



**Karolinska
Institutet**

Course syllabus for

Psychotherapeutic theories and methods 1 - cognitive behavioural therapy, 10.5 credits

Psykoterapeutiska teorier och metoder 1 - kognitiv beteendeterapi, 10.5 hp

This course has been cancelled, for further information see Transitional provisions in the last version of the syllabus.

Please note that the course syllabus is available in the following versions:

Autumn2008 , Spring2009

Course code	2PT021
Course name	Psychotherapeutic theories and methods 1 - cognitive behavioural therapy
Credits	10.5 credits
Form of Education	Higher Education, study regulation 2007
Main field of study	Psychotherapy
Level	AV - Second cycle
Grading scale	Pass, Fail
Department	Department of Clinical Neuroscience
Decided by	Programnämnden för psykoterapeutprogrammet
Decision date	2008-05-15
Revised by	Education committee CNS
Last revision	2018-02-21
Course syllabus valid from	Spring 2009

Specific entry requirements

- Master of Science in Psychology (under the 1982 study regulation or later regulations), or
 - Master of Science in Medicine with a specialisation in psychiatry or child and adolescent psychiatry, or
 - Bachelor of Science in Social Work or
 - another equivalent degree (Bachelor degree/professional qualification) of at least 180 credits
- Furthermore, for the two latter groups, basic education in psychotherapy or the equivalent is required.

The applicant should have been working during at least two years after the basic psychotherapy education, and during these two years he/she should have worked with psychotherapy under supervision of a certified psychotherapist with the specialisation in question.

The applicant should have a certificate from the employer to certify that he/she will, during the education, work part-time in psychiatric care, or the equivalent.

Objectives

Knowledge and understanding

- at a general level, account for and evaluate CBT-related psychotherapy theories critically
- present a general picture of pharmacological treatments in psychiatric disorders and evaluate them in relation to psychotherapy and its combination
- at a general level, account for current empirical research about psychotherapy, pharmacology and its combination, and take a position to what should be considered treatment with empirical support
- at a general level, account for CBT-theory, analysis and method in psychiatric conditions
- describe and explain how CBT may be applied in formats other than individual therapy (e.g. CBT in groups and self-help, CBT as pair and family therapy)
- account for legislation and regulations, at a general level, and know what channels psychotherapists should use to get clarity on issues of legislation and psychotherapy

Skills and abilities

- at the concrete level, be able to show how to apply CBT-related psychotherapy theories in case analysis
- with support in empiricism and knowledge from case analysis be able to design CBT-treatments
- account for relevant research on ethics
- describe and explain the psychotherapist's obligations regarding confidentiality, informed consent, professional secrecy

Values and attitudes

- get familiar with other psychotherapy specialisations, and eclectic and integrative approaches, and be able to compare and evaluate them
- explain, motivate and take a position to professional ethical issues that concern the activities of psychotherapists
- notice personal values that can influence the psychotherapy

Content

The course has got two parts.

Psychotherapeutic theories and methods and regulations and..., 6.0 hp

Grading scale: GU

The part contains:

- psychotherapy theory, clinical case analysis/KBT-analysis
- - psychotherapeutic methods and skills
- applications of CBT in the treatment of specific psychiatric syndromes in adults
- different forms of behaviour therapies and cognitive behaviour therapies
- orientation in other psychotherapy specialisations and psychotherapy integration and psychiatric treatment
- ethical guidelines, research on ethics, a professional attitude, and legislation and regulations that concern the activities of psychotherapists

Psychotherapeutic theories and methods, 4.5 hp

Grading scale: GU

The part contains:

- psychotherapy theory, clinical case analysis/KBT-analysis
- psychotherapeutic methods and skills
- applications of CBT in the treatment of specific psychiatric syndromes in adults
- different forms of behaviour therapies and cognitive behaviour therapies

Teaching methods

Teaching is given in the form of lectures and clinical demonstrations of e.g. different psychotherapeutic methods, group exercises with elements of practical proficiency training, and literature seminars. In addition, lectures and seminars in which ethical dilemmas in psychotherapy are problematised, discussed and related to the current regulatory framework, are given.

Examination

Examination may take place individually or in groups in the form of oral and written examinations and practical proficiency tests in connection with the respective parts. Video recordings of different psychotherapeutic and alliance-making methods that are assessed and examined by the responsible teacher are used. An individual written examination takes place concerning professional ethical reflection and an oral presentation of the written report.

In case of failure, five more examinations are provided.

All the teaching is compulsory. In case of absence of no more than 20%, the student should be given a complementary assignment for the lecture that the student has been absent from. At absence of more than 20% of the part, it can not be approved. Students who have not achieved a Pass grade due to too high absence will have an opportunity to make up for this part in the next course.

Transitional provisions

The course is cancelled

Other directives

A course evaluation will be carried out according to the guidelines established by the Board of education.

The student should submit a certificate from the employer to certify that he/she has, in the current semester, been working part-time in psychiatric care, or the equivalent.

Literature and other teaching aids

Barlow, David H.

Anxiety and its disorders : the nature and treatment of anxiety and panic

2nd ed. : New York ; a London : Guilford, 2004. - xvi, 704 p.

ISBN:1-59385-028-X (pbk.) LIBRIS-ID:9393240

[Library search](#)

Case formulation in cognitive behaviour therapy : The treatment of challenging and complex cases

Tarrier, Nicholas

New York, N.Y. : Routledge, 2006 - 382 s.

ISBN:978-1-58391-840-1 (inb.) LIBRIS-ID:10163007

[Library search](#)

Eikeseth, Svein edt; Svartdal, Frode edt; Torhell, Sven-Erik

Tillämpad beteendeanalys

Lund : Studentlitteratur, 2007 - 536 s.

ISBN:978-91-44-04310-4 LIBRIS-ID:10113263

[Library search](#)

Miller, W.R.; Arkowitz, H.; Westra, H.A.

Motivational Interviewing in the Treatment of Psychological Problems

New York : Guilford, 2007 - 354 s.

ISBN:1593855850

[Library search](#)

Ramnerö, Jonas; Törneke, Niklas

Beteendets ABC : en introduktion till behavioristisk psykoterapi

Lund : Studentlitteratur, 2006 - 249 s.

ISBN:91-44-04374-0 LIBRIS-ID:10082183

[Library search](#)