



**DEPARTMENT OF SOCIAL SCIENCES**

**Cognitive Psychotherapy**

<b>Course Code</b> PSY-725	<b>Course Title</b> Cognitive Psychotherapy	<b>ECTS</b> 7.5
<b>Department</b> Social Sciences	<b>Semester</b> Spring	<b>Prerequisites</b> None
<b>Type of Course</b> Required	<b>Field</b> Clinical Psychology	<b>Language of Instruction</b> English
<b>Level of Course</b> 3 <sup>rd</sup> Cycle	<b>Year of Study</b> 1 <sup>st</sup>	<b>Lecturer</b> Marios Adonis
<b>Mode of Delivery</b> Face-to-face	<b>Work placement</b> N/A	<b>Co-requisites</b> None

**Objectives of the Course:**

The primary goal of this course is to expose students to the theory and practice of cognitive therapy, cognitive assessment, and empirically supported therapies in order to prepare them to begin clinical practice. At the completion of the course, students should be competent at understanding, explaining and teaching the philosophy of, the advantages and limitations of, and the techniques of a cognitive therapy.

**Learning Outcomes:**

After completion of the course students are expected to be able to:

1. Explaining and teaching the philosophy of, the advantages and limitations of, and the techniques of Cognitive therapy
2. Conduct Cognitive assessment
3. Conduct Cognitive case formulation
4. Conduct Cognitive treatment planning
5. Identify Client's Automatic Thoughts
6. Identify Client's Emotions
7. Evaluating Client's Automatic Thoughts
8. Responding to Client's Automatic Thoughts
9. Identifying and Modifying Client's Intermediate Beliefs and Core Beliefs
10. Practice Imagery techniques with clients

**Course Contents:**

1. Cognitive Conceptualization
2. Treatment Planning

3. Structure of the First Therapy Session
4. Problems with Structuring the Therapy Session
5. Identifying Automatic Thoughts
6. Identifying Emotions
7. Evaluating Automatic Thoughts
8. Responding to Automatic Thoughts
9. Identifying and Modifying Intermediate Beliefs
10. Core Beliefs
11. Imagery
12. Termination and Relapse Prevention

**Teaching Methods:**

Lectures, workshops.

**Required Textbooks:**

Authors	Title	Publisher	Year
Beck, J.	Cognitive Therapy: Basics and Byord	The Guilford Press	1995
Leahy, R.L.	Contemporary Cognitive Therapy	The Guilford Press	2006
Dobson, K.S.	Handbook of Cognitive-Behavioral Therapies	The Guilford Press	2010

**Assessment Methods:**

1	Midterm Examination
2	Final Examination
3	Research paper