Title:

Introduction to Cognitive-Behavioral Therapy

Cognitive-Behavioral Therapy (CBT) has recently gained widespread support and success in the treatment of various problems and disorders. The course is intended to provide a theoretical background and basic tools for Cognitive-Behavioral Therapy.

Learning Outcomes:

- Background and Introduction
  - Cognitive-Behavioral Theory
  - Classical and Operant Conditioning Models
- Basic Principles of Treatment
  - Assessment, Case Plan
  - Treatment Agreement, Psychoeducation, Self-Regulation
- Intervention Techniques
  - CBCT, Cognitive-Building, Stages of Movement, Exposure, Reinforcement, Self-regulation
- Implementation for Children Suffering from Anxiety
- Treatment Conclusion and Prevention of Relapse

Course Requirements and Grades:

- Attendance and Active Participation in Lectures (10%)
- Presentation of an Article on a Treatment Intervention Based on Cognitive-Behavioral Principles (30%)
- Final Paper - Summary Case, Treatment Planning, and Intervention Based on Cognitive-Behavioral Principles (60%)

Reading List:

- [List of readings]


