

COURSE INFORMATION FORM	
Faculty / Institute	Faculty of Science and Literature
Department	Psychology
Course Code	PSİ 447
Course title	Introduction to Cognitive Behavioral Therapy
Instructional Language	Turkish
Programs that can take the course	Psychology
Course Type	Elective
Course Level	Undergraduate
ECTS Credit	6
Prerequisites	PSİ 104 – Introduction to Psychology II
Course Content	<p>This course will focus on the historical development of CBT, the characteristics of the CBT approach and who this approach is suitable for. In the course, the basic features of CBT, the psychopathology model used, assessment methods and psychotherapy strategies will be explained, and the information given by case examples and applications will be reinforced. Studies evaluating the effectiveness of CBT in various psychopathology groups will also be reviewed. Then, how the evaluation is done in CBT and the case formulation will be given with examples. Determining the goals of therapy and coping strategies used, behavioral and cognitive techniques will be emphasized. Finally, the issues to be considered in the termination of the therapy process and the effectiveness of CBT will be discussed.</p>
The Aim of the Course	<p>This course aims to provide information about the psychopathology and psychotherapy models of Cognitive Behavioral Therapy (CBT) and applied psychotherapy strategies.</p>
Course Outcomes	<p>At the end of this course, the student knows the characteristics, historical development and current status of Cognitive-Behavioral therapies; comprehend the issues related to evaluation, formulation and therapy relationship in this therapy approach. Gains the ability to conceptualize the techniques used in cognitive behavioral therapies and their purposes and to apply them at a basic level. They will be able to critically consider research results related to cognitive behavioral therapies.</p>

Textbook and / or References	Simmons, J., & Griffiths, R. (2014). <i>CBT for Beginners</i> . Sage Publications Ltd.
-------------------------------------	--

Evaluation Criteria	Percentage
Attendance	-
Lab	-
Application	20% (Application Reports)
Field Study	-
Homework	-
Presentations	10% (Term Paper Presentation)
Projects	30% (Term Paper)
Seminar	-
Midterm Exams	-
Quiz	-
Final	40%
Total	100%

Course Plan	Subjects to Be Discussed
1. Week	Introduction to CBT Course and Meeting
2. Week	CBT: Historical Background and Recent Developments, Structure of Therapy Sessions and Who is CBT Useful for?
3. Week	CBT Model and Levels of Cognition
4. Week	Planning of Therapy Sessions and Therapy Relationship
5. Week	Evaluation in CBT
6. Week	Formulation in CBT
7. Week	Identifying Therapy Goals and Coping Strategies
8. Week	Behavioral Interventions
9. Week	Cognitive Interventions: Psychoeducation and Identification and Questioning of Negative Automatic Thoughts
10. Week	Cognitive Interventions: Working with Assumptions and Core Beliefs
11. Week	Termination of the Therapy Process
12. Week	