UNIVERSITY
OF ECONOMICS AND HUMAN SCIENCES
IN WARSAW

Field of study:

Psychology

Subject: Cognitive Behavioral Therapy

Level of study: graduate studies
System of study: Full-time
Profile of studies: general academic
Subject: Cognitive Behavioral Therapy

Form of classes and the ECTS points

	Number of hours	ECTS points	Credit
exercises	30		credit with mark
Total	30	5	

Aims of teaching

1. Introducing the students to cognitive-behavioral psychotherapy, its specifics, and its place in the canon of psychotherapy modalities.
2. Educating the students on the general cognitive-behavioral theory and its assumptions underlying the specific variants and modalities of CBT treatment.
3. Familiarizing the students with the disorder-specific CBT formulations based on verified theory and empirical effectiveness results.
4. Teaching the students the basic areas of CBT competence, including structuring the session and carrying out a case conceptualization, as well as self-reflexivity and continuing of education.
5. Introducing the students to the notion of collaborative empiricism in CBT.
6. Showcasing the most popular cognitive and behavioral interventions, their rationale and procedure, basing on clinical vignettes.
7. Showcasing the general structure and plan of CBT for mood and anxiety disorders.
8. Coaching the students in thinking about clinical problems and decisions in the language and conceptual framework of CBT.
9. Presenting the latest developments in "third-wave" CBTs.

Intended learning outcomes

KNOWLEDGE		
SYMBOL	**DESCRIPTION**	**REFERENCE TO THE PROFILE OUTCOME**
P_W1	The student can describe the general cognitive-behavioral theory and the underlying common processes (behavioral, cognitive, skills training).	Ps_WG11_Mgr Ps_WG12_Mgr
P_W2	The student can understand and explain mental disorders in terms of the relationships between cognition, affect, and behavior, identifying points of potential therapeutic change.	Ps_WG10_Mgr Ps_WG11_Mgr Ps_WG12_Mgr
P_W3	The student can plan general outlines of CBT treatment and provide explanations for clinical decisions in terms of CBT theory.	Ps_WG09_Mgr Ps_WG10_Mgr Ps_WG11_Mgr Ps_WG12_Mgr
P_W4	The student is aware of a wide range of cognitive and behavioral interventions and the rationale for their use in treatment.	Ps_WG12_Mgr

SKILLS		
SYMBOL	**DESCRIPTION**	**REFERENCE TO THE PROFILE OUTCOME**
P_U1	The student can assess their own competence in specific areas of the CBT skillset and continue education in these areas independently.	Ps_UU01_Mgr
P_U2	The student can implement the principles of collaborative empiricism in practice.	Ps_UW08_Mgr Ps_UW09_Mgr
P_U3	The student is aware of the self-help potential of CBT and can make informed decisions about how to skillfully apply its principles in a variety of contexts and settings.	Ps_UW08_Mgr Ps_UW09_Mgr Ps_UU01_Mgr

SOCIAL COMPETENCES		
SYMBOL	**DESCRIPTION**	**REFERENCE TO THE PROFILE OUTCOME**
P_K1	The student assumes a tolerant, understanding position towards individual differences and disorders in psychological and emotional functioning, informed by the principles of CBT theory.	Ps_KO02_Mgr Ps_KO05_Mgr Ps_KO06_Mgr Ps_KR04_Mgr

SOCIAL COMPETENCES

SYMBOL	DESCRIPTION	REFERENCE TO THE PROFILE OUTCOME
P_K2	The student can work collaboratively in a variety of settings using skills derived from the stance of collaborative empiricism (e.g., asking for feedback, checking understanding, summarizing).	Ps_KO03_Mgr Ps_KO04_Mgr Ps_KR01_Mgr
P_K3	The student is able to disseminate basic knowledge about CBT and its effectiveness for a variety of clinical and nonclinical issues.	Ps_KO01_Mgr Ps_KO03_Mgr Ps_KO04_Mgr Ps_KR01_Mgr Ps_KR02_Mgr Ps_KR04_Mgr Ps_KR05_Mgr

