



University of Nicosia, Cyprus

Course Code PSYM-521	Course Title Advanced Theories and Models of Psychotherapy II	ECTS credits 7.5
Department Social Sciences	Semester Spring	Prerequisites PSY520
Type of Course Major Requirement	Field Clinical Psychology	Language of Instruction English
Year of Study 1st	Mode of Delivery Face-to-face	Lecturer(s) Stelios Georgiades, Psych.D

Course Description:

This is the second of two semester course. Continuing from the previous semester the Systemic, Client Centre and Group therapy approaches are examined in depth. Towards the end of the course all approaches are critically examined and evaluated using research and clinical data in order to identify which approach is more effective for which category of problems, difficulties or symptoms.

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
- be able to critically evaluate the efficacy of these therapies for particular psychological difficulties.

Course Contents::

- Systemic Therapy
- Basic principles of systemic theory and practice. Linear and systemic epistemologies. Context and meaning. Families as systems, symptoms as information, the referring network and wider systems. Basic models of family therapy, similarities and differences. Basic skills and techniques.
- Cognitive Behaviour Therapy (CBT)
- Examination of learning theory, behaviour therapy, the CBT model, assessment for CBT, negative automatic thoughts, dysfunctional/underlying assumptions, core beliefs, formulation and methods of intervention.
- What works for whom?
- An overview of the efficacy of the different psychological therapies emphasizing which particular therapy works more effectively for particular

problems, difficulties or symptoms

Learning Activities and Teaching Methods:

Lectures and Assignments

Required Textbooks/Reading:

Authors	Title	Publisher	Year
Roth A. and Fonagy P	What works for whom (2nd Edition	University Press.	2006

Recommended Textbooks/Reading:

Authors	Title	Publisher	Year
Hedges F. (2005).	An introduction to systemic therapy with individuals: A Social constructionist approach.	Sage Publications	2005
Dallos R and Draper R.	An introduction to Family Therapy: Systemic Theory and Practice	Wiley Publications.	2002

Assessment Methods:

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