



Teerthanker Mahaveer Medical College & RC
Moradabad -244001 Uttar Pradesh
DEPARTMENT OF PSYCHIATRY

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VALUE ADDED COURSE

COGNITIVE BEHAVIOURAL THERAPY

MODULE I: Introduction to Cognitive behaviour therapy (CBT)

- What is CBT?
- What is the Theory underlying CBT?
- How was Beck's CBT Developed?
- What is a Therapy session like?
- Developing as a Cognitive Behaviour Therapist.

MODULE II: Concepts and overview of treatment.

- The Cognitive Model.
- Relationship of Behaviour to automatic thoughts.
- Core beliefs and Assumptions.
- Developing the therapeutic relationship.
- Planning treatment and structuring sessions.
- Identifying and Responding to dysfunctional cognations.
- Emphasizing the positive.
- Facilitating cognitive and Behavioural change between sessions.

MODULE III: Initial Evaluation and therapy session.

- Goals & Structure of assessment session.
- The Assessment phase.
- Setting goal and relating your impressions& Treatment Plan.
- Educating the Patient about the cognitive model.
- Discussion of problem or Behavioural Activation.
- End of session summary and feedback.

MODULE IV: Behavioural Activation and cognitive Restructuring.

- Conceptualization of inactivity & lack of Mastery or Pleasure.
- Using the Activity chart.
- Identifying automatic thoughts.
- Identifying Emotions.
- Evaluating & Responding to Automatic thoughts.
- Identifying and Modifying Beliefs and Assumptions.
- Additional cognitive and Behavioural Techniques.

MODULE V: Workshop and Tutorials.

- Clinical Demonstration of setup of interview.
- Demonstration of interviewing skills.

Note:

This course will be done over the period of 3 months with lectures and practical including tutorials.

REFERENCES:

1. Beck, A.T. Rush, A.T., Shaw, B.F. & Emery, G. (1979). Cognitive Therapy for Depression. New York, Guildford.
2. Cognitive behaviour therapy – Basics and beyond (Second edition) Judith S. Beck, The Guildford Press .2011
3. Grazebrook and Garland (2005) BABCP Board.
4. Marshall, S. & Turnbull, J. (Eds) Cognitive Behaviour Therapy: An Introduction to Theory & Practice, London, Balliere Tindall
5. Padesky, C.A & Mooney, K.A. (1990). International Cognitive Therapy Newsletter (ICTN).Vol 6, 13-14 Roth, A and Fonagy, P (2005) What Works for Whom: A Critical Review of Psychotherapy Research. London, Guildford.
6. Sloane, R. B.; Staples, F. R; Cristol, A. H; Yorkston, N. J. & Whipple, K. (1975). Short-term Analytically Oriented Psychotherapy Versus Behaviour Therapy. American Journal of Psychiatry 132 (4), 373-377.