



**Karolinska
Institutet**

Course syllabus for

Psychotherapy Under Supervision 1 - Cognitive Behavioural Therapy, 3.5 credits

Psykoterapi under handledning 1 - kognitiv beteendeterapi, 3.5 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 , Autumn2013 , Autumn2015 , Spring2016

Course code	2PT077
Course name	Psychotherapy Under Supervision 1 - Cognitive Behavioural Therapy
Credits	3.5 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	Programnämnd 8
Last revision	2013-05-07
Course syllabus valid from	Autumn 2013

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 (bachelors 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. 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.

Objectives

Knowledge and understanding

- Be able to reason on treatment principles and methods applicable to the problem of the patient in question
- Be able to reflect on different methods for assessing the progress of the treatment
- Be able to reason on the significance of a good working relationship in terms of treatment results

Skills and abilities

- Demonstrate an ability to describe their own knowledge and deficiencies to supervisors and other students
- 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
- Demonstrate an ability to adapt and work together with different clinical decision-makers within different clinical systems
- Demonstrate a basic ability to establish a good treatment relationship
- Demonstrate a basic ability to put themselves in the patient's situation to facilitate cooperation between the therapist and the patient in order to achieve the treatment objectives
- Demonstrate an ability to carry out behavioural analysis/conceptualisation with the psychotherapy patient in question
- Demonstrate an ability to operationalise mental suffering, measure behaviour and plan treatment with the patient in question, so that the patient's ability to learn from his or her own experiences increases
- Demonstrate an ability to reason theoretically on the patient's problem
- Demonstrate an ability to carry out diagnostic findings and to formulate treatment objectives
- Demonstrate an ability to formulate the patient's problems and agree on a treatment plan, together with the patient
- Demonstrate an ability to follow a clear treatment agreement
- Demonstrate an ability to reformulate the treatment plan if necessary in order to achieve the treatment objectives better
- Demonstrate an ability to document their treatment work

Evaluations and attitudes

- Demonstrate an ability to take a professional approach to patients and their family members
- Understand the importance of the treatment provider having clinical responsibility for the patient and the fact that this has consequences in terms of their own freedom as a treatment provider
- Understand the importance of their own activities for knowledge generation within the supervision group
- Understand the importance of the treatment being carried out with regard to institutional rules and requirements

Content

The aim of the course is to provide deeper experience of carrying out cognitive behavioural therapy under supervision with clients. The theme of this course is basic processes in psychotherapy, and there

will be a particular emphasis on frame factors in supervision, such as structure, agenda and alliance/motivational strategies.

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.

Examination

Examination takes place through the continuous assessment of the student's competence via recorded psychotherapy sessions and the supervision, and through written reports in the form of session summaries and treatment report 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.

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

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](#)

Etik och juridik för psykologer och psykoterapeuter

Sverne Arvill, Ebba; Hjelm, Åke; Johnsson, Lars-Åke; Sääf, Christina

5. uppl. : Lund : Studentlitteratur, 2012 - 346 s.

ISBN:978-91-44-07543-3 LIBRIS-ID:13434329

[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](#)

Oxford guide to behavioural experiments in cognitive therapy

Bennett-Levy, James

Oxford : Oxford University Press, 2004 - xxi, 461 s.

ISBN:0-19-852916-3 (hft.) LIBRIS-ID:9373318

[Library search](#)

The therapeutic relationship in the cognitive behavioral psychotherapies

Gilbert, Paul (Ed.); Leahy, Robert L. (Ed.)

London : Routledge, 2007 - 292 s.

ISBN:978-0-415-38437-7 (hbk.) LIBRIS-ID:10411738

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