



Course Syllabus

Course Code	Course Title	ECTS Credits
PSYC-621	Psychological Interventions II: CBT Approaches	7.5
Prerequisites	Department	Semester
PSYC-521 PSYC-605	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	2 nd
Mode of Delivery	Work Placement	Corequisites
Face-to-face	N/A	PSYC-605

Course Objectives:

This is the second of a two-semester sequence on psychological interventions and techniques. This course aims to familiarize students with the clinical application of cognitive behavioral approaches, and the process of clinical case conceptualization from a cognitive behavioral perspective. Students will be introduced to the main tenets of cognitive theories and the major techniques used in assessment, interviewing and the psychotherapy process, using illustrations of clinical material and role-playing exercises. The utility and efficacy of cognitive behavioral models of treatment will also be evaluated and discussed.

Learning Outcomes:

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

1. Show an understanding of the main cognitive behavioral intervention models.
2. Develop knowledge of the main tenets and theories of cognitive behavioral therapy.
3. Develop familiarity with assessment and cognitive behavioral treatment techniques.
4. Approach clinical material and develop case formulations using a cognitive behavioral perspective.
5. Critically evaluate the efficacy of cognitive behavioral treatment models.

Course Content:

1. Assessment and clinical interviewing techniques
2. Techniques of Cognitive Behaviour Therapy approaches
3. Treatment planning and case conceptualization
4. Efficacy of CBT approaches to psychotherapy

Learning Activities and Teaching Methods:

Lectures, Group discussion, Role-playing, Individual and group assignments

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
Cognitive behavior therapy: Basics and beyond.	Beck, J. S.	Guilford Press.	2011	9781609185060
An introduction to cognitive behaviour therapy: Skills and applications.	Westbrook, D., Kennerley, H., & Kirk, J.	Guilford Press.	2011	9781848606876