



# BAKER COLLEGE

## STUDENT LEARNING OUTCOMES

PSY2010 Cognitive Behavioral Therapy

3 Semester Hours

### Student Learning Outcomes and Enabling Objectives

1. Explore the historical development of cognitive behavior therapy (CBT).
  - a. Examine key historical figures
  - b. Examine early theorists and theories
  - c. Examine theoretical changes over time
1. Analyze the theoretical framework underlying CBT.
  - a. Explore major learning theories.
  - b. Explore major behavioral theories.
  - c. Explore major cognitive theories.
1. Apply the basic terminology and concepts of CBT.
  - a. Define commonly used terms.
  - b. Describe key CBT concepts.
1. Apply the process of cognitive behavior assessment and therapy.
  - a. Identify stages of the assessment process
  - b. Practice creating treatment plans
1. Assess and apply CBT methods.
  - a. Identify basic behavior methods/techniques used in CBT.
  - b. Consider individual and cultural characteristics of clients during assessment and treatment.
6. Assess the efficacy of cognitive behavior therapy
  - d. Discuss strengths and weaknesses of CBT
  - e. Discuss ethical concerns related to the use of CBT.
  - f. Examine empirical outcomes reported in research literature related to CBT.
7. Communicate using the standards and guidelines established for the profession.
  - a. Develop APA formatting skills by incorporating proper APA format, in text citations, and references in written assignments.
  - b. Demonstrate effective writing and/or presentation skills for different purposes.

These SLOs are not approved for experiential credit.

**Effective: Fall 2017**