



**Karolinska
Institutet**

Course syllabus for

Psychotherapeutic Theories and Methods 1 - Cognitive Behavioural Therapy, 12 credits

Psykoterapeutiska teorier och metoder 1 - kognitiv beteendeterapi, 12 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](#) , [Autumn2013](#) , Autumn2014 , [Autumn2015](#)

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| Course code | 2PT078 |
| Course name | Psychotherapeutic Theories and Methods 1 - Cognitive Behavioural Therapy |
| Credits | 12 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 | 2014-11-07 |
| Course syllabus valid from | Autumn 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

On completion of the course, students will be able to:

- account in detail for concepts and theories in terms of learning psychology in relation to psychopathology and treatment
- account in detail for social psychology in relation to psychopathology and treatment
- account for social aspects that can have a positive and negative impact on learning
- account for neuropsychological functions that are of significance to learning and social interaction
- account in detail for processes that lead to and sustain specific mental disorders, with an emphasis on specific and social phobia, panic disorders and depression
- account for different treatment principles and interventions that are applicable to the above disorders, and critically review these from a scientific perspective
- account for current legislation that governs the work of psychotherapists
- account for ethical problems that are of significance to psychotherapy
- account for the function and structure of patient records

Skills and abilities

On completion of the course, students will be able to:

- demonstrate an ability to operationalise mental suffering and measure behaviour, and to apply this in a pedagogical manner
- demonstrate an ability to carry out behavioural analyses and case conceptualisation, based on learning psychology, social psychology and neuropsychology
- demonstrate skills in relation to formulating concrete and measurable treatment objectives
- demonstrate skills for planning treatment with regard to both research findings and the patient's individual needs
- demonstrate an ability to explain, in a pedagogical manner, principles relating to the occurrence and continuation of specific and social phobia, panic disorders and depression, and provide information and feedback
- demonstrate an ability to explain, in a pedagogical manner, the psychotherapist's obligations in terms of confidentiality, informed consent and professional secrecy
- develop methods for actively searching for knowledge, critical knowledge evaluation and group cooperation in relation to learning

Evaluations and attitudes

On completion of the course, students will be able to:

- understand the importance of issues of professional ethics affecting psychotherapists' work
- notice personal values that may affect the implementation of treatment
- represent values that lead to taking their own responsibility for continued and continuous knowledge acquisition
- represent values that involve not discriminating against anyone on the grounds of their gender, ethnic origin, declaration of faith, sexual orientation or disability in professional practice

Content

The course comprises of three (3) parts.

Psychotherapeutic theories and methods 1, and law, 7.5 hp This module is given during term 1, and

focuses on learning psychology and neuropsychological aspects of significance to developing and sustaining psychopathology. Issues of behavioural analysis and case conceptualisation are also dealt with, together with treatment strategy. In particular, psychotherapeutic methods and skills applicable to specific and social phobia, panic disorders and depression will be dealt with. Finally, ethical guidelines, research and ethics, a professional attitude, and legislation and regulations affecting psychotherapists' work are dealt with. **Psychotherapeutic theories and methods 2, 2 hp** This module is given during term 2, and is a continuation and deepening of the previous term's work. Pedagogical aspects of treatment work are emphasised. Knowledge of behavioural analysis/case conceptualisation, treatment objectives and treatment strategies, and the psychotherapist's pedagogical abilities is deepened.

Psychotherapeutic theories and methods 3, 2.5 hp This module is given during term 2, and is a continuation of theoretical knowledge of psychopathology and treatment. The importance of social psychological aspects in terms of developing, sustaining, and treatment of psychopathology are focused on and integrated with knowledge of learning psychology and neuropsychology. Psychotherapeutic methods and skills applicable to specific and social phobia, panic disorders and depression remain in focus.

Teaching methods

Teaching takes place in the form of problem-based learning (PBL) through student-active seminars, lectures and recorded presentations through Ping Pong. Part of the seminars will consist of practical exercises in the form of role play and video or audio recorded applications of methods and techniques. Students are required to be active and take responsibility for their own learning.

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

Clark, David A.; Beck, Aaron T.

Cognitive therapy of anxiety disorders : science and practice

New York : Guilford Press, cop. 2010 - xi, 628 p.

ISBN:978-1-60623-434-1 (hardcover : alk. paper) LIBRIS-ID:11776107

[Library search](#)

Purves, Dale.

Principles of cognitive neuroscience

2nd ed. : Sunderland, Mass. : Sinauer Associates, c2013.

ISBN:978-0-87893-573-4 LIBRIS-ID:13905270

[Library search](#)

Linton, Steven James; Bergbom, Sofia; Landström Flink, Ida

Beteendeanalys steg för steg : grunden till en effektiv KBT-behandling

1. utg. : Stockholm : Natur & kultur, 2013 - 216 s.
ISBN:9789127132146 (inb.) LIBRIS-ID:13913153

[Library search](#)

Hogg, Michael A.; Vaughan, Graham M.

Social psychology

7th edition. : Harlow, England : Prentice Hall, 2013 - 1 volume
ISBN:9780273764595 (pbk.) : LIBRIS-ID:15177106

[Library search](#)

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](#)

KBT inom psykiatrin

Öst, Lars-Göran

2. rev. & utökade utgåvan : Stockholm : Natur & Kultur, 2013 - 424 s.
ISBN:9789127135604 (inb.) LIBRIS-ID:14291372

[Library search](#)

Miller, William R.; Rollnick, Stephen

Motiverande samtal : att hjälpa människor till förändring

3., [dvs 4]., utg. : Stockholm : Natur & Kultur, 2013 - 516 s.
ISBN:9789127135390 LIBRIS-ID:14008440

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