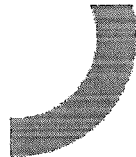
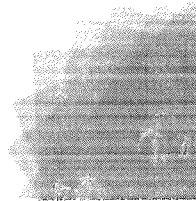


# J.S. University, Shikohabad

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Recognized by U.G.C under Section 2 (f) of act- 1956



J S University



## Value Added Course

**TECHNIQUE IN COGNITIVE BEHAVIOURAL THERAPY**

**Faculty of Art**

Department of Psychology  
Session 2023-2024

## COURSE SYLLABUS

**Brief course Description:** Cognitive Behavioral Therapy (CBT) is one of the most broadly recognized and practiced therapies. This course will introduce students to the background, theory, application, and skill related to CBT. The course will include an experience component to enhance learning.

### **Full course Description:**

Cognitive Behavioral therapy (CBT) is currently one of the most empirically validated psychotherapies. In this course, students will be introduced to the CBT model of the development and maintenance of psychological disorders. In addition, students will learn how to formulate clinical cases and will be introduced to basic principles of clinical interviewing according to the CBT model. Treatment techniques will be introduced and students will experience these methods firsthand via role play.

### **Course Outcomes**

- Understand the interaction between cognition behavior emotions and biology in the development and maintenance of psychological problems.
- Conceptualize silent issues in cognitive Behavioral terms.
- Preliminary experience with the clinical interview
- Knowledge of primary CB intervention techniques.
- Basic experience with cognitive Behavioral intervention methods
- Students will be describing common cognitive behavioral modal for depression and anxiety disorders.
- Students will identify and define the critical elements of a cognitive –behavioral case formulation
- Using provide clinical case, students will be write a cognitive behavioral case formulation using the elements for the case formulation.
- Students will describe the basic strategies employed in practice for clinical monitoring.
- Students will demonstrate provision of psycho education to intervention to their peers in cognitive behavior group format.
- Students will describe and demonstrate behavioral activation and pleasant event scheduling in a group or individual therapy format.
- Student will demonstrate identification of automatic thoughts and assumption rules and core beliefs in a group or individual therapy format.
- student will discuss and describe how to assign asses and problem solve therapeutic homework.
- Student will be demonstrating how to implement and monitoring Socratic question and adaptive thought identification in a group individual therapy format.
- Students will demonstrate development of an exposure hierarchy and implementation of exposure intervention in a group individual therapy format.

### Learning activities and teaching method:

- Explanation
- Demonstrations
- Clinical interview role plays
- Clinical intervention role plays
- Chapter and article readings

### Main Textbook

- Beck, J.S. (2011). Cognitive Behavior Therapy: Basic and Beyond, New York.

### Further Reading

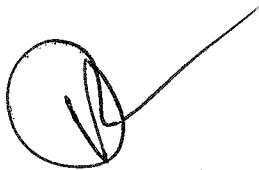
- Barlow, D. (2008). Clinical Handbook of Psychological disorders. New York Guilford.
- Butler, A.C., Chapman, J.E., Forman, E.M., & Beck, A.T. (2006). The empirical status of cognitive-behavioral therapy: A review of meta-analysis. *Clinical Psychology Review*, 26, 17-31.
- Dobson, K.S. (2010). Handbook of Cognitive-Behavioral Therapies. New York Guilford.
- Dugas, M.J., & Robichaud, M. (2007). Cognitive-Behavioral Treatment For Generalized Anxiety Disorder. New York: Routledge.
- Fairburn, C. (2008). Cognitive Therapy Techniques, New York: Guilford.
- Leahy, R. (2003). Cognitive therapy AND Eating Disorder. New York: Guilford.
- Roemer, L., & Orsilli, S.M. (2009). Mindfulness & Acceptance-Based Behavioral Therapies in Practice. New York: Guilford.
- Wells, A. (2009). Metacognitive Therapy For anxiety and depression. New York: Guilford.

### Assessment Method and Criteria:

- Clinical intervention role plays: 40% of grade.
- Course Paper: Conceptualization and treatment of a clinical case according to CBT: 40% of grade
- Test: 20% of grade

### Attendance rules

- No more than one day class can be missed



Course Coordinator  
Dr. Ziyi Fanoy



Dean  
Academics  
Dr. Akhilesh



Dean  
Dr. Sumit  
Mohan