



## Chartered Attitude and Behaviour Consultant

Course Title	:	Application of Cognitive Behaviour Therapy
Course Code	:	CAB 1033
Course Criteria	:	Part I, Compulsory
Course Outline:		Cognitive behavioural therapy has proven its effectiveness and been adopted as an acceptable “standard of care” for many problems. In the UK, governmental agencies and advisory boards make numerous recommendations for clinicians to employ CBT in the treatment of problems ranging from depression to psychosis.
Objective	:	After Completing this course, candidate would be able to <ol style="list-style-type: none"><li>1. Understand the symptomatology of mental and psychological disorders.</li><li>2. Understand how thoughts and beliefs can influence behavior.</li><li>3. Understand the intricate differences between behavior therapy and cognitive therapy.</li><li>4. Acquire some of the major skills of practicing behavior cognitive therapy.</li></ol>
Synopsis	:	This module is initiated with an introduction to cognitive behavioural therapy (CBT). The theoretical principles and theories of cognitive therapy are discussed in detail, showing its similarities and differences with classical behaviour therapy. In this section, the works of Ellis, Beck and other therapists are presented. Practical applications of the different methods of cognitive behaviour therapy are then demonstrated. These practical training sessions will be given to display how CBT is applied to different forms of psychopathology such as mood disorder, somatic disorder, personality disorder, managing of pain, eating disorder, generalized anxiety disorder, panic disorder, anger and coping with stress, and sexual problems

## Topics

### Content

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1. Overview of Cognitive Behaviour Therapy
2. Cognitive Behaviour Therapy for Depression
3. Cognitive Behaviour Therapy for Suicidal Behaviour
4. Cognitive Behaviour Therapy for Bipolar Disorder
5. Cognitive Behaviour Therapy for Panic Disorder
6. Cognitive Behaviour Therapy for Obsessive Compulsive Disorder (OCD)
7. Cognitive Behaviour Therapy for Anxiety Disorder
8. Cognitive Behaviour Therapy for Personality Disorder
9. Cognitive Behaviour Therapy for Eating Disorders
10. Technique and strategies with couples and families

### References

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- Alec Grant, J. M. (2004). *Cognitive Behaviour Therapy in Mental health Care*. London: Sage Publications Ltd.
- Beck, A. T. (1979). *Cognitive Therapy and Emotional Disorder*. New York: A Meridian Book.
- John P., Foreyt, D. P. (1980). *Cognitive Behavior Therapy: Research and Application*. London: Plenum Publishing Corporation.
- Simos, G. (2002). *Cognitive Behaviour Therapy: A Guide for the Practising Clinician*. East Sussex: Brunner-Routledge.