RAJAGIRI COLLEGE OF SOCIAL SCIENCES(AUTONOMOUS)

VALUE ADDED PROGRAMME

COGNITIVE BEHAVIOR THERAPY

Course Code: SWCBT   **Credit: 2 (32 Hrs)**

Course Desired Outcome

- To understand useful and practical strategies to improve your state of mind which can be used in everyday life.
- To develop abilities for identifying the underlying thought patterns that contribute to psychological distress.
- To help in identifying the stressful life situations and develop skills in dealing with overwhelming problems in a more positive way leading to mental well-being.

Module 1 Cognitive Behavioral Approaches – Teaching hrs: 8

> Introduction to Psychotherapy. The development and principles of cognitive behavioural treatment: - evolution and origins of CBT, Learning theories, Clinical applications of behavioural principles, CBT style, Structure of CBT and sessions and materials. The therapeutic relationship in CBT

Module 2 Cognitive behavioural assessment – Teaching hrs: 7

> Goals of cognitive behavioral assessment, measurements in cognitive behavioral assessment, behavioral interviewing

> Preliminary cognitive behavioral formulation and goal setting. Self-monitoring

Module 3 Dysfunctional thought s and CBT – Teaching hrs: 7

> Identifying and modifying thoughts using cognitive and behavioural methods

> Modifying rules for living. CBT Skills

Module 4 CBT Models for various disorders – Teaching hrs: 8

> Nature, cognitive models, assessment, process and techniques for treatment of persons with of Anxiety states, depression and Marital Problems, sexual dysfunctions.

References

1. Beck, J. (1995). *Cognitive Therapy: basics and beyond*. New York: Guilford Press.
2. Dobson, K. (2002). *Handbook of cognitive-behavioral therapies*. New York: Guilford Press.

3. Knaus, W. (2008). *The cognitive behavioral workbook for Anxiety: a step-by-step program*. Oakland, CA: New Harbinger Publications.
4. Leahy, R. (2003). *Cognitive Therapy Techniques: a practitioner's guide*. New York: Guilford Press.