Driessen, E. (2023, March 8). "Intensive Short-Term Dynamic Psychotherapy: A Systematic Review and Meta-analysis of Outcome Research." *Allan Abbass*.

- Town, J. M., Abbass, A., Stride, C., Nunes, A., Bernier, D., & Berrigan, P. (2020). "Efficacy and Cost-effectiveness of Intensive Short-term Dynamic Psychotherapy for Treatment Resistant Depression: 18-month Follow-up of the Halifax Depression Trial." *J Affective Dis*, 273, 194–202.
- **L012: Compare and contrast dual and non-dual forms of meditation.**
 - Garrote-Caparros, E., Bellosta-Batalla, M., Moya-Albiol, L., & Cebolla, A. (2021). "Effectiveness of Mindfulness-Based Interventions on Psychotherapy Processes: A Systematic Review." *Clinical Psychology and Psychotherapy*. (29), 783–798.
 - Goldberg, S. B., Riordan, K. M., Sun, S., & Davidson, R. J. (2021). "The Empirical Status of Mindfulness-Based Interventions: A Systematic Review of 44 Meta-Analyses of Randomized Control Trials." *Perspectives on Psychological Science*, 17(1), 108–130.
 - Welwood, J. (2002). *Toward a Psychology of Awakening: Buddhism, Psychotherapy, and the Path of Personal and Spiritual Transformation*. Shambhala.
- **L013: List three non-verbal forms of communication that often come up in a therapeutic setting.**
 - Goldberg, S. B., Riordan, K. M., Sun, S., & Davidson, R. J. (2021). "The Empirical Status of Mindfulness-Based Interventions: A Systematic Review of 44 Meta-Analyses of Randomized Control Trials." *Perspectives on Psychological Science*, 17(1), 108–130.
 - Goldberg, S. B., & Sachter, L. D. (2018). "The Zentensive: A Psychodynamically Oriented Meditation Retreat for Psychotherapists." *Practice Innovations*, 3(1), 18–31.
 - PA, B. S. C. D. (n.d.). "Characteristics of Effective Therapists: Further Analyses of Data from the National Institute of Mental Health Treatment of Depression Collaborative Research Program." *Journal of Consulting and Clinical Psychology*. (L013).
 -
- **L014: Explain the ways that establishing a strong inner focus (concentration) can help translate into a stronger therapeutic alliance.**
 - Goldberg, S. B., Riordan, K. M., Sun, S., & Davidson, R. J. (2021). "The Empirical Status of Mindfulness-Based Interventions: A Systematic Review of 44 Meta-Analyses of Randomized Control Trials." *Perspectives on Psychological Science*, 17(1), 108–130.

- Goldberg, S. B., & Sachter, L. D. (2018). "The Zentensive: A Psychodynamically Oriented Meditation Retreat for Psychotherapists." *Practice Innovations*, 3(1), 18–31.
- PA, B. S. C. D. (n.d.). "Characteristics of Effective Therapists: Further Analyses of Data from the National Institute of Mental Health Treatment of Depression Collaborative Research Program." *Journal of Consulting and Clinical Psychology*.
- Welwood, J. (2002). *Toward a Psychology of Awakening: Buddhism, Psychotherapy, and the Path of Personal and Spiritual Transformation*. Shambhala.
- **L015: Demonstrate three techniques of active listening.**
 - PA, B. S. C. D. (n.d.). "Characteristics of Effective Therapists: Further Analyses of Data from the National Institute of Mental Health Treatment of Depression Collaborative Research Program." *Journal of Consulting and Clinical Psychology*.
- **L016: List three physiological benefits of a consistent meditation practice.**
 - Goldberg, S. B., & Sachter, L. D. (2018). "The Zentensive: A Psychodynamically Oriented Meditation Retreat for Psychotherapists." *Practice Innovations*, 3(1), 18–31.
- **L017: Analyze the process of how self-inquiry can enhance professional growth and so foster improved therapeutic efficacy.**
 - Abbass, A., Town, J., & Driessen, E. (2023, March 8). "Intensive Short-Term Dynamic Psychotherapy: A Systematic Review and Meta-analysis of Outcome Research." *Allan Abbass*.
 - Goldberg, S. B., Riordan, K. M., Sun, S., & Davidson, R. J. (2021). "The Empirical Status of Mindfulness-Based Interventions: A Systematic Review of 44 Meta-Analyses of Randomized Control Trials." *Perspectives on Psychological Science*, 17(1), 108–130.
 - Goldberg, S. B., & Sachter, L. D. (2018). "The Zentensive: A Psychodynamically Oriented Meditation Retreat for Psychotherapists." *Practice Innovations*, 3(1), 18–31.
 - Hoviatdoost, P., Schweitzer, R. D., Bandarian, S., & Arthey, S. (2020). "Mechanisms of Change in Intensive Short-Term Dynamic Psychotherapy: Systematized Review." *American Journal of Psychotherapy*, 73(3), 95–106
 - Lilliengren, P., Johansson, R., Lindqvist, K., Mechler, J., & Andersson, G. (2016). "Efficacy of Experiential Dynamic Therapy

