



Advanced Applications of Cognitive Behavioural Therapy

(Semester 2, 4 ECTS)

Description

This course includes in-depth examination of the application of cognitive behavioural therapy (CBT) to diverse clinical problems. Through reading, case formulation, in-class role-play, treatment planning, and other assignments, students will develop practical knowledge and skills in cognitive-behavioural assessment, therapeutic goal-setting, and the application of CBT interventions, including acceptance and mindfulness strategies. Emphasis is placed on evidenced-based assessment & interventions for such problems as anxiety, depression, post-traumatic stress disorder, personality disorders, pain management, eating disorders, chronic fatigue and other psychosomatic problems, and substance abuse.

Learning Outcomes

On completing the course students should be able to:

- demonstrate knowledge of the principles governing the theory and practice of different cognitive-behavioural interventions
- demonstrate skills in evidence-based practices in assessment, therapeutic goal setting, treatment planning, and cognitive-behavioural interventions with diverse groups
- demonstrate competence in the application of advanced cognitive behaviour therapy under observation, and in the written and oral reporting of such applications

Assessment

Assessment involves written case reports, case presentations, and demonstration of specific interventions practices under observation.