



**Karolinska  
Institutet**

Course syllabus for

# **Basic training in psychotherapeutic method, cognitive behavioural therapy, for psychiatrists under training, 45 credits**

Basutbildning i psykoterapeutisk metod, inriktning kognitiv beteendeterapi, för ST-läkare, 45 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:

Spring2011 , Autumn2012

Course code	9K8042
Course name	Basic training in psychotherapeutic method, cognitive behavioural therapy, for psychiatrists under training
Credits	45 credits
Form of Education	Contract education (credits)
Main field of study	Psychotherapy
Level	First cycle, has only upper-secondary level entry requirements
Grading scale	Pass, Fail
Department	Department of Clinical Neuroscience
Decided by	Styrelsen för utbildning
Decision date	2011-05-16
Revised by	Styrelsen för utbildning
Last revision	2012-08-16
Course syllabus valid from	Autumn 2012

## **Specific entry requirements**

Licensed doctor in specialist training in psychiatry.

## **Objectives**

Knowledge and understanding

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After completing the course, students must be able to:

- Show basic knowledge of the scientific basis of the field and basic knowledge of the connection between science and proven experience.
- Show basic knowledge of information and learning psychological functions.

- Show and discuss basic concepts and models within cognitive behavioural therapy.
- Show and discuss behavioural analysis and case conceptualization.
- Put cognitive behavioural therapy theory in relation to psychological science at a basic level.
- Show extensive knowledge of information and learning psychological functions and neuropsychological explanatory models for psychopathology.
- Describe how their own work contributions can be evaluated on a scientific basis.

#### Skills and abilities

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After completing the course, students must:

- Be able to apply theoretical knowledge in clinical work under supervision.
- Be able to establish a positive working relationship with a patient.
- Under supervision and on a scientific basis, be able to plan, carry out and document treatment work of cognitive behavioural therapy.

#### Judgment and approach

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After completing the course, students must:

- Be able to take an inquisitive and critical approach to different therapeutic theories and to the state of the art.
- Be able to review their own work on the basis of science and proven experience.
- Be able to adopt a critical attitude towards their own work on the basis of legal and ethical aspects.
- With supervision, be able to determine whether a patient should be referred to another colleague or for a different therapeutic treatment.
- Be able to reflect on their need for further knowledge and to continuously develop their competence.

## Content

The course comprises one and a half year of theoretical education and clinical practice in the psychotherapeutic methods cognitive behavior therapy. Clinical supervision encompasses at least 130 hours of group supervisio. In addition, the course includes education in basic psychology, psychological models of psychopathology, the clinical interview, research and clinical evaluation, and law and ethics.

**Basic psychology, 4 hp** The "Basic psychology" section covers the fields of emotional, memory, cognitive, learning and developmental psychology. The module is given during term 1. **Information, learning and neuropsychology 1, 3 hp** The section covers learning, information and neuropsychological explanatory models relating to some of the most common psychiatric diagnoses, including anxiety, depression and personality disorders. The module is given during term 1.

**Information, learning and neuropsychology, 3 hp** The section covers learning, information and neuropsychological explanatory models relating to some of the most common psychiatric diagnoses, including anxiety, depression and personality disorders. The module is given during term 3. **The psychotherapeutic interview, 3 hp** The "Psychotherapeutic interview" section includes theory and practical rehearsal of interview techniques based on psychotherapy research, information and communication theory and an introduction to the "Motivating interview" method. The module is given during term 1. **Methods in cognitive behavioral therapy 1, 2 hp** The "Cognitive behavioural therapy methods" section includes basic theory and concepts for problem analysis and treatment. The module mainly includes treating anxiety and affective disorders. In addition, an introduction is provided to treating e.g. addiction and dependence, psychosis, personality disorders, eating disorders, behavioural medicine and relationship problems. The module is examined during term 1. **Methods in cognitive behavioral therapy 2, 6 hp** The "Cognitive behavioural therapy methods" section includes basic theory and concepts for problem analysis and treatment. The module mainly includes treating anxiety and affective disorders. In addition, an introduction is provided to treating e.g. addiction and dependence, psychosis, personality disorders, eating disorders, behavioural medicine and relationship problems. The module is examined during term 2. **Methods in cognitive behavioral therapy 3, 4 hp** The "Cognitive behavioural therapy methods" section includes basic theory and concepts for problem analysis and

treatment. The module mainly includes treating anxiety and affective disorders. In addition, an introduction is provided to treating e.g. addiction and dependence, psychosis, personality disorders, eating disorders, behavioural medicine and relationship problems. The module is examined during term 3. **Supervised cognitive behavioural therapy 1, 2 hp** The "Supervised cognitive behavioural therapy" section includes both problem analysis and psychotherapeutic treatment work under supervision. The sessions are recorded in audio or video formats, and written session reports and concluding treatment reports are produced for every client. Supervision takes place in groups of four students. The module is examined during term 1. **Supervised cognitive behavioural therapy 2, 9 hp** The "Supervised cognitive behavioural therapy" section includes both problem analysis and psychotherapeutic treatment work under supervision. The sessions are recorded in audio or video formats, and written session reports and concluding treatment reports are produced for every client. Supervision takes place in groups of four students. The module is examined during term 2. **Supervised cognitive behavioural therapy 3, 6 hp** The "Cognitive behavioural therapy methods" section includes basic theory and concepts for problem analysis and treatment. The module mainly includes treating anxiety and affective disorders. In addition, an introduction is provided to treating e.g. addiction and dependence, psychosis, personality disorders, eating disorders, behavioural medicine and relationship problems. The module is examined during term 3. **Research and clinical evaluation 1, 1 hp** The "Research and clinical evaluation" section includes a review of the very latest research within the field, and an introduction to psychometrics as applied to some common measuring instrument. The module is given during term 1. **Research and clinical evaluation 2, 1 hp** The "Research and clinical evaluation" section includes a review of the very latest research within the field, and an introduction to psychometrics as applied to some common measuring instrument. The module is given during term 3. **Ethics, 1 hp** This module covers basic ethical principles which are applicable to psychotherapeutic activities. The module is given during term 3.

