



**Karolinska  
Institutet**

Course syllabus for

# **Psychotherapy Under Supervision and Applied Practices 5 - Cognitive Behavioural Therapy, 2 credits**

Psykoterapi under handledning samt arbetsförlagd praktik 5 - kognitiv beteendeterapi, 2 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:

Autumn2011 , Autumn2012

Course code	2PT071
Course name	Psychotherapy Under Supervision and Applied Practices 5 - Cognitive Behavioural Therapy
Credits	2 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	Programnämnd 8
Decision date	2011-05-13
Revised by	Education committee CNS
Last revision	2018-02-21
Course syllabus valid from	Autumn 2012

## **Specific entry requirements**

Passing the previous term's "Psykoterapi under handledning samt arbetsplatsförlagd praktik 4" ("Psychotherapy under supervision and applied practice 4") course is a prerequisite for participation in this course.

## **Objectives**

Knowledge and understanding

On completion of the course, students - in connection with patients who have been diagnosed with psychotic syndrome with or without affective symptoms, neuropsychiatric disorders, complex cognitive disabilities and severe personality disorders - will be able to:

- account for treatment principles and evidence-based manualised methods for the above diagnoses

- account for factors that should guide the choice of treatment objectives in connection with the above diagnoses and any comorbidity

### Skills and abilities

On completion of the course, students - in connection with patients who have been diagnosed with psychotic syndrome with or without affective symptoms, neuropsychiatric disorders, complex cognitive disabilities or severe personality disorders - will be able to:

- carry out behavioural analysis/conceptualisation of the issues in question
- operationalise mental suffering, measure behaviour and plan treatment
- carry out diagnostic findings and formulate treatment objectives on the basis of these
- in the event of complex comorbidity, formulate the patient's problems and agree on a treatment plan together with the patient
- formulate a clear treatment agreement and follow it
- reformulate the treatment plan if necessary in order to achieve the treatment objectives better
- show knowledge about the course of the disease and effects of pharmacological treatment in implementing psychotherapy
- be able to plan and implement psychotherapy in collaboration with other clinicians involved in the patient's treatment
- describe their own knowledge and deficiencies in knowledge within the area in question to supervisors and the other students
- establish a good supervisor relationship, including listening to information and feedback and following the supervisor's advice
- document their treatment work through session reports, treatment report and journal notes

### Evaluations and attitudes

On completion of the course, students - in connection with patients who have been diagnosed with psychotic syndrome with or without affective symptoms, neuropsychiatric disorders, complex cognitive disabilities or severe personality disorders - will be able to:

- behave professionally towards patients and their family members
- argue for the use of different methods to assess the progress of the treatment
- analyse the significance of the treatment provider having clinical responsibility for the patient and how this affects his or her own freedom as a treatment provider
- review their own activities for knowledge generation within the supervision group
- review the implementation of the treatment with regard to institutional rules and requirements
- reason on their own evaluations and those of others in connection with psychotherapeutic treatment

## Content

The aim of the course is to provide experience of carrying out cognitive behavioural therapy under supervision with clients who have been diagnosed with psychotic syndrome with or without affective symptoms, neuropsychiatric disorders or severe personality disorders. The emphasis will be on the choice of treatment objectives and strategies, as well as manualised and evidence-based treatments in the case of complex comorbidity.

## Teaching methods

Teaching takes place in the form of group supervision in groups of approximately four students. In order to optimise the opportunities for adequate feedback from the supervisor, video and audio recordings of the psychotherapy sessions are used. Written session reports are completed after every session and before supervision.

The teaching requires students to participate actively with reflections on their own patient materials and those of other group members.

## Examination

Supervision is mandatory. Students will not pass in the event of more than 20% absence. Examination takes place through the supervisor's continuous assessment of the student's competence via recorded psychotherapy sessions and activities during supervision, and through written reports in the form of session summaries and psychotherapy summaries after treatment has been concluded. Students must have met the record-keeping requirement during the term in order to pass the module.

This is a clinically applied module, and students who fail are entitled to repeat the course on one occasion.

A student's work-based education or equivalent may be ended immediately by an examiner if the student demonstrates such a serious lack of knowledge, skills or attitude that patient safety or patients' confidence in medical care is jeopardised. When work-based education is ended, the student fails the current module and one instance of work-based education has been used.

In such cases, an individual action plan will be drawn up detailing which activities and knowledge checks are required before the student will be given the opportunity to carry out a new instance of work-based education on this course.

Students who fail work-based education or equivalent as a result of demonstrating such a serious lack of knowledge, skills or attitude that patient safety or patients' confidence in medical care is jeopardised will only be authorised to carry out a new instance of work-based education once the individual action plan has been carried out.

## Transitional provisions

The course has been cancelled

## Other directives

Course evaluation will be carried out in accordance with the guidelines established by the Board of Higher Education.

Each student must submit confirmation from his or her employer demonstrating that the student has been employed on a part-time basis with psychotherapeutic work tasks in psychiatric care or equivalent duties during the term in question.

## Literature and other teaching aids

### **Clinical handbook of psychological disorders : a step-by-step treatment manual**

*Barlow, David H.*

4. ed. : New York : Guilford Press, cop. 2008 - 722 s.

ISBN:978-1-59385-572-7 LIBRIS-ID:10654616

[Library search](#)

*Farmer, Richard F.; Chapman, Alexander L.q (Alexander Lawrence)*

### **Behavioral interventions in cognitive behavior therapy : practical guidance for putting theory into action**

Washington, DC : American Psychological Association, 2008 - 341 s.

ISBN:1--43380241-4 LIBRIS-ID:10664333

[Library search](#)

### **Psychotherapy relationships that work : therapist contributions and responsiveness to patients**

*Norcross, John C.*

Oxford : Oxford University Press, 2002 - 452 s.

ISBN:0-19-51446-9 LIBRIS-ID:8718579

[Library search](#)

*Ek, Ulla; Linder, Susanne; Wetter, Ilse*

**Rätt & vett : om juridik och etik i psykologiskt arbete**

2. uppl. : Lund : Studentlitteratur, 2011 - 230 s.

ISBN:91-44-06733-X LIBRIS-ID:12133137

[Library search](#)

*Kingdon, David G.; Turkington, Douglas*

**Cognitive therapy of schizophrenia**

New York : Guilford Press, cop. 2005 - xvi, 219 s.

ISBN:1-59385-104-9 (alk. paper) LIBRIS-ID:9804213

URL: <http://www.loc.gov/catdir/bios/guilford051/2004012738.html>

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