



Faculty of Economic Sciences, Communication and IT  
Psychology

Syllabus

**Course Approval**

The syllabus was approved by the Faculty Board of Economic Sciences, Communication and IT on 21 August 2009, and is valid from the Autumn semester of 2009 at Karlstad University.

**Course Code:** PSGA52

**Introduction to Cognitive Behaviour Therapy, 7.5 ECTS Credits  
(Introduktion till kognitiv beteendeterapi, 7.5 Swedish credit points)**

**Degree Level:** Bachelor

**Progressive Specialisation:** G1N (First cycle, has only upper-secondary level entry requirements)

**Language of Instruction**

Swedish

**Prerequisites**

General admission requirements

**Major Field of Study**

PSA (Psychology)

Learning Outcomes

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

- give an account of different central theoretical models and analyses in cognitive behaviour therapy (CBT),
- give an account of central intervention methods in CBT, and
- perform simple analyses based on a CBT perspective in different areas of behaviour.

Content and Form of Instruction

The course deals with the methods of cognitive behaviour therapy, motivating sessions, behaviour analysis, exposure and emotional evasion, psychoeducation, values and cognitive restructuring and relapse prevention.

Reading List

See separate document.

Examination

Assessment is based on hand-in laboratory assignments and assignments presented and discussed at schedule seminars. Attendance is required at a minimum of four seminars. Students who fail to meet this requirement will have to submit a written assignment. Assessment is also based on a written individual report, presented and defended at a seminar. Students are also required to serve as the opponent to a fellow-student's report in order to complete the course.

Grades

## 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 assessment is based on student views and experiences as reported in written course evaluations and/or group discussions. Students will be informed of the result of the evaluation and of the measures to be taken.

## Course Certificate

A course certificate will be provided upon request.

## Additional Information

Students who enrolled before 1 July 2007 will complete their studies in accordance with the requirements of the earlier admission. Upon completion students may request degree and course certificates to be issued under the current ordinance if they meet its requirements.

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

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