



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Behavioral Psychotherapy							
Course Code		HRS525		Couse Level		Second Cycle (Master's Degree)			
ECTS Credit	6	Workload	154 ( <i>Hours</i> )	Theory	2	Practice	2	Laboratory	0
Objectives of the Course		The aim of this course is to understand the importance of social and operant learning in development of psychopathology and to diagnose these explanations in relation with various disorders, and to apply treatment methods.							
Course Content		In this course, understanding the importance of classic, social and operant learning in development of psychopathology, diagnosing these explanations in relation with various disorders take place. And also behavioral applications and supervision of personal psychotherapy mostly in accordance with psychiatric nursing take place.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Discussion, Case Study, Individual Study, Problem Solving					
Name of Lecturer(s)									

### Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	2	40
Final Examination	1	60

### Recommended or Required Reading

1	Psychology (Mind, Brain, Culture) (1999) D. Westen Chapter: 5
2	Contemporary Behavioral Therapy (2003) M.D. Spiegler,D.C. Guevremont Chapter: 1-16
3	Theories of Behavior Therapy, Ed: W.O. Donohue & L. Krasner.

Week	Weekly Detailed Course Contents	
1	Theoretical	Introduction of Course and Plan
	Preparation Work	Psychology (Mind, Brain, Culture) (1999) D. Westen Chapter: 5 Contemporary Behavioral Therapy (2003) M.D. Spiegler,D.C. Guevremont Chapter: 1-16 Theories of Behavior Therapy, Ed: W.O. Donohue & L. Krasner.
2	Theoretical	Basic Principles of Learning
	Preparation Work	Psychology (Mind, Brain, Culture) (1999) D. Westen Chapter: 5 Contemporary Behavioral Therapy (2003) M.D. Spiegler,D.C. Guevremont Chapter: 1-16 Theories of Behavior Therapy, Ed: W.O. Donohue & L. Krasner.
3	Theoretical	What is Behavioral Therapy? Its History, Behavior Model and Current Perspectives
	Preparation Work	Psychology (Mind, Brain, Culture) (1999) D. Westen Chapter: 5 Contemporary Behavioral Therapy (2003) M.D. Spiegler,D.C. Guevremont Chapter: 1-16 Theories of Behavior Therapy, Ed: W.O. Donohue & L. Krasner.
4	Theoretical	Process of Behavioral Therapy and Evaluation
	Preparation Work	Psychology (Mind, Brain, Culture) (1999) D. Westen Chapter: 5 Contemporary Behavioral Therapy (2003) M.D. Spiegler,D.C. Guevremont Chapter: 1-16 Theories of Behavior Therapy, Ed: W.O. Donohue & L. Krasner.
5	Theoretical	Stimulus Control and Decreasing Behaviours
	Preparation Work	Psychology (Mind, Brain, Culture) (1999) D. Westen Chapter: 5 Contemporary Behavioral Therapy (2003) M.D. Spiegler,D.C. Guevremont Chapter: 1-16 Theories of Behavior Therapy, Ed: W.O. Donohue & L. Krasner.
6	Theoretical	Token Economy, Model Taking, Skills Education
	Preparation Work	Psychology (Mind, Brain, Culture) (1999) D. Westen Chapter: 5 Contemporary Behavioral Therapy (2003) M.D. Spiegler,D.C. Guevremont Chapter: 1-16 Theories of Behavior Therapy, Ed: W.O. Donohue & L. Krasner.
7	Theoretical	Short-graded and Long-intensive Exposure



