



**Karolinska  
Institutet**

Course syllabus for

# **Psychiatric Diagnostics and Theory Specific Assessment 1 - Cognitive Behavioural Therapy, 1.5 credits**

Psykiatrisk diagnostik och inriktningsspecifik bedömning 1 - kognitiv beteendeterapi, 1.5 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:

Autumn2011 , Autumn2012 , Spring2014 , Autumn2015

Course code	2PT075
Course name	Psychiatric Diagnostics and Theory Specific Assessment 1 - Cognitive Behavioural Therapy
Credits	1.5 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	Programnämnd 8
Decision date	2011-05-13
Revised by	Programme Committee 8
Last revision	2013-11-05
Course syllabus valid from	Spring 2014

## **Specific entry requirements**

- Passed a Master of Science in Psychology (in accordance with the 1982 curriculum or later provisions), or
- a University Medical Degree specialising in psychiatry or child and adolescent psychiatry, or
- a Bachelor of Science in Social Work, or
- another equivalent degree (bachelor's degree/vocational degree) worth at least 180 higher education credits

For the last two groups, basic psychotherapy education or equivalent is also required. '

The applicant must have been employed for at least two years following the undergraduate psychotherapy training, and during these two years must have worked in psychotherapy under the supervision of a qualified psychotherapist. The applicant must have, with in the basic psychotherapeutic education or otherwise, participated in at least 20 hours of own psychotherapy or self directed

experience with a qualified psychotherapist. The applicant must have employer certification to demonstrate that, while studying, the applicant will work part-time dealing with psychotherapeutic duties within psychiatric care or equivalent duties. In addition, knowledge in Swedish and English equivalent to courses Swedish B and English A (with at least grade Passed) is compulsory.

## Objectives

### Knowledge and understanding

Be able to account for legislation relating to patient notes and medical care

Be able to give a basic account of the DSM and ICD-10 diagnostic systems

Reflect at a basic level on the importance of multicultural aspects when making assessments

### *Skills and abilities*

Demonstrate an ability to ask questions and follow-up questions

Demonstrate a certain record-keeping ability

Demonstrate an ability to carry out structured interviews, summarise and give the patient feedback

Demonstrate a basic ability to carry out preliminary behavioural analysis/conceptualisation

Demonstrate basic skills in relation to measuring and behavioural experiments

Demonstrate an ability to recommend actions under supervision

Demonstrate an ability to adapt and work together with different clinical decision-makers within different clinical systems

Demonstrate an ability to describe their own knowledge and deficiencies to supervisors and colleagues

Demonstrate an ability to listen to information and feedback from the supervisor

Demonstrate an ability to follow the supervisor's advice

Demonstrate an ability to present clinical materials and problems to the supervisor

Demonstrate an ability to formulate relevant questions and views on fellow students' clinical materials

### *Evaluations and attitudes*

Demonstrate an ability to take a professional approach to patients and their family members

Understand the consequences of legislation and organisational requirements on clinical work

Understand the importance of the treatment being carried out with regard to institutional rules and requirements

## Content

Students will carry out psychotherapeutic assessments and psychiatric diagnoses in series of discussions of around three discussions per patient. Each student will assess two to three patients during the term. Supervision and teaching focuses on frame factors in supervision, to write clinical journals and diagnostic systems, general psychotherapeutic assessment, behaviour and case conceptualisation, and interview and discussion methods.

## Teaching methods

Teaching takes place in the form of both clinical group supervision in groups of approximately four students and seminars covering practical exercises and role play.

## Examination

Examination takes place through continuous assessment of the student's competence via supervision, and through written reports in the form of session summaries and assessment summaries after the end of the series of discussions. 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

An examination will be made available for a period of one year in the event of the course being discontinued or a new course syllabus being devised.

## 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

### Psykiatri

*Herlofson, Jörgen; Ekselius, Lisa*

1. uppl. : Lund : Studentlitteratur, 2009 - 746 s.

ISBN:978-91-44-04026-4 (inb.) LIBRIS-ID:11369004

[Library search](#)

*Hersen, Michel.; Thomas, Jay C.*

**Handbook of clinical interviewing with adults [electronic resource]**

Los Angeles : Sage Publications, c2007.

ISBN:978-1-4129-8273-3 (electronic bk.) LIBRIS-ID:12036493

[Library search](#)

**Mental measurements yearbook. The eighteenth mental measurements yearbook**

*Spies, Robert A.*

Lincoln, Neb. : University of Nebraska Press, 2010 - 868 s.

ISBN:978-0-910674-61-4 LIBRIS-ID:12108187

[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](#)

*Ekselius, Lisa*

**Diagnostik och uppföljning av förstämningssyndrom**

SBU, 2012

URL: [Länk](#)