



SILVER OAK UNIVERSITY

Silver Oak College of Nursing

Bachelor of Science (Nursing)

Course Name: Elective Module -Cognitive Behavioural Therapy

Course Code: 1060323337

Semester: 6th

Prerequisite:

A foundational understanding of psychological principles, theories, and concepts is essential for studying cognitive behavioral therapy. Familiarity with behaviorism, cognitive psychology, and cognitive behavioral theories will provide a solid grounding for learning CBT. The ability to establish a rapport with clients, communicate effectively, and actively listen is crucial for practicing CBT.

Course Objective:

1. To help students acquire comprehensive knowledge regarding the basics of Cognitive Behavioural Therapy and develop an insight into behaviour of self and other
2. To practice the principles of CBT for promoting Mental Health in Nursing Practice
3. To help individuals learn effective coping skills, improve problem-solving abilities, and enhance their overall quality of life.

Teaching Scheme:

Teaching Scheme				
L	T	P	Contact Hours	Credit
1	0	0	1	1

Content:

Unit No.	Contents	Teaching Hours	Weightage %
1	Concepts and Techniques of CBT Concept - Definition Techniques and applications of CBT Factors influencing effective delivery of CBT CBT Model The therapeutic relationship and setting goals with clients	6	30
2	The Cognitive Model Three levels of thoughts Automatic thoughts - development and tracking	4	20

	Designing and implementing experiments to test automatic thoughts Biofeedback in CBT		
3	Identifying, Evaluating and Responding to Cognitions Socratic questioning - Technique of questioning Behaviour experiments -Relaxation, mindfulness, distraction techniques, graded task assignments, task scheduling etc	5	25
4.	Designing Effective Action Plans and Thought Records Thought records components Action plan components Identifying underlying and new core beliefs and assumptions Facilitating completion of the action plan and reviewing the action plan at the next session	5	25

Course Outcome:

Sr. No.	CO statement	Unit No
CO-1	Explain the concept and techniques of CBT	1
CO-2	Discuss cognitive conceptualization - automatic thoughts and alternative explanations based on cognitive model	2
CO-3	Describe strategies to identify and respond to cognitions including dysfunctional cognitions	3
CO-4	Develop thought records and action plans	4

Teaching & Learning Methodology: -

1. Lecture cum discussion
2. Demonstration
3. Role play

Books Recommended:

1. Greenberger D, Padesky CA. Mind over Mood: Change How You Feel By Changing the Way You Think. The Guilford Press; 2016
2. Beck JS, Beck AT. Cognitive Therapy: Basics and Beyond. Guilford Publications; 2011
3. Judith S.Beck; Cognitive Behavior Therapy: Basics And Beyond Hardcover; Guilford Press; 3rd edition

List of Open-Source Software/learning website

1. <http://focus.psychiatryonline.org/cgi/content/full/4/2/173>
2. http://www.learncognitivetherapy.com/cognitive_therapy.htm

CO-PO-PSO Matrix

Co. No.	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PSO1	PSO2
CO-1	3	3	3	1	1	2	2	3	3	3	3	2
CO-2	3	3	2	1	1	3	3	3	2	3	3	3
CO-3	2	3	3	1	1	3	3	3	3	2	2	3
CO-4	2	2	2	1	1	2	2	3	3	3	3	2