



Faculty of Arts and Social Sciences  
Psychology

## Syllabus

### **Psychotherapy II: Cognitive Behavioural Therapy**

**Course Code:** PSAK81

**Course Title:** Psychotherapy II: Cognitive Behavioural Therapy  
*Psykoterapi II - Kognitiv beteendeterapi*

**Credits:** 17

**Degree Level:** Master's level

**Progressive Specialisation:** 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 2018-06-12, and is valid from the Spring semester 2019 at Karlstad University.

**Prerequisites**

180 ECTS credits for the Psychologist Programme (VAPSY) at Karlstad University

**Learning Outcomes**

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

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

- construe and explain behavioral analysis and cognitive analysis regarding personality disorders and psychotic symptomatology, lifestyle-related problems, and other behavioural medical conditions,
- plan and develop suitable interventions related to a certain problem and to research in the area,
- give an account of sleep, stress and lifestyle and their connections to mental health and health problems,
- demonstrate in-depth knowledge of CBT group therapy, and
- identify, analyse and reflect on moral and ethical dilemmas that may arise in cognitive behavioral therapy.

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

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

- conduct psychotherapy under supervision, and
- demonstrate skills in developing and applying suitable interventions in a treatment situation related to a certain problem and research in the area.

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

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

- prepare and conduct manualised psychoeducational clinical treatment,
- demonstrate ability to collaborate with colleagues, and
- reflect critically on their learning and role as a psychologist in relation to the individual, groups and

society.

## **Content**

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

The module deals with cognitive behavior therapy in relation to psychological problems such as personality disorders and psychotic symptomatology as well as lifestyle-related lack of sleep, stress and pain, and other behavioural medical problems. The module includes applications of CBT treatment in groups and specific psychotherapy systems in behavioural therapy, so-called dialectic behavioural therapy (DBT).

Module 2. CBT II: 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.

The module runs throughout the semester and involves psychoeducational clinical practice in small groups at health centres. Students are first introduced to material for insomnia and stress management and instructed in the administrative routines at the health centres. The aim of the stress and sleep school training is that students develop the skills needed for clinical psychologist practice.

## **Reading List**

See separate document.

## **Examination**

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

Module 2: Assessment of student ability to use CBT methods in therapy is continuous and based on the supervisor's judgement and the students' written and oral 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 takes place at different stages. Towards the end of the training stage, the course convener assesses group performance in terms of the knowledge and skills described above. During the health centre placements, the supervisors make specific assessment of the students' skills and abilities and inform the course convener. At the end, students submit an individual final report to the course convener, which should include a summary of content and process and reflections on their own development.

All instruction, supervision and client treatment (modules 1-3) require 80% attendance.

## **Grades**

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

Quality Assurance

## **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 immediately discontinue the ongoing therapy (module 2).