Course content

NUMBER	DESCRIPTION	FORM OF CLASSES	NUMBER OF HOURS
1	1. Introduction to cognitive behavioral therapy (CBT).	exercises	3 / 3
2	2. The theoretical foundations of CBT: The cognitive model.	exercises	3 / 3
3	3. The CBT case conceptualization.	exercises	3 / 3
4	4. Cognitive interventions in CBT.	exercises	3 / 3
5	5. Behavioral interventions in CBT.	exercises	3 / 3
6	6. Collaborative empiricism.	exercises	3 / 3
7	7. Third-wave cognitive behavioral therapies.	exercises	3 / 3
8	8. CBT for specific disorders: Depression and mood disorders.	exercises	3 / 3
9	9. CBT for specific disorders: Anxiety disorders.	exercises	3 / 3
10	10. Current issues and future directions for CBT; Course revision.	exercises	3 / 3

Conditions of completion

EXERCISES

TYPE OF CREDIT	CREDIT INFLUENCE (IN %)
Exam (for the lecturers only)	100

Teaching methods

- Analysis of practical case studies
- Lecture
- movies
- multimedia presentations

Reading (compulsory)

- Beck, J. S. . Cognitive therapy: Basics and beyond. 2011

Reading (additional)

- Hayes, S. C., & Hofmann, S. G. (Eds).. Process-based CBT: The science and core clinical competencies of cognitive behavioral therapy. 2018
- Hofmann, S. G., Dozois, D. J., Rief, W., & Smits, J. A. (Eds.). The Wiley handbook of cognitive behavioral therapy. 2014

Odniesienie efektów przedmiotowych do efektów kierunkowych, treści kształcenia, metod weryfikacji

SYMBOL	REFERENCE OF A GIVEN OUTCOME TO THE PROFILE OUTCOME	REFERENCE OF A GIVEN OUTCOME TO THE COURSE CONTENT	REFERENCE OF A GIVEN OUTCOME TO THE VERIFICATION METHODS
KNOWLEDGE			
P_W1	Ps_WG11_Mgr Ps_WG12_Mgr	1 2 3 4 5 6 7 8 9 10	Exam
P_W2	Ps_WG10_Mgr Ps_WG11_Mgr Ps_WG12_Mgr	1 2 3 4 5 6 7 8 9 10	Exam
P_W3	Ps_WG09_Mgr Ps_WG10_Mgr Ps_WG11_Mgr Ps_WG12_Mgr	1 2 3 4 5 6 7 8 9 10	Exam
P_W4	Ps_WG12_Mgr	1 2 3 4 5 6 7 8 9 10	Exam
SYMBOL	REFERENCE OF A GIVEN OUTCOME TO THE PROFILE OUTCOME	REFERENCE OF A GIVEN OUTCOME TO THE COURSE CONTENT	REFERENCE OF A GIVEN OUTCOME TO THE VERIFICATION METHODS
SKILLS			
P_U1	Ps_UU01_Mgr	1 2 3 4 5 6 7 8 9 10	Exam

SYMBOL	REFERENCE OF A GIVEN OUTCOME TO THE PROFILE OUTCOME	REFERENCE OF A GIVEN OUTCOME TO THE COURSE CONTENT	REFERENCE OF A GIVEN OUTCOME TO THE VERIFICATION METHODS
SKILLS			
P_U2	Ps_UW08_Mgr Ps_UW09_Mgr	1 2 3 4 5 6 7 8 9 10	Exam
P_U3	Ps_UW08_Mgr Ps_UW09_Mgr Ps_UU01_Mgr	1 2 3 4 5 6 7 8 9 10	Exam
SYMBOL	REFERENCE OF A GIVEN OUTCOME TO THE PROFILE OUTCOME	REFERENCE OF A GIVEN OUTCOME TO THE COURSE CONTENT	REFERENCE OF A GIVEN OUTCOME TO THE VERIFICATION METHODS
SOCIAL COMPETENCES			
P_K1	Ps_KO02_Mgr Ps_KO05_Mgr Ps_KO06_Mgr Ps_KR04_Mgr	1 2 3 4 5 6 7 8 9 10	Exam
P_K2	Ps_KO03_Mgr Ps_KO04_Mgr Ps_KR01_Mgr	1 2 3 4 5 6 7 8 9 10	Exam
P_K3	Ps_KO01_Mgr Ps_KO03_Mgr Ps_KO04_Mgr Ps_KR01_Mgr Ps_KR02_Mgr Ps_KR04_Mgr Ps_KR05_Mgr	1 2 3 4 5 6 7 8 9 10	Exam