

COURSE OUTLINE

1. GENERAL

SCHOOL	SOCIAL SCIENCES		
DEPARTMENT	PSYCHOLOGY		
LEVEL	<i>Undergraduate</i>		
COURSE CODE	PSY-3616	SEMESTER	6 th
COURSE TITLE	COGNITIVE AND BEHAVIOURAL APPROACHES		
TEACHING ACTIVITIES	WEEKLY HOURS	ECTS	
Lectures	3	4	
COURSE TYPE	Scientific Area (Optional)		
PREREQUISITES COURSES:			
INSTRUCTION/EXAM LANGUAGE:	Greek		
OFFERED TO ERASMUS STUDENTS	YES (independent study of english literature and term paper)		
COURSE WEB PAGE (URL)	https://elearn.uoc.gr/course/view.php?id=1096		

2. LEARNING OUTCOMES

Learning Outcomes
<p><i>This course provides an introduction to behavioral and cognitive theories in psychotherapy. It focuses on the in-depth study and critical review of both classical and contemporary approaches in Cognitive- Behaviour Therapy (CBT) and their relevance in helping us gain a better understanding of human behavior. Furthermore, the relationship between theory and practice is emphasized and the role of cognitive and behavioural approaches on the development of psychological treatment programs is also discussed. Moreover, this course aims to educate students how to implement CBT in treating anxiety, depression and other mental health difficulties.</i></p> <p>On completion of the course, students will be able to demonstrate:</p> <ul style="list-style-type: none"> • a sound knowledge of cognitive behavioral models, concepts and methods, • a broader perspective and understanding of how crucial is for the individual to recognise and modify dysfunctional thoughts, beliefs and assumptions that maintain maladaptive emotions and behaviors, • a critical understanding of cognitive and behavioural approaches' contribution to psychotherapy, • acquisition of basic knowledge about psychological intervention issues based on the principles of CBT.
General Competences

- Search, analysis and synthesis of data and information, with the use of the necessary technology
- Respect for difference and multiculturalism
- Showing social, professional and ethical responsibility and sensitivity to gender issues
- Criticism and self-criticism
- Production of free, creative and inductive thinking

3. COURSE CONTENT

1. Introduction to cognitive-behavioral therapy approaches
2. Behaviorism: Classical conditioning
3. Behaviorism: Operant conditioning and Social Learning
4. Basic principles and concepts of Cognitive-Behavioral Therapy (CBT)
5. Cognitive conceptualization
6. Cognitive-behavioral evaluation and case formulation
7. Therapeutic alliance in CBT
8. Planning treatment and structure of CBT
9. Cognitive and behavioral techniques
10. CBT for depression
11. CBT for anxiety
12. Wider applications of CBT
13. The “third wave” of CBT

4. INSTRUCTIONAL AND LEARNING METHODS - EVALUATION

INSTRUCTION METHOD	In class		
INFORMATION AND COMMUNICATION TECHNOLOGIES USED	Use of ICT in teaching Support for learning through the E-learn online platform		
TEACHING ORGANIZATION	<i>Activity</i>	<i>Semester Work load</i>	<i>ECTS credits</i>
	Lectures	39	1,56
	Written assignment	20	0,8
	Independent study for final examination	40	1,6
	Final examination	2	0,08
	<i>Course Total</i>	<i>101</i>	<i>4,04</i>
STUDENT EVALUATION	Evaluation is in Greek and in English for Erasmus students. I. Final Examination (80%) includes:		

	<ul style="list-style-type: none"> - Multiple-choice questions - Short answers - Problem solving questions <p>II. Written assignment (20%), case study</p> <p>Evaluation criteria are accessible to students via the web-site of course on the UoC e-learn platform.</p>
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5. BIBLIOGRAPHY

<ul style="list-style-type: none"> • Beck, J. (2016). <i>Introduction to Cognitive-Behavioral Therapy</i> (Eds. G. Simos). Athens: Patakis. • Gena, A. (2007). <i>Theory and Practice of Behavioral Analysis</i>. Athens: Gutenberg. • Kalpakoglou, T. (2013). <i>Anxiety and Panic: Cognitive theory and therapy</i>. Athens: Institute of Behavior Research and Therapy. Free pdf. • Newman, C.F. (2017). <i>Core Competencies in Cognitive-Behavioral Therapy: Becoming a Highly Effective and Competent Cognitive-Behavioral Therapist</i> (Eds. P. Roussi, M. Kosmidou). Athens: Gutenberg. • Young, J.E., Klosko, J.S., & Weishaar, M.E. (2013). <i>Schema Therapy: A Practitioner's Guide</i> (Eds. G. Simos). Athens: Patakis. • Westbrook, D., Kennerley, H., & Kirk, J. (2012). <i>An Introduction to Cognitive-Behavioral Therapy: Therapy and Applications</i> (Eds. A. Kalantzi-Azizi, K. Efthymiou). Athens: Pedio. • Selected articles from scientific journals: Cognitive Behaviour Therapy, Behavioural and Cognitive Psychotherapy, etc.
