

46-692 Cognitive Behaviour Therapy I

Learning Outcomes

Last Updated: October 6, 2017

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Learning Outcomes	Characteristics of a University of Windsor Graduate
This is a sentence completion exercise. At the end of the course, the successful student will know and be able to:	A U of Windsor graduate will have the ability to demonstrate:
A. Describe CBT models of human functioning.	A. the acquisition, application and integration of knowledge
B. Apply a CBT model of human functioning to conducting clinical interviews and the conceptualization of a client(s) seen in psychotherapy, and to the development of a treatment plan(s).	B. research skills, including the ability to define problems and access, retrieve and evaluate information (information literacy)
C. Compare and contrast views of development, healthy functioning and psychological dysfunction in CBT models of human functioning. Integrate clinical information to produce CBT formulations and treatment plans.	C. critical thinking and problem-solving skills
D. Prepare timely CBT records that are suitable for a clinical audience and inclusion in a permanent health care record.	D. literacy and numeracy skills
E. Interact professionally with clients when providing therapy. Demonstrate appropriate levels of self-awareness, willingness to work on interpersonal and technical skills essential to the role of therapist within a CBT context. Provide ethical and professional health care, consistent with standards of professional practice in Psychology.	E. responsible behaviour to self, others and society
F. Demonstrate the capacity to use CBT theories to guide interventions in therapeutic work with specific therapy clients. Seek and effectively incorporate supervisory feedback.	F. interpersonal and communications skills
G. Participate in providing feedback during group supervision. Contribute to a constructive exchange of views on optimal therapeutic work.	G. teamwork, and personal and group leadership skills
H.	H. creativity and aesthetic appreciation
I. Identify areas of continuing development within the acquisition of knowledge and skills specific to CBT.	I. the ability and desire for continuous learning