Case Studies and Practical in Behaviour Therapy (H001615)

Valid as from the academic year 2017-2018

Course Specifications

Course size (nominal values; actual values may depend on programme)

<table>
<thead>
<tr>
<th>Credits</th>
<th>Study time</th>
<th>Contact hrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>7.0</td>
<td>210 h</td>
<td>30.0 h</td>
</tr>
</tbody>
</table>

Course offerings and teaching methods in academic year 2017-2018

A (year) Dutch practicum 30.0 h

Lecturers in academic year 2017-2018

De Raedt, Rudi PP05 lecturer-in-charge
Barnes-Holmes, Yvonne PP05 co-lecturer

Offered in the following programmes in 2017-2018

<table>
<thead>
<tr>
<th>Offered</th>
<th>crdts</th>
<th>offering</th>
</tr>
</thead>
<tbody>
<tr>
<td>Master of Science in Psychology (main subject Clinical Psychology)</td>
<td>7</td>
<td>A</td>
</tr>
</tbody>
</table>

Teaching languages

Dutch

Keywords

behaviour therapy interventions, clinical skills, evidence-based

Position of the course

This course contributes to the following competence areas:

• Have specialized and advanced insights with regard to both short-term as more specialized clinical-psychological diagnostics and intervention.
• Independently develop and evaluate psychological diagnosis and interventions.
• Praxis based on respect for academic knowledge and scientific research findings.
• Independently adopt a point of view on a complex clinical psychological problem.
• Communicate orally and in writing on one’s own research to specialists and non-specialists.
• Have skills to cast a verbal, non-verbal and written clear, constructive, respectful and accurate report.
• Thorough attention to the diversity of target groups within the context of aid.
• Implementation of psychological diagnostics and intervention.
• Take into account the individual and cultural diversity in diagnostics and intervention.
• Able to apply clinical psychological skills in the dealing with individuals and systems.

Contents

The student chooses one group out of two: children and adolescents, or adults.

In each group age specific problem areas are selected and the student learns by means of demonstrations and supervised practice to formulate a treatment plan and to know and use specific treatment techniques.

For the group ‘children and adolescents’ this consists of: treatment methods for anxiety disorders, depression, conduct disorder, developmental disorders, and psychosomatic complaints.

For adults: anxiety disorders, depression, addiction, mourning, personality disorders and psychotic disorders are considered.

Treatment methods include: relaxation, operant techniques, exposure, cognitive techniques and psycho-education, Acceptance and Commitment Therapy.

Relevant psychodiagnostic instruments and evaluation instruments are discussed.

Initial competences

Gedragstherapie

Final competences

1. Knowing specific intervention methods in behaviour therapy and applying them in a correct way within treatment.
2. Choosing an intervention based on scientific evidence.

(Approved)
3. Assessing a situation in order to formulate a diagnosis as a working hypothesis.
4. Designing and operationalizing an intervention plan and intervention methods.
5. Communicating psychology-related knowledge and insights.
6. To stimulate the active participation of the client in diagnosis and intervention.
7. Dealing with clients’ singularity and particularities.
8. Establishing an emphatic therapeutic relationship.

Conditions for credit contract
Access to this course unit via a credit contract is determined after successful competences assessment.

Conditions for exam contract
This course unit cannot be taken via an exam contract.

Teaching methods
Practicum

Extra information on the teaching methods
Case studies.
Skillstraining including skillslab.
Video and live-demonstrations.
Role playing.

Learning materials and price
Selected literature developed at the department. Cost: 30 EUR

References
- Praktijkreeks ‘Gedragstherapie’. Bohn, Stafleu, Van Loghum.
- GGZ-programma ‘Cure & Care development’. Bohn, Stafleu, Van Loghum.

Course content-related study coaching
- Interactive support using MINERVA.
- By appointment.

Evaluation methods
end-of-term evaluation and continuous assessment

Examination methods in case of periodic evaluation during the first examination period
Written examination with open questions, open book examination

Examination methods in case of periodic evaluation during the second examination period
Written examination with open questions, open book examination

Examination methods in case of permanent evaluation
Participation, assignment

Possibilities of retake in case of permanent evaluation
examination during the second examination period is not possible

Extra information on the examination methods
Specific assignments during practicals.
Written exam; analysis of a case study.
Feedback on the non-periodical evaluation:
during the exercises.

Calculation of the examination mark
A combination of periodic evaluation (90%) and permanent evaluation (10%).
Students who do not participate in all required elements of the periodic and permanent evaluation will at most receive a non-deliberative quotation (7/20).
Those who do participate in, but do not pass all required elements of the periodic and permanent evaluation, will at most receive a non-deliberative quotation (7/20).