



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Cognitive and Behavioral PsychoterapiesNursing							
Course Code		HTR548		Course Level		Second Cycle (Master's Degree)			
ECTS Credit	4	Workload	104 (<i>Hours</i>)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		The aim of this course is to understand importance of cognitions in developing psychopathology, to know these explanations in relation with various disorders. Also, the aim of this course is mostly to apply cognitive 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, 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.
4	Eskin, M. Sorun Çözme Terapisi , HYB Basın Yayın, Ankara, 2011

Week	Weekly Detailed Course Contents	
1	Theoretical	Introduction of Course and Plan-Basic Principles of Learning-Basic Concepts of cognitive Psychotherapy
	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. Eskin, M. Sorun Çözme Terapisi , HYB Basın Yayın, Ankara, 2011
2	Theoretical	What is Behavioral Therapy? Its History, Behavior Model and Current Perspectives-Reliability, Coping and problem solving
	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. Eskin, M. Sorun Çözme Terapisi , HYB Basın Yayın, Ankara, 2011
3	Theoretical	Process of Behavioral Therapy and Evaluation-Components of problem solving
	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. Eskin, M. Sorun Çözme Terapisi , HYB Basın Yayın, Ankara, 2011
4	Theoretical	Stimulus Control and Decreasing Behaviours-Theoretical Approaches to problem solving
	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. Eskin, M. Sorun Çözme Terapisi , HYB Basın Yayın, Ankara, 2011
5	Theoretical	Token Economy, Model Taking, Skills Education-Problem solving and mental problems
	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. Eskin, M. Sorun Çözme Terapisi , HYB Basın Yayın, Ankara, 2011



6	Theoretical	Short-graded and Long-intensive Exposure-The importance of problem solving therapy in treatment of mental problems
	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. Eskin,M. Sorun Çözme Terapisi , HYB Basın Yayın, Ankara, 2011
7	Theoretical	Cognitive Behavioral Therapies: Cognitive Re-structuring and Coping-Application method of problem solving therapy and preferred patient groups
	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. Eskin,M. Sorun Çözme Terapisi , HYB Basın Yayın, Ankara, 2011
8	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. Eskin,M. Sorun Çözme Terapisi , HYB Basın Yayın, Ankara, 2011
	Intermediate Exam	Midterm exam
9	Theoretical	Behavioral Therapy-Psychotherapy; principles, features, difficulties, and change processes
	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. Eskin,M. Sorun Çözme Terapisi , HYB Basın Yayın, Ankara, 2011
10	Theoretical	Behavioral Therapy-Levels of problem solving 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. Eskin,M. Sorun Çözme Terapisi , HYB Basın Yayın, Ankara, 2011
11	Theoretical	Behavioral Therapy-Meeting with problem Identify problem Decide aims
	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. Eskin,M. Sorun Çözme Terapisi , HYB Basın Yayın, Ankara, 2011
12	Theoretical	Behavioral Therapy-Creating solution choices Choose appropriate choices
	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. Eskin,M. Sorun Çözme Terapisi , HYB Basın Yayın, Ankara, 2011
13	Theoretical	Behavioral Therapy-Apply solution way choosen
	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. Eskin,M. Sorun Çözme Terapisi , HYB Basın Yayın, Ankara, 2011
14	Theoretical	Behavioral Therapy-Evaluation of application
	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. Eskin,M. Sorun Çözme Terapisi , HYB Basın Yayın, Ankara, 2011
15	Theoretical	Behavioral Therapy-Assessment
	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. Eskin,M. Sorun Çözme Terapisi , HYB Basın Yayın, Ankara, 2011
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. Eskin,M. Sorun Çözme Terapisi , HYB Basın Yayın, Ankara, 2011
	Final Exam	Final exam

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	2	2	56
Midterm Examination	2	10	4	28
Final Examination	1	18	2	20
Total Workload (Hours)				104
[Total Workload (Hours) / 25*] = ECTS				4

*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 learns basic concepts of cognitive psychotherapy
3	Student assesses patient and use appropriate behavioral therapy methods on patient
4	Student knows behavioral therapy techniques



5	Student discusses topics related to problem-solving therapy
6	Student knows principles and characteristics of psychotherapy
7	Student knows levels of problem-solving
8	Student uses problem solving therapy levels in a patient

Programme Outcomes (Public Mental Health Nursing Master's Without Thesis)

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	Manages practices 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	L6	L7	L8
P1	3	3	3	3	3	3	3	3
P2	3	3	3	3	3	3	3	3
P3	3	3	3	3	3	3	3	3
P4	3	3	3	3	3	3	3	3
P5	3	3	3	3	3	3	3	3
P6	3	3	3	3	3	3	3	3
P7	3	3	3	3	3	3	3	3
P8	3	3	3	3	3	3	3	3

