

## Developmental Psychotherapy (H002092)

**Course size** *(nominal values; actual values may depend on programme)*

**Credits 5.0**

**Study time 150 h**

**Course offerings and teaching methods in academic year 2026-2027**

A (semester 2)

Dutch

Gent

lecture

practical

independent work

**Lecturers in academic year 2026-2027**

Brenning, Katrijn

PP07

lecturer-in-charge

Verbeken, Sandra

PP07

co-lecturer

**Offered in the following programmes in 2026-2027**

[Master of Science in Psychology\(main subject Clinical Psychology\)](#)

**crdts**

5

**offering**

A

**Teaching languages**

Dutch

**Keywords**

child and adolescent psychotherapy, evidence-based, case conceptualisation, developmental psychopathology

**Position of the course**

This course is part of block 4 that deals with the various treatments used in clinical psychology and, more specifically, it deals with developmental psychotherapy in children and adolescents for different problems. This course builds on the acquired knowledge and insights about developmental psychopathological models (block 2) but also requires knowledge of the other models from this block. The course builds on the knowledge and skills acquired in the assessment of developmental psychopathological processes (block 3) and prepares for the internship (block 5).

**Contents**

This course unit covers the following topics:

**LECTURES**

- Principles of evidence-based, protocol-based, modular, and goal-oriented treatment approaches
- Meta-analyses, effectiveness studies (RCTs), moderator analyses, mechanisms of change, and predictor studies that support treatment selection
- Treatment of psychological issues in children and adolescents requiring a developmental psychotherapy approach, such as anxiety, depression, behavioral problems, and eating disorders
- Throughout the lectures, attention is given to transdiagnostic processes (e.g., self-image and perfectionism, emotion regulation, techniques from ACT and schema therapy) and contextual factors in clinical work with children and adolescents

**PRACTICAL SESSIONS**

The practical sessions build on the lectures. These sessions actively engage students through case studies, role-playing, and assignments. They include illustrations of developmental psychotherapy and small assignments that encourage critical thinking. The practical sessions conclude with an integration exercise in which students independently demonstrate their ability to apply all steps from case formulation to treatment techniques.

### Initial competences

This course unit builds on certain course competencies of Developmental Psychopathology and Assessment Developmental Psychopathology.

### Final competences

- 1 Be able to argue aspects of treatment from evidence-based and critical considerations.
- 2 Be able to describe, argue and relate theoretical models of clinical disorders to scientific findings and clinical questions.
- 3 To define, to situate, to distinguish and to compare theoretical constructs within theoretical models.
- 4 To communicate psychology related knowledge and insights.
- 5 To reflect on the interaction between psychology and the public debate.
- 6 Assess a starting situation and create a treatment plan based on that assessment, paying attention to the uniqueness of and differences between clients.
- 7 Knowledge and application of a multitude of intervention methods and techniques.
- 8 Ethically justify own decision-making and chosen methods of intervention.

### Conditions for credit contract

Access to this course unit via a credit contract is determined after successful competences assessment

### Conditions for exam contract

This course unit cannot be taken via an exam contract

### Teaching methods

Lecture, Practical, Independent work

### Extra information on the teaching methods

11 lectures, 5 mandatory working lectures.

Recordings of the lectures (but not the seminars) are available for this course. The recordings are made available the day after each lecture and remain online until after the second exam period.

### Study material

Type: Handbook

Name: Protocollaire behandelingen voor kinderen en adolescenten met psychische klachten - Deel 1 (Braet & Bögels, 2020)

Indicative price: € 90

Optional: no

Language : Dutch

Author : Braet & Bögels

ISBN : 978-9-02440-889-4

Number of Pages : 672

Type: Slides

Name: slides

Indicative price: Free or paid by faculty

Optional: no

Additional information: When not printed (0 euro)

Type: Handouts

Name: Slides practical sessions

Indicative price: Free or paid by faculty

Optional: no

Language : Dutch

Additional information: If not printed

### References

Braet, C. & Bögels, S. (Red) (2020). Protocollaire behandelingen voor kinderen en adolescenten met psychische klachten - Deel 1. Boom uitgevers Amsterdam (668 blz.).

### Course content-related study coaching

Support through UFORA

Coordinator practica: [Tina.Wullaert@Ugent.be](mailto:Tina.Wullaert@Ugent.be) (email or make an appointment)

### **Assessment moments**

end-of-term and continuous assessment

### **Examination methods in case of periodic assessment during the first examination period**

Written assessment with open-ended questions

### **Examination methods in case of periodic assessment during the second examination period**

Written assessment with open-ended questions

### **Examination methods in case of permanent assessment**

Oral assessment, Participation

### **Possibilities of retake in case of permanent assessment**

examination during the second examination period is not possible

### **Extra information on the examination methods**

Participation in the practical sessions is part of the evaluation. There are five mandatory practical sessions. Students who are (justifiably) absent from any of these sessions must contact the instructors for a substitute assignment and can only pass the course if these substitute assignments are submitted on time. A late arrival of more than 15 minutes also requires the submission of a substitute assignment. Unjustified absences or late arrivals will be reflected in the final score. Due to the nature of the course format, students with two or more unjustified absences will not be able to pass the course. Final feedback will be provided on the official faculty feedback days.

### **Calculation of the examination mark**

The periodic evaluation counts for 60% and the non-periodic evaluation for 40%. Results from the non-periodic evaluation are carried over to the next exam period within the same academic year. Students who do not participate in all mandatory components of both the periodic and non-periodic evaluations cannot pass the course. In this case, the final grade will be reduced to the highest non-deliberable score (7/20) if the calculated final grade is higher. Partial results are never rounded.

### **Facilities for Working Students**

- **No** possibility of exemption from attendance with a replacement assignment given the nature of the practical courses
- Only for students with a special status: possibility of an oral exam with written preparation at a different time within the academic year
- Possibility of feedback by appointment