

University of Nicosia, Cyprus

Course Code PSYM-520	Course Title Advanced Theories and Models of Psychotherapy I	ECTS credits 7.5
Department Social Sciences	Semester Fall	Prerequisites None
Type of Course Major Requirement	Field Clinical Psychology	Language of Instruction English
Year of Study 1st	Mode of Delivery Face-to-face	Lecturer(s) Andreas Anastasiou, Ph.D

Course Description:

This is the first of two semester course. After an introduction to psychological therapies and their role in alleviating problems, difficulties and symptoms the psychoanalytic and the Cognitive Behavioural Therapy approaches will be discussed in some depth. Attention will be paid to their development as psychotherapeutic approaches, methods of assessment and their efficacy as forms of treatment of psychological problems.

Course Objectives and Learning Outcomes:

The main objectives of the course are :

- increase students knowledge on a number of psychological therapies
- enhance students understanding of the techniques and methods used by the different approaches

Course Contents::

- Introduction to Psychological Therapies
- An overview of classification systems; psychopathology; psychopharmacology and assessment of personality and behavioural problems. The role of psychological therapies in the alleviation of problems, difficulties and symptoms.
- Psychoanalytic Psychotherapy
- Overview of the historical evolution of psychoanalytic thought; psychoanalysis as theory of meaning, emotion, fantasy life and desire. Formulation and assessment in psychoanalysis.

Learning Activities and Teaching Methods:

Lectures and Assignments

Required Textbooks/Reading:

Authors	Title	Publisher	Year
Lemma A.	Introduction to the Practice of Psychoanalytic Psychotherapy: A Practical Treatment Handbook	. Wiley Publications.	2003
Trower P., Casey, A. and Dryden W.	Cognitive Behavioural Counselling in Action.	Sage Publications	1988

Recommended Textbooks/Reading:

Authors	Title	Publisher	Year
Linehan M.	Cognitive Behavioural Treatment of Borderline Personality Disorder.	Guildford Publications	1993
Padesky C. and Greenberger D.	Clinician's guide to mind over mood.	Guildford Publications	1995
Beck J.	Cognitive Therapy: Basics and Beyond	Guildford Publications	1997

Assessment Methods:

1	Mid-Term Exam
2	Class Presentation
3	Assignment
4	Final Exam