Course Syllabus

Code - Course Title	**GEP508 - Cognitive Behavioral Therapy Techniques and Applications**
Course Type	II. SEMESTER
Laboratory + Practice	3+0
ECTS	**6.0**
Language of Instruction	Türkçe
Course Type	Elective Courses
Course Instructor(s)	DOÇ. DR. ÖMER ÖZER

Mode of Delivery	Face-to-Face
Prerequisites	N/A
Recommended Resources	Beck, J. S. (2020). Bilişsel Davranışçı Terapi: Temelleri ve Ötesi. (Çev. Ed. M. Şahin). Nobel Akademik Yayıncılık.
Work Placement	N/A

Course Syllabus

Weeks	Learning Outcomes	Topics	Teaching Methods
Week - 1		Theoretical foundations and advanced conceptual framework of Cognitive Behavioral Therapy (CBT).	
Week - 2		Clinical assessment, therapeutic relationship, and cognitive case conceptualization.	
Week - 3		Cognitive restructuring: Working with automatic thoughts and intermediate beliefs.	
Week - 4		Behavioral techniques: Behavioral activation, exposure, and behavioral experiments.	
Week - 5		CBT applications in problem areas I: Interventions for depressive mood and suicidal ideation.	
Week - 6		CBT applications in problem areas II: Interventions for anxiety disorders (Panic disorder, Social anxiety, GAD) and phobias.	
Week - 7		CBT applications in problem areas III: Anger control, stress management, and obsessive-compulsive disorder (OCD).	
Week - 8		Acceptance and Commitment Therapy (ACT): Theoretical framework, psychological flexibility, and core intervention processes.	
Week - 9		Schema Therapy: Early maladaptive schemas, schema modes, and experiential techniques.	
Week - 10		Metacognitive Therapy (MCT): Metacognitive beliefs, cognitive attentional syndrome (CAS), and intervention strategies.	
Week - 11		Transdiagnostic approaches and current trends in psychotherapy research.	
Week - 12		Managing resistance, relapse prevention, and treatment termination strategies in the CBT process.	
Week - 13		Evaluation of case practices and presentations with supervision I.	

Course Syllabus

Weeks	Learning Outcomes	Topics	Teaching Methods
Week - 14		Evaluation of case practices and presentations with supervision II.	

Learning Outcomes

#	Learning Outcome
1	To be able to analyze the theoretical foundations and case conceptualization processes of the cognitive behavioral approach at an advanced level
2	To be able to design evidence-based CBT interventions for different psychological problem areas
3	To be able to evaluate transdiagnostic and third-wave approaches in clinical applications from a CBT perspective
4	To be able to manage treatment barriers and conduct applications within ethical boundaries during the psychological counseling process

Sustainable Development Goals

No content has been provided.

Course Theme

No content has been provided.

AKTS Workload

Activity	Duration (Hour)	Count	Workload
Teorik Derse Katılım	0	0	0
Sınıf Dışı Çalışma (Ön Hazırlık & Pekiştirme Amaçlı)	0	0	0
Ödevler	0	0	0
Proje - Rapor - Sunum Hazırlama	0	0	0
Ara Sınav Hazırlığı (sınav süresi dahil)	0	0	0
Final Sınavı Hazırlığı (sınav süresi dahil)	0	0	0
Uygulama (Laboratuvar, Müzik/Enstrüman Uygulaması, Atölye/Saha Çalışması vb.)	0	0	0
Staj Uygulaması	0	0	0
		Calculated ECTS	**0**

Assessment Method and Passing Requirements

No content has been provided.