## Teaching methods

The theoretical teaching takes place through lectures, seminars and group exercises. Homework will be assigned between the teaching sessions.

Supervision in the clinical modules takes place in groups of four students.

## Examination

Modules 1-7 and 11-13 are examined in the form of written examinations and active participation in seminars and group exercises, for attendance is mandatory at all teaching sessions.

The "Cognitive behavioural therapy methods" modules are examined during terms 1 to 3. Role play, video recording and oral examinations take place. A minimum of 80% attendance is required for the theoretical modules as well as for clinical modules in order to be eligible to take the examination.

For the "Supervised cognitive behavioural therapy" modules (number 8-10), students must also in advance submit session reports and recordings to the supervisor and the other course participants in the group before each treatment session, carry out 2 treatments and write a treatment report (including behavioural analysis) in accordance with instructions.

Students who have not participated in part of the module can be given additional tasks by the relevant member of teaching staff to compensate for their absence.

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.

## Other directives

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

## Literature and other teaching aids

*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](#)

### **Kognitiv terapi : modeller och metoder**

*Mørch, Merete M.; Rosenberg, Nicole K.*

*Hagelthorn, Marika; Viborg, Gardar G.*

1. uppl. : Malmö : Gleerups Utbildning AB, 2006 - 375 s.

ISBN:91-40-647561-7 LIBRIS-ID:10285060

[Library search](#)

*Leahy, Robert L.*

### **Cognitive therapy techniques : A practitioner's guide**

New York : Guilford Press, 2003 - 347 s.

ISBN:1-57230-905-9 (paper) LIBRIS-ID:9199838

[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](#)

*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](#)

*Rollnick, Stephen; Miller, William R.; Butler, Christopher C.*

### **Motiverande samtal i hälso- och sjukvård : att hjälpa människor att ändra beteende**

Lund : Studentlitteratur, 2009 - 273 s.

ISBN:978-91-44-05262-5 LIBRIS-ID:11584447

[Library search](#)

*Linton, Steven James; Flink, Ida*

### **12 verktyg i KBT : från teori till färdighet**

1. utg. : Stockholm : Natur & kultur, 2011 - 390 s.  
ISBN:978-91-27-12112-6 (inb.) LIBRIS-ID:11789339

[Library search](#)

*Andersson, Gerhard*

**Ut ur depression och nedstämdhet med kognitiv beteendeterapi**

*Bergström, Jan*

Stockholm : Viva, 2007 - [5] s., s. 8-262  
ISBN:978-91-85675-06-7 (inb.) LIBRIS-ID:10417321

URL: <http://194.68.4.214/bilder/b/9185675067.jpg>

[Library search](#)

*Beck, Judith S.*

**Cognitive therapy : basics and beyond**

New York : Guilford Press, cop. 1995 - xiv, 338 s.  
ISBN:0-89862-847-4 LIBRIS-ID:6299409

[Library search](#)

*Carlbring, Per; Hanell, Åsa*

**Ingen panik : fri från panik- och ångestattacker i 10 steg med kognitiv beteendeterapi**

1. utg. : Stockholm : Natur & kultur, 2007 - 268 s.  
ISBN:978-91-27-11466-1 (inb.) LIBRIS-ID:10136465

[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](#)

*D'Elia, Giacomo*

**Det kognitiva samtalet i vården**

Stockholm : Natur och kultur, 2004 - 217, [1] s.  
ISBN:91-27-09823-0 (inb.) LIBRIS-ID:9658766

[Library search](#)

*Gyllenhammar, Carl*

**Bryta vanor : kognitiv och beteendeariktad behandling vid missbruk och beroende**

1. utg. : Stockholm : Natur och kultur, 2007 - 175 s.  
ISBN:978-91-27-02693-3 (inb.) LIBRIS-ID:10364244

[Library search](#)

*Leahy, Robert L.; Holland, Stephen J*

**Treatment plans and interventions for depression and anxiety disorders**

New York : Guilford, 2000 - xix, 332 s.  
ISBN:1-57230-514-2 (pbk. & CD-ROM) LIBRIS-ID:6385676

[Library search](#)

**Social fobi : effektiv hjälp med kognitiv beteendeterapi**

*Furmark, Tomas; Holmström, Annelie; Sparthar, Elisabet; Carlbring, Per; Andersson, Gerhard*

1. uppl. : Lund : Liber, 2006 - 251 s.

ISBN:91-47-05328-3 LIBRIS-ID:10150901

URL: <http://www2.liber.se/bilder/omslag/100/4705328o.jpg>

[Library search](#)