7	Preparation Work	Psychology (Mind, Brain, Culture) (1999) D. Westen Chapter: 5 Contemporary Behavioral Therapy (2003) M.D. Spiegler,D.C. Guevremont Chapter: 1-16 Theories of Behavior Therapy, Ed: W.O. Donohue & L. Krasner.
8	Theoretical	Cognitive Behavioral Therapies: Cognitive Re-structuring and Coping
	Preparation Work	Psychology (Mind, Brain, Culture) (1999) D. Westen Chapter: 5 Contemporary Behavioral Therapy (2003) M.D. Spiegler,D.C. Guevremont Chapter: 1-16 Theories of Behavior Therapy, Ed: W.O. Donohue & L. Krasner.
9	Theoretical	Behavioral Therapy
	Preparation Work	Psychology (Mind, Brain, Culture) (1999) D. Westen Chapter: 5 Contemporary Behavioral Therapy (2003) M.D. Spiegler,D.C. Guevremont Chapter: 1-16 Theories of Behavior Therapy, Ed: W.O. Donohue & L. Krasner.
10	Preparation Work	Psychology (Mind, Brain, Culture) (1999) D. Westen Chapter: 5 Contemporary Behavioral Therapy (2003) M.D. Spiegler,D.C. Guevremont Chapter: 1-16 Theories of Behavior Therapy, Ed: W.O. Donohue & L. Krasner.
	Intermediate Exam	Midterm
11	Theoretical	Behavioral Therapy
	Preparation Work	Psychology (Mind, Brain, Culture) (1999) D. Westen Chapter: 5 Contemporary Behavioral Therapy (2003) M.D. Spiegler,D.C. Guevremont Chapter: 1-16 Theories of Behavior Therapy, Ed: W.O. Donohue & L. Krasner.
12	Theoretical	Behavioral Therapy
	Preparation Work	Psychology (Mind, Brain, Culture) (1999) D. Westen Chapter: 5 Contemporary Behavioral Therapy (2003) M.D. Spiegler,D.C. Guevremont Chapter: 1-16 Theories of Behavior Therapy, Ed: W.O. Donohue & L. Krasner.
13	Theoretical	Behavioral Therapy
	Preparation Work	Psychology (Mind, Brain, Culture) (1999) D. Westen Chapter: 5 Contemporary Behavioral Therapy (2003) M.D. Spiegler,D.C. Guevremont Chapter: 1-16 Theories of Behavior Therapy, Ed: W.O. Donohue & L. Krasner.
14	Theoretical	Behavioral Therapy
	Preparation Work	Psychology (Mind, Brain, Culture) (1999) D. Westen Chapter: 5 Contemporary Behavioral Therapy (2003) M.D. Spiegler,D.C. Guevremont Chapter: 1-16 Theories of Behavior Therapy, Ed: W.O. Donohue & L. Krasner.
15	Theoretical	Behavioral Therapy
	Preparation Work	Psychology (Mind, Brain, Culture) (1999) D. Westen Chapter: 5 Contemporary Behavioral Therapy (2003) M.D. Spiegler,D.C. Guevremont Chapter: 1-16 Theories of Behavior Therapy, Ed: W.O. Donohue & L. Krasner.
16	Preparation Work	Psychology (Mind, Brain, Culture) (1999) D. Westen Chapter: 5 Contemporary Behavioral Therapy (2003) M.D. Spiegler,D.C. Guevremont Chapter: 1-16 Theories of Behavior Therapy, Ed: W.O. Donohue & L. Krasner.
	Final Exam	FINAL EXAM

### Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	15	6	2	120
Midterm Examination	1	10	2	12
Final Examination	1	20	2	22
Total Workload (Hours)				154
[Total Workload (Hours) / 25*] = ECTS				6

\*25 hour workload is accepted as 1 ECTS

### Learning Outcomes

1	Student learns importance of classic, social and operant learning in development of psychopathology
2	Student assesses patient and use appropriate behavioral therapy methods on patient
3	Student knows behavioral therapy techniques



4	ognitive Behavioral Therapies: Cognitive Re-structuring and Coping
5	ognitive Behavioral Therapies: Cognitive Re-structuring and Coping

**Programme Outcomes (Mental Health and Psychiatric Nursing Master)**

1	Student has the current teorical and practical knowledge in master's degree in Psychiatric Nursing field based on his previous learning in bachelor's degree, student realises the knowledge, deepens and uses it.
2	Student shares and discusses his/her knowledge, current developments and his/her own researches systematically with groups from or outside of his/her field in written, verbal, or visual ways
3	Student follows based on evidence practises and makes researches creating evidence about Professional application in his/her own field.
4	Student manages researches about his/her field independently or in an team.
5	Students have information on statistics, uses related softwares efficiently, chooses correct statistical methods while making researches, has the skills to calculate and comment.
6	Student can write the report of the research he/she made or participated and publishes it in an internationally accepted refereed journal or presents it in academical meetings.
7	Student can make strategy and policy in topics related to Mental Health and Disorders Nursing, comments practise plans, and evaluates obtained results in scientific and ethical frame.
8	Student makes verbal and written communication using one foreign language at least B2 level in European Language portfolio.

**Contribution of Learning Outcomes to Programme Outcomes 1:Very Low, 2:Low, 3:Medium, 4:High, 5:Very High**

	L1	L2	L3	L4	L5
P1	5	5	5	4	4
P2	4	4	4	4	4
P3	4	4	4	4	4
P4	4	4	4	4	4
P5	4	4	4	4	4
P6	4	4	4	4	4
P7	4	4	4	4	4
P8	4	4	4	4	4

