**Course description (general description)**

**Course title: CBT- Skills Development**

**Course code: PSZM21-MO-INTV-114**

**Head of the course: Vizin Gabriella**

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| **Aim of the course** |

**Aim of the course:**

The main goal of the course is to demonstrate basic skills in cognitive bahavioral therapy (CBT): theoretical background and practice. The aim of the course is to help students learn about learning theory, theories of classical and neobehaviorists, methods of behavioral therapy, effectiveness of behavioral therapy. In addition, the course shows the theory, methods and effectiveness of cognitive therapy and the new waves methods.

**Learning outcome, competences**

knowledge:

* techniques of behavioral therapy
* techniques of cognitive therapy
* effectiveness of CBT

attitude:

* person-centered approach
* collaborative empiricism
* supportive, positive attitude

skills:

* using the methods of behavioral therapy
* using the methods of cognitive therapy
* person-centered approach

autonomy, responsibility:

* Students are able to apply the acquired knowledge on their own, in accordance with the ethical guidelines of psychology, but only for purposes corresponding to their level of competence.

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| **Content of the course** |

**Topic of the course**

* Introduction, requirements
* Behavioral therapy
* Cognitive therapy
* Second and third waves of CBT: schema therapy, DBT, mindfulness, self-compassion

**Learning activities, learning methods**

* role-plays
* presentations
* video
* essay

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| **Evaluation of outcomes** |

**Learning requirements, mode of evaluation and criteria of evaluation:**

* The active presence is essential
* Students are required to read the material; students give a talk to the class about the current section of the material, lasting up to 10 minutes; then we discuss it in class in an interactive way.
* By the end of the term, students are required to write a short essay about the material. Requirements: max. 1-2 pages, 1.5 line spacing, 12 font size.

Mode of evaluation:

* practiceal mark

Criteria of evaluation:

* active presence
* presentatrion
* essay

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| **Reading list** |

**Compulsory reading list**

* Unoka Zs., Purebl Gy., Túry F., Bitter I., (2018) The basics of psychotherapy, Semmelweis Kiadó
* Beck, J. S. (2011) Cognitive behavior therapy, Guilford Press

**Recommended reading list**

* Tarrier, N., Wells, A., Haddock, G., & Davidson, J. (2000). Treating complex cases: The cognitive behavioural therapy approach.
* Van Vreeswijk, M., Broersen, J., & Nadort, M. (2012). The Wiley-Blackwell handbook of schema therapy: Theory, research, and practice. John Wiley & Sons.
* Neff, K., & Germer, C. (2018). The Mindful Self-Compassion Workbook: A Proven Way to Accept Yourself, Build Inner Strength, and Thriveÿ ÿ. Guilford Publications.