

## **Psychotherapy: Cognitive Behavioral Approach**

**Course Title: Psychotherapy: Cognitive Behavior Approach**

**Course Code : PSY-819**

**Credit Hours : 3**

**Pre requisite: Ethics and Psychotherapy**

### **Course Description:**

This course will provide an understanding of basic theory and application of cognitive and behavioral approaches to psychotherapeutic treatment. The course will teach students to identify and to apply principles of cognitive behavior therapy (CBT) in treating psychiatric disorders in children, adolescents and adults presenting with diverse psychological problems. Course instruction will be based on interactive case-based and practice based learning.

### **Objectives:**

- To train students in case conceptualization skills from a CBT perspective
- To teach students a repertoire of psychotherapeutic interventions to address emotional, behavioral and ideational problems
- To train students to identify and apply appropriate CBT skills to specific mental disorders and for people at different developmental stages.

### **Learning Outcomes:**

**At the end of the course the student will be able to:**

- Identify basic principles of cognitive and behavioral interventions.
- Formulate case conceptualizations of different psychiatric disorders from a CBT perspective
- Demonstrate ability to choose and apply appropriate CBT interventions in various developmental and psychopathological contexts.

- Demonstrate ability for clinical judgment and analytical thinking along with sensitivity to ethical and cultural considerations

### **Course Content:**

#### Cognitive Behavior Therapy for Adults

Basic Principles of cognitive behavior therapy

CBT interventions for cognitive restructuring and for emotional and behavioral regulation

Case formulation, goal setting and treatment plans for specific psychiatric disorders

#### Behavior Therapy for children and adolescents

Basic Principles of Behavior Therapy

Behavioral Interventions and mental disorders

- Behavioral Interventions for managing Externalizing Behavior Problems
- Pervasive Developmental Disorders and Mental retardation
- Internalizing Behavior problems among children

### **Suggested Readings:**

Conte, C. (2009). Advanced Techniques for Counseling and Psychotherapy. Springer Publishing Company.

[\*Newman, C.F. \(2012\). Becoming a Highly Effective and Competent Cognitive-Behavioral Therapist. Core competencies in Cognitive-Behavioral Therapy. Routledge.\*](#)

Speilger, M.D & Geuvremont, D.C. (2009). 5<sup>th</sup>ed. Contemporary Behavior Therapy. Wadsworth Publishing.