



**DEPARTMENT OF SOCIAL SCIENCES**

Evidence Based Practices

<b>Course Code</b> PSY-740	<b>Course Title</b> Evidence Based Practices	<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:**

This course provides a foundation in a way of thinking and an outline of major empirically validated intervention methods. The major goal of the course is a basic familiarity with empirically validated approaches to assessment and treatment. This course will provide students with a familiarity with certain empirically validated interventions along with the focus on the treatment techniques appropriate for certain disorders, such as anxiety disorders, and depression.

**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 evidence based treatments.
2. Appreciate the basic principles and methods in psychotherapy that may apply across most disorders;
3. use the current research literature on the efficacy of specific treatments for specific disorders;
4. apply methods of assessment and interventions of several empirically supported treatments for mood, anxiety, and personality disorders in adults.

**Course Contents:**

1. Assessment in Evidence-Based Practice
2. Structured and Semistructured Diagnostic Interviews
3. Panic Disorder and Agoraphobia
4. Specific and Social Phobia

5. Generalized Anxiety Disorder
6. Obsessive–Compulsive Disorder
7. Posttraumatic Stress Disorder
8. Depression
9. Eating Disorders
10. Schizophrenia
11. Substance Use Disorders
12. Personality Disorders
13. Impulse Control Disorders
14. Sexual Dysfunctions

**Teaching Methods:**

Lectures, workshops, role plays

**Required Textbooks:**

Authors	Title	Publisher	Year
Barlow, D.H.	Clinical Handbook Of Psychological Disorders	The Guilford Press	2010
Fisher, J.E. & O'Donohue, W.T.	Practitioner's Guide to Evidence-Based Psychotherapy	Springer	2006
	Selected readings		

**Assessment Methods:**

1	Presentation
2	Final Examination
3	Research paper