



Faculty of Arts and Social Sciences  
Psychology

## Syllabus

### Psychotherapy I: Cognitive behavioral therapy

<b>Course Code:</b>	PSAK71
<b>Course Title:</b>	Psychotherapy I: Cognitive behavioral therapy <i>Psykoterapi I - Kognitiv beteendeterapi</i>
<b>Credits:</b>	17
<b>Degree Level:</b>	Master's level
<b>Progressive Specialisation:</b>	Second cycle, has only first-cycle course/s as entry requirements (A1N)

**Major Field of Study:**  
PSA (Psychology)

#### Course Approval

The syllabus was approved by the Faculty of Arts and Social Sciences 2019-03-07, and is valid from the Autumn semester 2019 at Karlstad University.

#### Prerequisites

150 ECTS credits completed in the Master of Science in Psychology programme (VAPSY) at Karlstad University

#### Learning Outcomes

Module 1. CBT I: Theory and Method, 7.5 ECTS cr

Upon completion of the module, students should be able to:

- construe and explain behavioural analysis and cognitive analysis regarding anxiety disorders and depression,
- plan and develop suitable interventions related to a certain problem and to research in the area, and
- identify, analyse, and reflect upon moral and ethical dilemmas that may arise in cognitive behavioural therapy.

Module 2. CBT I: Treatment and Supervision, 7.5 ECTS cr

Upon completion of the module, students should be able to:

- conduct psychotherapy under supervision,
- demonstrate basic skills in establishing contact with the client,
- proceed in a structured and purposeful way to collect information and compile and present information,
- adapt the treatment program to the individual client's specific situation and maintenance factors, and
- document their experience of the treatment in written summaries.

Module 3. CBT I: Self-Reflection, Communication and Professional Competence, 2 ECTS cr

Upon completion of the module, students should be able to:

- identify and apply specific therapist behaviour in cases of sleep disorders in primary care, and
- reflect upon their own situation in terms of the area in question and take measures if needed.

## **Content**

The course includes three modules.

Module 1. CBT I: Theory and Method, 7.5 ECTS cr

The module deals with cognitive behaviour therapy and its approaches to anxiety disorders, depression, and CBT interventions. Current research is treated and CBT methods adapted to treating anxiety disorders and depression are introduced.

Module 2. CBT I: Treatment and Supervision, 7.5 ECTS cr

The module centres on supervised psychotherapy. Students document their experience of conducting therapy in written summaries and present their observations to the supervisory team.

Module 3. CBT I: Self-Reflection, Communication and Professional Competence, 2 ECTS cr

Students develop skills in identifying and improving different therapist behaviour in the area of sleep, first through testing the techniques and then through active participation in role-play where the techniques are conveyed to others. Students prepare for the next semester through getting acquainted with a manual-based material.

Instruction is in the form of examination seminars, supervision, and clinical work.

## **Reading List**

See separate document.

## **Examination**

Module 1: Assessment is based on individual written exams and active participation in mandatory seminars.

Module 2: Assessment of the students' ability to use CBT methods in therapy is continuous and based on the supervisor's judgement and the students' written summaries of their conducted and supervised treatments. Students who fail to conduct therapy sessions satisfactorily are, on request, given a second opportunity to be assessed.

Module 3: Assessment is based on individual written hand-in assignments, presented and discussed in mandatory seminars, and role-play which includes specific therapist behaviour.

All instruction, supervision, and clinical work (modules 1-3) have an attendance requirement of 80%.

If students have a decision from Karlstad University entitling them to special pedagogical support due to a documented disability, the examiner has the right to give such students an adapted examination or to examine them in a different manner.

**Grades**

One of the grades Distinction (VG), Pass (G), or Fail (U) is awarded in the course.

**Quality Assurance**

Follow-up relating to learning conditions and goal-fulfilment takes place both during and upon completion of the course in order to ensure continuous improvement. Course evaluation is partly based on student views and experiences obtained in accordance with current regulations and partly on other data and documentation. Students will be informed of the result of the evaluation and of any measures to be taken.

**Course Certificate**

A course certificate will be provided upon request.

**Additional information**

The local regulations for studies at the Bachelor and Master levels at Karlstad University stipulate the obligations and rights of students and staff.

A student who, in the examiner's judgement, fails to obtain a Pass grade for therapy component or in the supervision session on the grounds of grave and unprofessional skills and conduct may be required to discontinue the ongoing therapy (module 2) immediately.