

## COURSE DETAIL

### METACOGNITION-BASED PSYCHOTHERAPY FOR SCHIZOPHRENIA SPECTRUM DISORDERS

**Country**

Denmark

**Host Institution**

University of Copenhagen

**Program(s)**

University of Copenhagen

**UCEAP Course Level**

Upper Division

**UCEAP Subject Area(s)**

Psychology

**UCEAP Course Number**

146

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

METACOGNITION-BASED PSYCHOTHERAPY FOR SCHIZOPHRENIA SPECTRUM DISORDERS

**UCEAP Transcript Title**

METACOGN PSYCHTHRPY

**UCEAP Quarter Units**

6.00

**UCEAP Semester Units**

4.00

**Course Description**

This course focuses on a research-based approach to promoting personal recovery and meaning making among individuals diagnosed with schizophrenia disorders. It studies a metacognition-based approach to the treatment of schizophrenia and discusses the unique dilemmas, challenges, and opportunities in the treatment of those diagnosed with schizophrenia. The first part of the course focuses on the theoretical and clinical definition of metacognition. It trains the coding of open interviews of clients with severe mental illness using the metacognition assessment scale developed by Paul Lysaker. The second part focuses on psychotherapy with schizophrenia spectrum disorders. It studies the values and the core elements of metacognition reflection and insight therapy. Subsequently, it analyzes case material and practices therapeutic interventions based on the metacognitive approach. In the third part of the course, students choose an issue in the field of psychotherapy with clients diagnosed with schizophrenia spectrum disorders and present the issue in the class. The presentations include an integration between theory, qualitative, and quantitative studies and other relevant sources such as an interview conducted with a professional or an individual who was diagnosed with a severe disorder or media materials that enrich the subject.

**Language(s) of Instruction**

English

**Host Institution Course Number**

APSB21765U

**Host Institution Course Title**

METACOGNITION BASED PSYCHOTHERAPY FOR SCHIZOPHRENIA SPECTRUM DISORDERS

**Host Institution Campus**

**Host Institution Faculty**

Social Sciences

**Host Institution Degree**

Bachelor

**Host Institution Department**

Psychology

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