

ADVANCED SKILLS IN COGNITIVE BEHAVIOURAL THERAPY (CBT) ONLINE CLASS

Course Outline

Module One: Introduction

- Lecture 1: Introduction
- Lecture 2: Third Wave Approaches
- Lecture 3: Metacognitive Therapy
- Journal Articles and Additional Reading
- Discussion Forum

Module Two: Case Conceptualization

- Lecture 4: An Introduction to Case Conceptualization
- Lecture 5: An example of Case Conceptualization
- Journal Article
- Worksheet
- Discussion Forum

Module Three: CBT and Psychosis - Introduction

- Lecture 6: Cognitive Behavioural Therapy for psychosis (CBTp)
- Lecture 7: Therapeutic Models in CBTp
- Lecture 8: Therapeutic Process for CBTp - Part One
- Lecture 9: Therapeutic Process for CBTp - Part Two
- Discussion Forum

Module Four: CBT and Psychosis - Working with Delusions and Hallucinations

- Lecture 10: Working with Delusions
- Lecture 11: Working with Hallucinations
- Additional Readings
- Journal Article
- Discussion Forum

Assessments:

- 2 Quiz Assessments
- Contribution to 1 (ONE) Discussion Forum

Disclaimer:

This is NOT a substitute for a Degree in Psychology, Social Work or any Mental Health - related field.

1-868-359-9043 or 1-868-356-4569 (Whatsapp Only)

renee@mentalwellnesshub.org (email)

mentalwellnesshub.org (website)