



Faculty of Arts and Social Sciences
Psychology

Syllabus

Psychotherapy III - Cognitive Behavioural Therapy

Course Code:	PSAK91
Course Title:	Psychotherapy III - Cognitive Behavioural Therapy <i>Psykoterapi III - Kognitiv beteendeterapi</i>
Credits:	15
Degree Level:	Master's level
Progressive Specialisation:	Second cycle, has second-cycle course/s as entry requirements (A1F)

Major Field of Study:
PSA (Psychology)

Course Approval

The syllabus was approved by the Faculty of Arts and Social Sciences 2019-02-26, and is valid from the Autumn semester 2019 at Karlstad University.

Prerequisites

210 ECTS credits completed in the Master of Science in Psychology Programme (VAPSY) at Karlstad University

Learning Outcomes

Module 1 - CBT III: Theory and Method, 7.5 ECTS cr

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

- identify, compile, construe, and explain behavioural analysis and cognitive analysis regarding complex psychological problems such as eating disorders, autism spectrum issues and ADHD (Attention-Deficit Hyperactivity Disorder), substance abuse and drug addiction, as well as interventions for these problems,
- describe CBT treatment of children and young people and in the form of couple therapy and online therapy,

- identify, compile, construe, and explain behavioural analysis in terms of ACT (Acceptance and Commitment Therapy), compassion-focused therapy, schema-focused psychotherapy, relational frame theory, and CRA (Community Reinforcement Approach), and relate these to research,
- identify, compile, construe, and explain behavioural analysis in organisations with a focus on individual behaviour, and
- describe psychotherapy research in the field.

Module 2 - CBT III: Treatment and Supervision, 7.5 ECTS cr

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

- conduct psychotherapy under supervision,
- demonstrate skills in developing and applying suitable interventions in a treatment situation related to the client's problems and research in the area, and
- identify, discuss, and practise different therapeutic behaviours.

Content

Module 1 - CBT III: Theory and Method, 7.5 ECTS cr

The module deals with CBT in relation to complex psychological problems such as eating disorders, autism spectrum issues, and ADHD from a cognitive perspective and in combination with comorbidity, as well as interventions for these problems. Applications of CBT in treatment of children and young people are included, as well as CBT in couple therapy, online therapy, and organisation analysis with a focus on individual behaviour (OBM). CBT treatment of substance abuse and drug addiction such as CRA, relapse prevention, and motivational interviewing is also covered. Current research on these issues is presented and students acquire further knowledge of psychotherapy research and ethics in support of psychotherapeutic intervention. New forms of intervention such as ACT, compassion-focused therapy, schema-focused psychotherapy, and relational frame theory are presented. Instruction is in the form of examination seminars, supervision, and client work.

Module 2 - CBT III: Treatment and Supervision, 7.5 ECTS cr

The module centres on supervised psychotherapy work on the basis of CBT. Students document their experience of conducting therapy in written summaries and present their observations to the supervisory team. The module enables students to identify, practise, and improve specific therapeutic behaviours in the area covered.

Reading List

See separate document.

Examination

Module 1: Assessment is based on individual written hand-in assignments and active participation in mandatory seminars and supervision.

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

All instruction, supervision, and client treatment (modules 1-2) require 80% attendance.

Grades

One of the grades Distinction (VG), Pass (G), or Fail (U) is awarded in the examination of 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 the therapy component or in supervision on the grounds of grave and unprofessional skills and conduct may be required to discontinue the ongoing therapy immediately.