

COGNITIVE-BEHAVIORAL THERAPY

1	Course Title:	COGNITIVE-BEHAVIORAL THERAPY	
2	Course Code:	RPD6118	
3	Type of Course:	Optional	
4	Level of Course:	Third Cycle	
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 face	
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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21	Course Content:		
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Week	Theoretical	Practice	
1	General introduction		
2	Evaluation of individual with cognitive-behavioral techniques		
3	Intervention strategies in reduction of anxiety-Relaxation, biofeedback		

4	Intervention strategies in reduction of anxiety-Systematic desensitization, vestibular desensitization, prevention reactions	
5	Strategies of cognitive-behavioral-Monitoring of emotions and thinkings, inquiring arguments	
6	Strategies of cognitive-behavioral: reconstruing/framing	
7	Strategies of gaining new behaviors: modelling, role playing, shaping	
8	Strategies of gaining new behaviors: Social skills training, aversive therapy, contingency deal	
9	Using cognitive-behavioral strategies in depression	
10	Using cognitive-behavioral strategies in anxiety	
11	Using cognitive-behavioral strategies in social anxiety	
12	Using cognitive-behavioral strategies in other emotional and behavioral deficits	
13	Comparing cognitive-behavioral strategies to other strategies	
14	General summary	

25	CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME QUALIFICATIONS															
	PQ1	PQ2	PQ3	PQ4	PQ5	PQ6	PQ7	PQ8	PQ9	PQ10	PQ11	PQ12	PQ13	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
LO: Learning Objectives PQ: Program Qualifications																

Contribution Level:	1 very low	2 low	3 Medium	4 High	5 Very High
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