



Course Code PSY-730	Course Title Behavioral Psychotherapy	ECTS 7.5
Department Social Sciences	Semester Spring	Prerequisites None
Type of Course Required	Field Clinical Psychology	Language of Instruction English
Level of Course 3 rd Cycle	Year of Study 1 st	Lecturer Marios Adonis
Mode of Delivery Face-to-face	Work placement N/A	Co-requisites None

Objectives of the Course:

The primary goal of this course is to expose students to the theory and practice of behavior therapy, behavioral 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 behavioral/empirical approach to 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 a behavioral/empirical approach to therapy
2. Conduct Behavioral assessment
3. Conduct Behavioral case formulation
4. Conduct behavioral treatment planning
5. Teach skills to clients
6. Skilled in exposure techniques
7. Skilled in relaxation training
8. Design and implement reinforcement schedules

Course Contents:

1. Principles, Goals, and Structure of Initial Assessment
2. Behavioral Case Formulation
3. Treatment Planning
4. Changing Behavior by Changing the Environment
5. Changing Behavior by Building Skills
6. Activating Behavior
7. Exposure-Based Interventions
8. Relaxation Training
9. Systematic Desensitization
10. Behavior Rehearsal
11. Problem Solving
12. Cognitive Relabeling
13. Reinforcement Procedures

Teaching Methods:

Lectures, workshops.

Required Textbooks:

Authors	Title	Publisher	Year
Spiegler, M.D., & Guevremont, D.C.	Contemporary Behavior Therapy	Wadsworth/Thompson Learning.	2003
Goldfried, M.R & Davison, G.C.	Clinical Behavior Therapy	Willey	1974
	Selected readings		

Assessment Methods:

1	Midterm Examination
2	Final Examination
3	Research paper