

# COU573 Cognitive Behavioural Therapy

**Level:** 5

**Credit Units:** 5 Credit Units

**Language:** ENGLISH

**Presentation Pattern:** EVERY 2 YEARS

## Synopsis:

This course teaches the theories and practice of various Behavioural therapies, building on fundamental Cognitive Behavioural Therapy, and venturing into third-wave approaches of Motivational Interviewing and Mindfulness-based interventions. Cognitive Behavioural Therapy is currently the most evidence-based psychotherapeutic approach. Its premise is that our thoughts about a situation affect how we feel and how we behave in that situation. By learning to challenge and modify unhelpful thoughts and change maladaptive behaviours, we learn to change how we feel. Motivational interviewing is an evidence-based communication style shown to enhance engagement, increase readiness, reduce tension, and guide conversations to support positive behaviour change. Mindfulness is an experiential intervention that helps one be aware of one's present moment purposefully and without judgement. Specifically, through Acceptance and Commitment Therapy, acceptance is learned whilst values are identified through behavioural change exercises.

## Topics:

- Overview of Behaviour Therapy
- Central features of Behaviour Therapy and Cognitive-Behavioural Therapy
- Conducting Behavioural Assessments
- Basic principles of Cognitive-Behavioural
- Understanding the process of Behaviour Therapy
- Applications of Cognitive-Behavioural Approaches among different populations
- Types of behavioural therapy (e.g., Dialectical Behaviour Therapy, Applied Behaviour Analysis)
- Introduction and practice of third wave therapies: Motivational Interviewing & Acceptance-Commitment Therapy
- Ethical considerations for cognitive-behavioural therapists
- Working with clients' resistance and resolving ambivalence
- Creative applications of Cognitive-Behavioural Therapy
- Multi-cultural considerations of Cognitive-Behavioural Therapy

## Textbooks:

Theory and practice of counseling and psychotherapy 11th Corey, G. Cengage  
ISBN-13: 9798214037189

Mind Over Mood: Change How You Feel by Changing the Way You Think 2nd Greenberger, D and Padesky, C.A Guilford Press  
ISBN-13: 9781462522934

**Learning Outcome:**

- Compare and contrast different approaches to behaviour therapy
- Examine the advantages and drawbacks in the use of behaviour therapy with certain client groups
- Appraise the contextual relevance of behaviour therapy (e.g., familial, social, cultural considerations)
- Critique the use of different types of behavioural therapy.
- Design competent behavioural techniques in local context.
- Evaluate the application of behavioural therapy with specific clienteles in local context

**Assessment Strategies - Regular Semester (Evening Class):**

<b>Components</b>	<b>Description</b>	<b>Weightage Allocation (%)</b>
Overall Continuous Assessment	GROUP BASED ASSIGNMENT 1	40
Overall Examinable Components	ECA	60
<b>Total</b>		<b>100</b>

\*The information listed is subject to review and change.