

## COURSE DETAIL

### GENERAL THEORY OF PSYCHOTHERAPY

**Country**

Germany

**Host Institution**

Free University of Berlin

**Program(s)**

Free University Berlin

**UCEAP Course Level**

Upper Division

**UCEAP Subject Area(s)**

Psychology

**UCEAP Course Number**

117

**UCEAP Course Suffix****UCEAP Official Title**

GENERAL THEORY OF PSYCHOTHERAPY

**UCEAP Transcript Title**

THEORY PSYCHOTHERPY

**UCEAP Quarter Units**

4.50

**UCEAP Semester Units**

3.00

## Course Description

This course consists of an overview of the third wave of cognitive therapy, particularly Acceptance and Commitment Therapy (ACT). ACT focuses on strategies of mindfulness and acceptance as well as interventions to clarify values and modify behavior. This seminar focuses on the following questions: (1) What is mindfulness and what forms of mindfulness-based therapy are there? (2) What are the basic assumptions and goals of ACT? (3) What is psychological flexibility and through which processes can it be promoted? (4) How and when can ACT be used in adults and children and adolescents to treat mental disorders? Students develop workshops on an ACT process in groups and carry them out as part of the seminar. The seminar is experience-oriented and interactive and includes practical exercises. The bulk of the course content is distributed in the form of research papers and interactive classroom presentations and discussions.

### Language(s) of Instruction

German

### Host Institution Course Number

125224

### Host Institution Course Title

GENERAL THEORY OF PSYCHOTHERAPY

### Host Institution Campus

### Host Institution Faculty

ERZIEHUNGSWISSENSCHAFT UND PSYCHOLOGIE

### Host Institution Degree

### Host Institution Department

Psychologie

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