Course Name: Selected Topics in Clinical Psychology	Course Level: Undergraduate	Language: English

Course Code	Prerequisites	Corequisites	(T + P hours)	ECTS Credit	Type
PSYC4605	PSYC2601	None	3+0	5	Elective

Course objectives: To be able to provide a foundation for the theoretical and practical ethical principles, history, principles, application areas and techniques of cognitive therapy in the field of cognitive therapy.

Course description: Examination of literature, basic techniques, and principles in clinical psychology research. Discussion of intervention to psychological trauma and traumatic events, violence, and depression. Examination of daily life events and mental health policies. Discussion on the prevention and treatment of psychological disorders that influence individuals, couples, families, cultures, and diverse communities. Review of empirical results gathered from research studies that guide practitioners in developing effective interventions and techniques.

Evaluation system (in percentages):

Midterm	In-class activities	Participation	Final	Total
%25	%40	%10	%25	100

Reference

Ryle, A. E. (1995). *Cognitive Analytic Therapy: Developments in theory and practice*. John Wiley & Sons.

Weekly Course Topics

Week	Topic
1.	Introduction of the course - TPD Ethical Principles and Rules of Conduct - Cognitive Therapy history and introduction
2.	Psychological Structure and Psychopathology According to Cognitive Theory - Basic Principles and Cognitive Therapy
3.	Cognitive conceptualization and formulation - Case formulation in Cognitive Behavioral Therapy
4.	Clinical evaluation in Cognitive Therapy - Cognitive Behavioral Interview and Evaluation Processes - Cognitive Therapy and first session
5.	2nd and subsequent sessions - Session structuring in Cognitive Therapy - Session configuration problems
6.	Identifying automatic thoughts - Identifying emotions - Evaluating automatic thoughts - Replacing non-functional automatic thoughts with functional ones

7.	Midterm
8.	Identifying and changing intermediate beliefs - Basic beliefs
9.	Socratic inquiry, directed discovery - Systematic inquiry - Inductive reasoning
10.	Imagination - Using hypnosis in Cognitive-Developmental Therapy
11.	Project presentations
12.	Stopping therapy and preventing symptoms from reappearing - Problems that may arise during therapy - Resistance and self-inhibition
13.	Cognitive Therapy interventions - Planning treatment - A case assessment and treatment from a Cognitive Behavioral perspective
14.	Developing as a cognitive therapist - Cognitive therapy rating scale

Contribution of the Course to the Program Outcomes

Course Outcomes

Students will gain the following knowledge and skills at the end of the course:
1. Identify basic techniques and principles in clinical psychology research.
2. Discuss interventions to psychological disorders.
3. Examines daily life events and mental health policies.
4. Apply ethical standards to evaluate psychological science and practice.

	Program Outcomes	CO1	CO2	CO3	CO4
1.	To examine and compare different concepts in subfields of psychology and to have basic application skills.				
2.	To apply analytical and critical thinking skills in various fields of psychology, to be able to solve the problems related to the field with contemporary methods.				
3.	The student has the skills to interpret facts, events and data, to define and analyze problems, to develop solutions based on research and evidence by using the knowledge and skills they have acquired in the field.	X	X	X	
4.	Discussing and criticizing professional and ethical issues in program design and professional practice.		X	X	X
5.	To explain the procedures and rules in psychological measurement and interview techniques, and to develop the ability to apply them at a basic level.				
6.	Adopting the rules of the positivist method and designing scientific research, collecting data, analyzing data and scientifically reporting the results.				
7.	To gain the basic principles of scientific thinking, to be able to separate and / or integrate the knowledge gained by other disciplines with a critical point of view.				
8.	To develop the competence for using the necessary information and communication technologies used to reach and spread information.				
9.	To use oral and written communication skills effectively both in Turkish and at least one foreign language.				
10.	Working effectively in individual and multidisciplinary research teams.				

11.	To develop respect for interpersonal and cultural diversity and to have social responsibility.				
12.	To be aware of psychological resilience, personal and professional development.			X	

Course Evaluation and ECTS Workload			
Types of Work	Number	ECTS Workload	
		Time	
Attendance	14	3	42
Final exam	1	24	24
Quizzes	0	0	0
Semester project	0	0	0
Assignments	0	0	0
Final project	0	0	0
Seminar	0	0	0
Duties	0	0	0
Presentation	1	15	15
Midterm	1	24	24
Project	0	0	0
Lab	0	0	0
Private lesson time	0	0	0
Other (Personal study)	14	2	28
		Total workload	133
		Total workload/25	5.32
		ECTS Credit	5

Teaching Methods and Techniques: Lecture, Discussion
Prepared By: Esra Savaş   **Date:** 05.09.2020