

46-693 Cognitive Behaviour Therapy II

Learning Outcomes

Last Updated: October 6, 2017

(Sa171006-5.5.2)

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 a more advanced understanding of CBT models and therapy techniques.	A. the acquisition, application and integration of knowledge
B. Apply CBT techniques in clinical work with one or more actual clinical cases. 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). Complete a full cycle of CBT from assessment to termination. Research CBT protocols for the treatment of specific problems or disorders.	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 and modify 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. Write professional termination reports.	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 psychodynamic context. Provide ethical and professional health care, consistent with standards of professional practice in Psychology. Professionally and ethically terminate therapy.	E. responsible behaviour to self, others and society
F. Demonstrate the capacity to use CBT principles to guide interventions in therapeutic work with specific therapy clients. Seek and effectively incorporate supervisory feedback. Effectively consult with and arrange referrals to other professionals.	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

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<p>I. Identify areas of continuing development within the acquisition of knowledge and skills specific to CBT.</p> <p>Ask meaningful questions about therapy and personal development as a psychologist.</p>	<p>I. the ability and desire for continuous learning</p>