

Global Learning Semesters

Course Syllabus

Course: PSY-542 Advanced Personality Theory, Development and Research

Department: Social Sciences

Host Institution: University of Nicosia, Nicosia, Cyprus



Course Summary		
Course Code	Course Title	Recommended Credit Hours
PSY-542	Advanced Personality Theory, Development and Research	3.7
Semester Offered	Contact Hours	Prerequisites
Spring	42	None
Department	Level of Course	Language of Instruction
Social Sciences	Upper Division	English

Course Description

This course covers theories and applications of cognitive and cognitive-behavioral therapeutic approaches. We will explore a range of techniques used for assessment and intervention. The focus of this course will be on understanding and skill development, which will occur through lecture, discussion, active learning tasks, and demonstration/observation. The learning process of cognitive and cognitive-behavioral theory and its application, as well as skill development is a continuous process. Thus the material covered in Psy 542 and Psy 560 often overlaps. The lab sections are created as an extension of the class to give students the opportunity to expand on and deepen the material discuss in class, and to practice the application of techniques in a smaller group setting

Instructor

Michaela Buck, PhD

Course Aims and Objectives

The course is designed to provide students with an opportunity to: become familiar with the basic theoretical tenets of broad range of cognitive and cognitive behavioral therapeutic approaches and observe and practice some of the major techniques of cognitive and cognitive-behavioral therapies and understand the application of cognitive behavioral techniques to address diverse problems.

Teaching Methods

Lectures, discussions, lab works, assigned readings, demonstrations, projects, video films, role plays.

Course Teaching Hours

42 hours. The course is delivered during the Spring semester in 14-weeks (3 hours/week).

Evaluation and Grading

Midterm exam:	30%
Final Exam:	30%
Final project:	20%
Presentation:	30%
Role play:	10%

Readings and Resources

Required Textbook

- Keith J. Dobson (2001): Handbook of cognitive-behavioral therapies. New York: The Guilford Press.
- Judith S. Beck (1995): Cognitive Therapy: Basics and Beyond. New York: The Guilford Press.

Recommending Readings

Beck, A. Freeman, M (1991): Cognitive therapy of personal disorder. Guilford Press: Beck A. Freeman.