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
ALLGEMEINE VERFAHRENSLEHRE DER PSYCHOTHERAPIE

Host Institution Course Details
https://www.fu-berlin.de/vv/en/lv/716494?m=417223&pc=630421&sm=682080

Host Institution Campus

Host Institution Faculty
ERZIEHUNGSWISSENSCHAFT UND PSYCHOLOGIE

Host Institution Degree

Host Institution Department

Psychologie

Course Last Reviewed
2021-2022

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