



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Cognitive Behavioral Therapy Skills and Practice Training							
Course Code		PDR512		Couse Level		Second Cycle (Master's Degree)			
ECTS Credit	5	Workload	125 (<i>Hours</i>)	Theory	3	Practice	0	Laboratory	0
Objectives of the Course		Learning Principles and Methods of Cognitive Behavioral Therapy							
Course Content		Learning and Application Skills of Cognitive Behavioral Therapy							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Discussion, Case Study					
Name of Lecturer(s)									

Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	4	60

Recommended or Required Reading

1	Beck, J. S. (2014). Bilişsel davranışçı terapi: temelleri ve ötesi. (Şahin, M. ve Cömert, I., Çev.).Ankara: Nobel Akademik Yayıncılık.
2	Türkçapar, H. (2018). Bilişsel Davranışçı Terapi-Temel İlkeler ve Uygulama. İstanbul: Epsilon Yayınevi.

Week	Weekly Detailed Course Contents	
1	Theoretical	Introduction to Cognitive Behavior Therapy
2	Theoretical	Overview of Treatment
3	Theoretical	Cognitive Conceptualization
4	Theoretical	The Evaluation Session
5	Theoretical	Structure of the First Therapy Session
6	Theoretical	Session 2 and Beyond: Structure and Format
7	Theoretical	Problems with Structuring the Therapy Session
8	Intermediate Exam	Mid-term Exam
9	Theoretical	Identifying Automatic Thoughts and Identifying Emotion
10	Theoretical	Evaluating Automatic Thoughts
11	Theoretical	Responding to Automatic Thoughts
12	Theoretical	Identifying and Modifying Intermediate Beliefs
13	Theoretical	Identifying and Modifying Core Beliefs
14	Theoretical	Additional Cognitive and Behavioral Techniques
15	Theoretical	General Evaluation
16	Final Exam	Final Exam

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	3	3	84
Assignment	1	11	3	14
Midterm Examination	1	10	3	13
Final Examination	1	10	4	14
Total Workload (Hours)				125
[Total Workload (Hours) / 25*] = ECTS				5

*25 hour workload is accepted as 1 ECTS

Learning Outcomes

1	Student knows cognitive and behavioral theories.
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2	Explains theoretical framework of cognitive and behavioral therapy.
3	Knows therapeutic techniques which applied by cognitive and behavioral therapy, and uses them.
4	Explains the relations of cognitive and behavioral therapy between different therapy techniques.
5	Learn how to evaluate cognitive behavioral therapies.

Programme Outcomes (Guidance and Counseling Master)

1	To deepen the general knowledge in the field of guidance and psychological counseling within the framework of basic theories and practices, to have a comprehensive understanding of guidance and psychological counseling theories and models
2	Ability to apply appropriate psychological counseling skills, interventions and strategies at school level by conceptualizing child and adolescent clients' problems within the framework of psychological counseling theories.
3	Establishing, maintaining and terminating the professional help relationship by making use of psychotherapeutic theories, skills and conditions so that children and adolescents can recognize, understand, accept and develop themselves.
4	Knows contemporary educational theories and approaches, using these theories and approaches while supporting the development of the individual, society and education system
5	To have an understanding of the expertise area of psychological counseling on the basis of school
6	Developing a unique understanding of psychological counseling on a school basis
7	To follow national and international publications in the field of guidance and psychological counseling and to follow scientific activities (congress, summer school programs) publications.
8	Carrying out the necessary studies for the implementation of psychological counseling and guidance programs to the life of the clients and the continuous development of the clients.
9	To be able to conduct scientific research in the field of guidance and psychological counseling.
10	Being able to pay attention to prioritizing the scientific method and perspective in their work.
11	To be able to establish and maintain the determination of guidance and psychological counseling services in school-based services in accordance with ethical principles, rules and laws.
12	Being determined to act in accordance with school psychological counseling professional identity
13	Developing culture sensitive psychological counseling skills and using them in school practices.

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	4	5	5	4	5
P2	5	5	5	5	4
P3	5	4	5	4	5
P4	4	5	5	5	4
P5	5	5	4	5	5
P6	5	4	5	5	5
P7	4	5	4	4	5
P8	5	4	5	5	5
P9	5	5	5	4	5
P10	5	5	4	5	4
P11	4	5	5	5	5
P12	5	4	5	5	5
P13	4	5	5	4	5

