Case Studies and Practical in Behaviour Therapy (H001615)

Course Specifications
Valid as from the academic year 2018-2019

Course size
(nominal values; actual values may depend on programme)
Credits 7.0
Study time 210 h
Contact hrs 30.0 h

Course offerings and teaching methods in academic year 2018-2019
A (year) Dutch practicum 30.0 h

Lecturers in academic year 2018-2019
De Raedt, Rudi PP05 lecturer-in-charge
Barnes-Holmes, Yvonne PP05 co-lecturer

Offered in the following programmes in 2018-2019
Master of Science in Psychology (main subject Clinical Psychology) 7 A

Teaching languages
Dutch

Keywords
behaviour therapy interventions, clinical skills, evidence-based

Position of the course
The course is an in-depth seminar within the block “intervention (block 4)”, related to “Internship and Ethics” (complementary to block 5: integration into the work field). The aim of this course is to learn students how to think and act based on empirical findings with regard to interventions (see block 1: evidence-based; block 3: assessment), based on conceptual frameworks (theory-driven, see block 2: models in clinical psychology; and case conceptualization, see block 3: assessment), on specific individual/group characteristics (person based, see block 3) and on professional quality criteria (role of the psychologist; see block 3). This requires abilities to integrate and adopt knowledge and skills from previous blocks as well as acquire new knowledge and skills.

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.
Relavant psychodiagnostic instruments and evaluation instruments are discussed.

Initial competences
Behaviour Therapy

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.
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).