COURSE TITLE	**COGNITIVE BEHAVIOURAL THERAPY**
COURSE CODE	**20BN0604**
COURSE CREDITS	**1**

Objective:

1. Explain the concept and techniques of CBT
2. Use techniques to develop a therapeutic alliance based on CBT
3. Discuss cognitive conceptualization-automatic thoughts and alternative explanations based on cognitive model
4. Describe strategies to identify and respond to cognitions including dysfunctional cognitions
5. Formulate thought records and action plans

Course Outcomes: After completion of this course, student will be able to:

1. Explain the concept and techniques of CBT Use techniques to develop a therapeutic alliance based on CBT
2. Discuss cognitive conceptualization automatic thoughts and alternative explanations based on cognitive model
3. Describe strategies to identify and respond to cognitions including dysfunctional cognitions
4. Formulate thought records and action plans

Pre-requisite of course: This module is designed to help students acquire comprehensive knowledge regarding the basics of Cognitive Behavioural Therapy and develop an insight into behaviour of self and others. Further it is aimed at helping them to practice the principles of CBT for promoting Mental Health in Nursing Practice.

Teaching and Examination Scheme

Theory Hours	Tutorial Hours	Practical Hours	ESE	IA	CSE	Viva	Term Work
1	0	0	50	50	0	0	0

Contents : Unit	Topics	Contact Hours
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
2	**The Cognitive Model** Three levels of thoughts , Automatic thoughts - development and tracking , Designing and implementing experiments to test automatic thoughts, Biofeedback in CBT	4

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Contents : Unit	Topics	Contact Hours
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
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
Total Hours		**20**

Textbook :

1 ELECTIVE MODULES BSc Nursing Program (Modular content outline), INDIAN NURSING COUNCIL, INDIAN NURSING COUNCIL, 2022

References:

1 INDIAN NURSING COUNCIL, INDIAN NURSING COUNCIL, INDIAN NURSING COUNCIL, INDIAN NURSING COUNCIL, 2022

Suggested Theory Distribution:

The suggested theory distribution as per Bloom's taxonomy is as follows. This distribution serves as guidelines for teachers and students to achieve effective teaching-learning process

Distribution of Theory for course delivery and evaluation					
Remember / Knowledge	**Understand**	**Apply**	**Analyze**	**Evaluate**	**Higher order Thinking / Creative**
0.00	0.00	35.00	35.00	30.00	0.00

Instructional Method:

1 LECTURE CUM DISCUSSION

Supplementary Resources:

1 N/A

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