for Psychiatric Conditions: A Meta-analysis of Randomized Controlled Trials." *Psychotherapy*, 53(1), 90–104.

- **L018: Explain the potential therapeutic benefits and cautions that may apply to compassion-based meditative practices.**

- Goldberg, S. B., Riordan, K. M., Sun, S., & Davidson, R. J. (2021). "The Empirical Status of Mindfulness-Based Interventions: A Systematic Review of 44 Meta-Analyses of Randomized Control Trials." *Perspectives on Psychological Science*, 17(1), 108–130
- Goldberg, S. B., & Sachter, L. D. (2018). "The Zentensive: A Psychodynamically Oriented Meditation Retreat for Psychotherapists." *Practice Innovations*, 3(1), 18–31.

- **L019: Compare and contrast the differences between breath, inquiry, non-dual, and compassion-based meditative practices.**

- Abbass, A., Town, J., & Driessen, E. (2023, March 8). "Intensive Short-Term Dynamic Psychotherapy: A Systematic Review and Meta-analysis of Outcome Research." *Allan Abbass*
- Cooper, D., Yap, K., O'Brien, M., & Scott, I. (2020). "Mindfulness and Empathy Among Counseling and Psychotherapy Professionals: A Systematic Review and Meta-analysis." *Mindfulness*, (11), 2243–2257.
- Kabat-Zinn, J., & Hanh, T. N. (2009). *Full Catastrophe living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*. Delta.
- Welwood, J. (2002). *Toward a Psychology of Awakening: Buddhism, Psychotherapy, and the Path of Personal and Spiritual Transformation*. Shambhala.

- **L020: Analyze the differences between secular and religious meditative practices.**

- Abbass, A., Town, J., & Driessen, E. (2023, March 8). "Intensive Short-Term Dynamic Psychotherapy: A Systematic Review and Meta-analysis of Outcome Research." *Allan Abbass*
- Cooper, D., Yap, K., O'Brien, M., & Scott, I. (2020). "Mindfulness and Empathy Among Counseling and Psychotherapy Professionals: A Systematic Review and Meta-analysis." *Mindfulness*, (11), 2243–2257.
- Kabat-Zinn, J., & Hanh, T. N. (2009). *Full Catastrophe living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*. Delta.

