



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Introduction to Psychotherapy							
Course Code		HRS555		Couse Level		Second Cycle (Master's Degree)			
ECTS Credit	4	Workload	94 ( <i>Hours</i> )	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		The aim of this course is to understand importance of psychotherapy in developing psychopathology, to know these explanations in relation with various disorders. Also, the aim of this course is mostly to apply approaches of personal psychotherapy in accordance with psychiatric nursing and supervision. 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 lecture; basic concepts of cognitive psychotherapies, resistance, Coping and problem solving, components of problem solving, theoretical approaches to problem solving, problem solving and mental problems, the importance of problem solving therapy in mental problems, application method of problem-solving therapy and patient groups applied, psychotherapy; principles, features, difficulties, change processes, evaluation in problem-solving therapy and its levels take place. 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					
Name of Lecturer(s)		Assoc. Prof. Hatice ÖNER							

### Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	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	Preparation Work
2	Theoretical	What is psychotherapy?
3	Theoretical	Psychotherapies
4	Theoretical	Cognitive psychotherapy
5	Theoretical	Cognitive psychotherapy
6	Theoretical	Cognitive psychotherapy
7	Theoretical	Midterm
8	Theoretical	Behavioral psychotherapy
9	Theoretical	Behavioral psychotherapy
10	Theoretical	Behavioral psychotherapy
11	Theoretical	Problem solving therapy
12	Theoretical	Problem solving therapy
13	Theoretical	Problem solving therapy
14	Theoretical	Problem solving therapy
15	Theoretical	Problem solving therapy

### Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	15	2	2	60
Midterm Examination	1	10	2	12



Final Examination	1	20	2	22
Total Workload (Hours)				94
[Total Workload (Hours) / 25*] = <b>ECTS</b>				4
*25 hour workload is accepted as 1 ECTS				

### Learning Outcomes

1	To know principles and characteristics of psychotherapy
2	to learn basic concepts of cognitive psychotherapy
3	To explain cognitive psychotherapy
4	To explain behavior psychotherapy
5	Explain relation between psychotherapy and nursing

### 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	3	3	3	3	3
P2	3	3	3	3	3
P3	3	3	3	3	3
P4	3	3	3	3	3
P5	3	3	3	3	3
P6	3	3	3	3	3
P7	3	3	3	3	3
P8	3	3	3	3	3

