

One of the strengths of this program is the flexibility that it offers trainers. There are approximately 45 sessions in the program (some of the sessions are optional). Most psychiatry residency programs that use the modules meet once a week for an hour (or an hour and a half) and go through a single session.

However, other formats have been developed. For example, the module sessions have been adapted to a 16-week semester format for an introduction to counseling methods class for counseling psychologists that meets for three hours a week. We encourage those who use the modules to make modifications consistent with the needs of their program. The training sessions are meant to be run as seminars; the group discussion and process that occurs as trainees wrestle with the material is a critical part of the modules.

With respect to homework, trainees are required to read the module introductions and to complete exercises that are contained in the book. We have found that having a co-leader for the seminar is very helpful.

For psychiatric residents, the program is generally offered in the second year before residents enter their outpatient years. Supervisors are informed of the content of the modules and encouraged to organize their supervision around module specific content. A fundamental aim is training in the activation and use of each trainees observing self (4) under the assumption that greater access to self-awareness is a crucial variable in therapeutic effectiveness for both therapist and patient.

The program materials include the main text (*Learning Psychotherapy*; \$40), a seminar leader's manual (\$30), and a videotape that accompanies the text (\$300), which contains numerous clinical vignettes and portions of real therapy sessions.