- Welwood, J. (2002). *Toward a Psychology of Awakening: Buddhism, Psychotherapy, and the Path of Personal and Spiritual Transformation*. Shambhala.
- **L021: Discuss the role of the Repressive Barrier in terms of conscious and unconscious awareness.**
 - Abbass, A., Town, J., & Driessen, E. (2023, March 8). "Intensive Short-Term Dynamic Psychotherapy: A Systematic Review and Meta-analysis of Outcome Research." *Allan Abbass*.
 - Goldberg, S. B., & Sachter, L. D. (2018). "The Zentensive: A Psychodynamically Oriented Meditation Retreat for Psychotherapists." *Practice Innovations*, 3(1), 18–31.
 - Town, J. M., Abbass, A., Stride, C., Nunes, A., Bernier, D., & Berrigan, P. (2020). "Efficacy and Cost-effectiveness of Intensive Short-term Dynamic Psychotherapy for Treatment Resistant Depression: 18-month Follow-up of the Halifax Depression Trial." *J Affective Dis*, 273, 194–202.
- **L022: Analyze the kinds of relationships that often exist between defense systems and presenting problems.**
 - Abbass, A., Town, J., & Driessen, E. (2023, March 8). "Intensive Short-Term Dynamic Psychotherapy: A Systematic Review and Meta-analysis of Outcome Research." *Allan Abbass*.
 - Goldberg, S. B., Riordan, K. M., Sun, S., & Davidson, R. J. (2021). "The Empirical Status of Mindfulness-Based Interventions: A Systematic Review of 44 Meta-Analyses of Randomized Control Trials." *Perspectives on Psychological Science*, 17(1), 108–130.
 - Goldberg, S. B., & Sachter, L. D. (2018). "The Zentensive: A Psychodynamically Oriented Meditation Retreat for Psychotherapists." *Practice Innovations*, 3(1), 18–31.
 - Laska, K. M., Gurman, A. S., & Wampold, B. E. (2014). "Expanding the Lens of Evidence-Based Practice in Psychotherapy: A Common Factors Perspective." *Research Gate*.
 - Town, J. M., Abbass, A., Stride, C., Nunes, A., Bernier, D., & Berrigan, P. (2020). "Efficacy and Cost-effectiveness of Intensive Short-term Dynamic Psychotherapy for Treatment Resistant Depression: 18-month Follow-up of the Halifax Depression Trial." *J Affective Dis*, 273, 194–202.
- **L023: Explain how a specific defense may be beneficial to a client early on in their lives, but later it may be disruptive.**

- Abbass, A., Town, J., & Driessen, E. (2023, March 8). "Intensive Short-Term Dynamic Psychotherapy: A Systematic Review and Meta-analysis of Outcome Research." *Allan Abbass*.
- Goldberg, S. B., & Sachter, L. D. (2018). "The Zentensive: A Psychodynamically Oriented Meditation Retreat for Psychotherapists." *Practice Innovations*, 3(1), 18–31.
- **L024: Identify three reasons why maintaining confidentiality is essential, with the exceptions of receiving supervision or when safety issues are concerned.**
 - Goldberg, S. B., & Sachter, L. D. (2018). "The Zentensive: A Psychodynamically Oriented Meditation Retreat for Psychotherapists." *Practice Innovations*, 3(1), 18–31.
- **L025: Assess why receiving qualified supervision is essential if or when questions about the therapeutic process arise.**
 - Goldberg, S. B., & Sachter, L. D. (2018). "The Zentensive: A Psychodynamically Oriented Meditation Retreat for Psychotherapists." *Practice Innovations*, 3(1), 18–31.
- **L026: Create an accessible plan to maintaining one's own personal and professional development.**
 - Hoviatdoost, P., Schweitzer, R. D., Bandarian, S., & Arthey, S. (2020). "Mechanisms of Change in Intensive Short-Term Dynamic Psychotherapy: Systematized Review." *American Journal of Psychotherapy*, 73(3), 95–106.
 - Imel, Zac E, & Wampold, Bruce E. (2008). "The Importance of Treatment and the Science of Common Factors in Psychotherapy." *Handbook of Counseling Psychology*, John Wiley and Sons. 249-262.
- **L027: Create a plan to staying informed in terms of evidence-based advances in the fields of mental health.**
 - Ardito, R. B., & Rabellino, D. (2011, October 18). "Therapy Alliance and Outcome of Psychotherapy: Historical Excursus, Measurements, and Prospects for Research." *Frontiers in Psychology*.
 - Laska, K. M., Gurman, A. S., & Wampold, B. E. (2014). "Expanding the Lens of Evidence-Based Practice in Psychotherapy: A Common Factors Perspective." *Research Gate*.