COGNITIVE-BEHAVIORAL THERAPY									
1	Course Title:	COGNIT	IVE-BEHAVIORAL THERAPY						
2	Course Code:	RPD6118							
3	Type of Course:	Optional							
4	Level of Course:	Third Cy	cle						
5	Year of Study:	1							
6	Semester:	2							
7	ECTS Credits Allocated:	4.00							
8	Theoretical (hour/week):	2.00							
9	Practice (hour/week):	0.00							
10	Laboratory (hour/week):	0							
11	Prerequisites:	None							
12	Language:	Turkish							
13	Mode of Delivery:	Face to	ace						
14	Course Coordinator:	Prof. Dr. SIRRI AKBABA							
15	Course Lecturers:								
16	Contact information of the Course Coordinator:	sakbaba@uludag.edu.tr							
17	Website:								
18	Objective of the Course:	The aim of this study is to acquired students to gain basic principles and concepts of cognitive-behavioral therapy and apply them.							
19	Contribution of the Course to Professional Development:								
20	Learning Outcomes:								
		1	To be able to understand cognitive-behavioral intervention strategies						
		2	To be able to apply cognitive-behavioral intervention strategies in treatment of emotional and behavioral deficits						
		3	To be able to compare cognitive-behavioral intervention strategies to other invervention strategies						
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		10							
21	Course Content:								
		Co	ourse Content:						
	Theoretical		Practice						
1	General introduction								
2	Evaluation of individual with cognitiv behavioral techniques								
3	Intervention strategies in reduction of Relaxation, biofeedback	or anxiety-							

4	Inter	venti	ion str	ategie	es in re	eductio	n of a	nxiety	/-								
	Intervention strategies in reduction of anxiety- Systematic desensizitation, vestibuler desensizitation, prevention reactions																
5	Strategies of cognitive-behavioral-Monitoring of emotions and thinkings, inquirying arguments						1										
6		Strategies of cognitive-behavioral: reconstruing/framing															
7		Strategies of gaining new behaviors: modelling, role playing, shaping															
8	skills	Strategies of gaining new behaviors: Social skills training, averse therapy, contingency deal															
9		g co essi		e-beha	vioral	strate	gies ir	1									
10		Using cognitive-behavioral strategies in anxiety															
11	Using cognitive-behavioral strategies in social anxiety								al								
12	Using cognitive-behavioral strategies in other emotional and behavioral deficits							r									
13	Comparing cognitive-behavioral strategies to other strategies																
14	Gen	erals	summ	ary													
22	Text	book	s, Re	ferenc	es an	d/or Ot	ther										
Activites							Number			Duration (hour)			Total Work Load (hour)				
Theore Midtern	tical	am					0		0	14			2.00			28.00	
Practica										0			0.00			0.00	
Self stu Home v			epera ect	tion			1	4	5(50.00			2.00			28.00	
Homew										14						0.00	
	Projects Total 15 Field Studies								100.00			0.00			0.00		
Stictees	Middetas exade								Т	0			0.00			0.00	
Others										0			0.00			0.00	
Final E	xams							1	100.00			6.00			6.00		
modean	Work Load														90.00		
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25	25 CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME QUALIFICATIONS																
		PQ1	PQ2	PQ3	PQ4	PQ5	PQ6	PQ7	PQ	PQ9	PQ1 0	PQ11	PQ12	PQ1 3	PQ14	PQ15	PQ16
ÖK1		1	5	5	1	1	1	5	1	1	1	1	1	1	1	1	1
ÖK2		1	5	5	1	1	1	5	1	1	1	1	1	1	1	1	1
ÖK3		1	5	5	1	1	1	5	1	1	1	1	1	1	1	1	1
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Contrib	1 very low	2 low	3 Medium	4 High	5 Very High
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Level:					