



**University of Nicosia, Cyprus**

<b>Course Code</b> PSYM-621	<b>Course Title</b> Psychological Interventions II: CBT Approaches	<b>ECTS credits</b> 7.5
<b>Department</b> Social Sciences	<b>Semester</b> Spring	<b>Prerequisites</b> PSY620
<b>Type of Course</b> Major Requirement	<b>Field</b> Clinical Psychology	<b>Language of Instruction</b> English
<b>Year of Study</b> 2nd	<b>Mode of Delivery</b> Face-to-face	<b>Lecturer(s)</b> Stelios Georgiades, Psych.D

**Course Description:**

The initial main aim of this present course is to introduce students on the rational of the Cognitive Behavioural approach and how it is applied for the treatment of psychiatric and psychological difficulties and disorders such as anxiety, affective, personality and psychotic disorders. Throughout the course students will be trained on techniques that can be used in clinical settings within the CBT framework.

**Course Objectives and Learning Outcomes:**

The main objectives of the course are to :

- introduce students on the rational of the Cognitive Behavioural approach and how it is applied for the treatment of psychiatric and psychological difficulties and disorders such as anxiety, affective, personality and psychotic disorders
- train students on techniques used in clinical settings within the CBT framework
- encourage students to examine the efficacy of this approach through current research

**Course Contents::**

- Introduction to Cognitive and Behavioural Approach to treatment
- History and Development Behaviourism
- History and Development of Cognitive Behavioural Therapy
- Affective Disorders
- Anxiety Disorders (a) Generalised Anxiety and other Phobias  
(b) Social Anxiety and Panic Disorder  
(c) Post-Traumatc Stress Disorder

(d) Obsessive Compulsive Disorder

- Cognitive Behavioural Therapy for People with Psychosis

**Learning Activities and Teaching Methods:**

Lectures and Assignments

**Required Textbooks/Reading:**

Authors	Title	Publisher	Year
Hawton K., Salkovskis, P.M., Kirk J. and Clark, D.M.,	Cognitive Behaviour Therapy for Psychiatric Problems (A practical Guide)	Oxford Medical Publications	2003
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	Final Exam	
3	Assignment	
4	Class Presentation	

