



Course Syllabus

Course Code	Course Title	ECTS Credits
PSYC-521	Advanced Theories and Models of Psychotherapy II	7.5
Prerequisites	Department	Semester
PSYC-520	Social Sciences	Spring
Type of Course	Field	Language of Instruction
Required	Clinical Psychology	English
Level of Course	Lecturer(s)	Year of Study
2 nd Cycle	Dr Marios Adonis	1st
Mode of Delivery	Work Placement	Corequisites
Face-to-face	N/A	None

Course Objectives:

This is the second of a two-semester sequence. After an introduction to psychodynamic psychotherapies and their role in alleviating problems, difficulties and symptoms in the first semester, this course will introduce students to the behavioural and the Cognitive Behavioural Therapy approaches. The main aim of the present course is to provide the basis of the theory of these approaches and how they are applied to the assessment, the formulation and the treatment of psychiatric and psychological difficulties and disorders.

Learning Outcomes:

The main objectives of this course is to:

1. introduce students to the main theoretical tenets of Behavioural Therapy (BT), Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT), and Dialectical Behavioral Therapy (DBT).
2. introduce students to the rationale of the Cognitive Behavioural approaches and how they apply for the treatment of psychiatric and psychological difficulties and disorders such as anxiety, affective, personality and psychotic disorders.
3. encourage students to examine the efficacy of these approaches through current research.

Course Content:

1. The first wave: behaviour therapy
2. The second wave: the “cognitive revolution” of cognitive behaviour therapy
3. The third wave: Acceptance and Commitment Therapy, Mindfulness-based approaches, Dialectical Behaviour Therapy and other models
4. Efficacy of cognitive behavioural approaches to psychotherapy

Learning Activities and Teaching Methods:

Lectures, group discussion, in-class presentations

Assessment Methods:

Midterm exam, final exam, attendance and participation and individual/Group Assignment

Required Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
An introduction to modern CBT: Psychological solutions to mental health problems.	Hofmann, S. G.	John Wiley & Sons	2011	9780470971758
<i>Cognitive behavior therapy: Basics and beyond.</i>	Beck, J. S.	Guilford Press	2011	9781609185046
<i>An introduction to cognitive behaviour therapy: Skills and applications.</i>	Westbrook, D., Kennerley, H., & Kirk, J.	Sage publications	2011	9781848606876