

Academic Year : 2021-22

Course Code :ADD-SW-08

Training Faculty : Mr.Arun George

Total Hours : 30 Hrs

COGNITIVE BEHAVIOURAL THERAPY SYLLABUS

Program objectives

- To help the individual enact change in thinking patterns and behaviours.
- To equip social work trainees with CBT skills into their developing therapeutic framework
- To improving quality of life and enabling individuals to adapt to social situation.
- To equip social work trainees with psychoeducation.

MODULE 1: INTRODUCTION TO CBT

Myths and Facts about CBT

Importance of developing the therapeutic relationship

CBT theories for anxiety and depressive disorders

MODULE 2: PRINCIPLES AND CASE FORMULATION

CBT Principles, Evidence-based interventions & Clinical expertise

Psychoeducation in CBT & Therapeutic intervention

Behavioural Activation in CBT

Identification of thoughts in CBT

MODULE 3: TECHNIQUES AND METHODS

Cognitive restructuring or reframing, Guided discovery, Exposure therapy

Journaling and thought records, Activity scheduling and behaviour activation.

Behavioural experiments, Role playing.

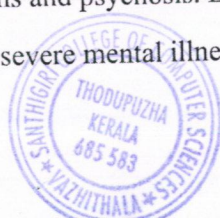
MODULE 4: APPLICATION AND INTERVENTIONS

Substance use problems, personality disorders, eating disorders,

Sexual problems and psychosis. Depression, anxiety disorders, marital

problems, and severe mental illness.

Parakkal



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