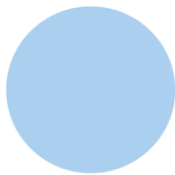




## PROGRAMME OF „TRAINING IN BEHAVIORAL-COGNITIVE THERAPIES II“ (SECOND LEVEL)

### Workshops

Workshop No.	Topics	Hours
1.	Cognitive conceptualization Cognitive-behavioral therapy for specific phobias Cognitive-behavioral treatment of social phobia Case study Exercise	10
2.	Structure of the first therapy session Cognitive-behavioral treatment of panic disorder Case study Exercise	10
3.	Session two and beyond: Structure and format Cognitive-behavioral treatment of obsessive-compulsive disorder Case study Exercise	10
4.	Cognitive-behavioral models and treatment of generalized anxiety disorder Distinctive features of cognitive-behavioral treatment of anxiety in children Case study Exercise	10
5.	Problems with structuring the therapy session Application of cognitive-behavioral techniques in the treatment of anxiety - exercise Case study	10
6.	Identifying automatic thoughts Cognitive-behavioral treatment of depression Case study Exercise	10
7.	Identifying of emotions Cognitive-behavioral treatment of childhood and adolescent depression Case study Exercise	10
8.	Behavioral activation Assessment of suicidal risk Application of cognitive-behavioral techniques in the treatment of depression - exercise Case study	10



Workshop No.	Topics	Hours
9.	Cognitive interventions: Evaluating automatic thoughts Responding to automatic thoughts Case study Exercise	10
10.	Identifying and modifying intermediate beliefs Cognitive-behavioral therapy with couples Case study Exercise	10
11.	Core beliefs Cognitive-behavioral treatment of low self-esteem Case study Exercise	10
12.	Additional cognitive and behavioral techniques Cognitive-behavioral approach to anger management Case study Exercise	10
13.	Homework Cognitive-behavioral treatment with aggressive children Case study Exercise	10
14.	Imagery Covert conditioning Case study Exercise	10
15.	Operant conditioning techniques Cognitive-behavioral treatment of attention deficit / hyperactivity disorder Case study Exercise	10
16.	Termination and relapse prevention Problem solving techniques Case study Exercise	10
17.	Treatment planning Group cognitive-behavioral treatments Case study Exercise	10



Workshop No.	Topics	Hours
18.	Behavioral experiments Case study Exercise	10
19.	Cognitive-behavioral treatment of personality disorders Case study Exercise	10
20.	Overview and exam preparation	10
<b>Exam</b>		
<b>Total hours</b>		<b>200</b>

### Homework

Activities	Hours
Reading assignments (scientific articles, book chapters) Self-practice of cognitive-behavioral techniques and self-reflection through written assignments	100
<b>Total hours</b>	<b>100</b>

### Clinical practice

Activities	Hours
Applying learned skills in working with clients	100
<b>Total hours</b>	<b>100</b>