

Educational Lecture

2025年9月25日(木) 13:00 ~ 13:50 Session Room 1 (Main Hall A)

[Educational Lecture 1] Psychotherapy Education for Medical Students

Moderator: Kang Seob Oh (Sung Kkyun Kwan University)

[EL-1] Psychotherapy Education for Medical Students

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キーワード : psychotherapy、medical education、medical students、psychotherapy educational model

I will introduce psychotherapy training to medical students to bridge the gap between theoretical knowledge and practical experience. Although students had learned about various psychotherapy modalities in the classroom, they lacked exposure to real-life psychotherapy sessions. To address this, I implemented an educational procedure within the psychiatry department. In this setup, one student assumed the role of a patient while others observed a single-session psychotherapy conducted by the professor. This immersive approach elicited diverse emotional responses from students—some were deeply moved, shedding heartfelt tears, while others expressed bewilderment at the intensity of the experience. One particularly striking comment came from a student who shared, "That evening, I was able to hold my father's hand and forgive him after expressing my murderous rage against him during the psychotherapy session." This presentation will outline effective methods for conducting single-session educational psychotherapy. The focus will be on creating a safe and impactful environment where students can witness and internalize the therapeutic process. By fostering emotional engagement and reflective learning, this approach not only enhances students' understanding of psychotherapy but also catalyzes personal growth and empathy—qualities essential for future psychiatrists.