

PSYCHOLOGY DEPARTMENT'S GRADUATE MISSION STATEMENT:

The Psychology Department seeks to advance the discipline of psychology as an area of scholarly, professional, and scientific endeavor. Our primary focus is to provide high quality education. We actively engage in the discovery and dissemination of knowledge in the behavioral sciences and encourage research and scholarship by both the faculty and student body. We prepare students for specific careers within psychology, including those in education, research, industry, consulting, and the delivery of clinical services. Our programs are designed to prepare students for lifelong self-education and participation in an increasingly diverse society. The essence of our graduate programs is to stimulate independent, critical, and creative thinking skills. Our graduate programs in Clinical Psychology, Industrial/Organizational Psychology, and General Psychology are expected to lead to significant advances in basic and applied research. Our programs are also designed to provide technical and professional skills essential for maintaining and advancing the quality of life for others.

STUDENT LEARNING OUTCOMES: All graduate Psychology courses are designed to meet specific student learning outcomes consistent with the above stated mission statement. These outcomes represent the skills, knowledge, and attitudes that we believe important to the preparation of Psychology professionals. *Psychology 527, Cognitive Behavioral Therapy*, is designed to meet the following student learning outcomes:

1. **Basic Foundations in Cognitive Behavioral Psychological Theory and Research:** Students who receive a graduate degree from West Chester University will compare favorably in their knowledge of cognitive behavioral psychological theory and research with students who have completed similar graduate programs within the state and nation.
2. **Professional Skills and Ethics:** Students utilize the ethical guidelines for the individual and group-therapist is followed as outlined by the American Psychological Association and the Association for Specialists in Group Work. Confidentiality is a critical component of a therapist's ethical armor. Students in the graduate psychology programs will be well informed about practices and applications of psychology in field settings. Graduating students will be prepared to practice individual therapy in their respective fields.
3. **Research and Statistical Skills:** Students pursuing a graduate degree at West Chester University will be able to complete activities requiring critical thinking, analysis of research data, and communication of results and conclusions through the use of statistics. Students carry out behavioral experiments to learn how to design and implement behavioral therapeutic strategies to reduce distorting thinking.

COURSE DESCRIPTION: To introduce the cognitive model from an applied and theoretical therapeutic perspective. Become acquainted with some of the commonly used assessment tools and various intervention techniques in cognitive behavioral treatment. You will be in a practice-application environment utilizing some basic CBT techniques emphasizing collaborative components of the cognitive triad. [*alliance with patient, agenda setting, identifying problem, teaching automatic thoughts, conceptualizing case, designing homework, developing & writing treatment plans.*] Advanced CBT techniques will be integrated at appropriate times to illustrate the flexibility of CBT. Familiarity with self-report instruments used in measuring various aspects of inters & intrapersonal relationships within the CBT environment are introduced. The long-range purpose is to improve the effectiveness of the group-cognitive therapy model for the training of group and individual therapists. The data will become part of your class file and used for both instructional and research purposes. . The work and activities of this course have been chosen specifically to help you meet the student learning outcomes outlined above. *In addition, these activities contribute to the development of critical and analytical thinking abilities.*