

TITLES	EXPLANATIONS
<b>Title of Course</b>	Cognitive-Behavioral Therapies
<b>Code of Course</b>	PSK 457
<b>Type of Course</b>	Elective
<b>Level of Course</b>	Undergraduate
<b>Year of Study</b>	4
<b>Semester/Trimester</b>	7 or 8
<b>Number of ECTS</b>	4
<b>Name of Lecturer(s)</b>	Prof. Dr. Nesrin Hisli Şahin
<b>Course Learning Outcomes</b>	<p>After taking this course students are expected to;</p> <p>LO1. Learn the basic characteristics, the historical developments and current status of the cognitive-behavioral therapies.</p> <p>LO2. Understand the importance of the therapeutic relationship, evaluation, and formulation.</p> <p>LO3. Learn about the cognitive and behavioral techniques used in the course of the therapy.</p> <p>LO4. Learn about the evaluation strategies used to evaluate the effectiveness of these therapies.</p> <p>LO5. Become acquainted with the research findings related to the effectiveness of cognitive-behavioral therapies.</p>
<b>Mode of Delivery</b>	The style of teaching is face-to-face interaction.
<b>Prerequisites and Co-requisites</b>	There is no prerequisite or co-requisite for this course.
<b>Recommended Optional Programme Component</b>	None
<b>Course Contents</b>	<ol style="list-style-type: none"> <li>1. Basic Theory, Development and Current Status of CBT</li> <li>2. Distinctive Characteristics of CBT</li> <li>3. The Therapeutic Relationship</li> <li>4. Assessment and Formulation</li> <li>5. Measurement in CBT</li> <li>6. Helping Clients Become Their Own Therapists</li> <li>7. Socratic Method</li> <li>8. Cognitive Techniques</li> <li>9. Behavioral Experiments</li> <li>10. Physical Techniques</li> <li>11. The Course of Therapy</li> <li>12. Developments in CBT</li> <li>13. Evaluating CBT</li> <li>14. Alternative Methods of Delivery</li> </ol>
<b>Recommended or Required Reading</b>	<p>(Primary Textbook)</p> <p>Westbrook, D., Kennerley, H., &amp; Kirk, J. (2011). <i>An introduction to cognitive-behavior therapy: Skills and applications</i>. Washington DC: Sage Publications.</p> <p>* The primary textbook for this course is renewed every year.</p>
<b>Planned Learning Activities and Teaching Methods</b>	<p>This course is conducted through discussions on the material presented in class and over the compulsory reading material. With this aim in mind, (a) regular lectures supported by visual presentations and (b) class discussions are used. These class discussions are designed in such a way to help students develop critical thinking skills and apply the different psychological perspectives to the material being presented.</p>
<b>Assessment Methods and Criteria</b>	1 Midterm, 4 Quizzes, 1 Final Exam
<b>Language of Instruction</b>	Turkish
<b>Practicum</b>	None

<b>Course Learning Outcomes</b>	L01	L02	L03	L04	L05
<b>Program Outcomes</b>					
Analyze problems with the scientific method and appropriate scientific tools.	X				
Think critically and creatively, ask questions, make comments using the knowledge and skills they have acquired.	X	X		X	X
Develop a positive attitude toward life-long education.					
Use the library, scientific databases, internet and other sources effectively.				X	X
Have the skills to find out, analyze, evaluate, decide about, and apply the alternative solutions to problems.		X	X	X	X
Be open-minded to use knowledge stemming from different disciplines and/or areas of psychology.		X	X		X
Develop a positive attitude toward critical thinking.					
Have advanced theoretical and applied knowledge of psychology supported by contemporary course material.	X	X	X		X
Have the necessary knowledge and skills to analyze and synthesize the main areas of psychology.		X	X		X
Be competent in English and Turkish.					
Use effective methods to present, share and discuss scientific information.					
Be able to write scientific papers by using international manuals such as APA.					
Show courage and use the necessary skills to propose solutions to the problems of the world they live in.					X
Show courage and have necessary skills to propose solutions to the problems of their own life.					X
Have a positive attitude to statistics and be able to use common statistical software packages.					
Be able to plan and conduct research independently.					
Apply qualitative and/or quantitative methods depending on the nature and the scope of a given problem.					
Know the research methods and statistical procedures used in behavioral sciences.					
Use tools such as questionnaires, inventories, scales, and tests.				X	
Apply psychological knowledge to other problem areas for community welfare.					
Use theoretical and applied knowledge in accordance with ethical standards.					