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eBM3- Cognitive Behaviour Therapy (CBT) and Neurology-(7.5 ECTS)

Module Description

This module provides an in-depth understanding of Cognitive Behaviour Therapy (CBT) and its integration with neurology and psychopharmacology for the management of common mental health conditions. Participants will explore the principles, techniques, and practical applications of CBT, along with neurological aspects that affect mental health, such as brain–mind interactions. The course emphasises a holistic and evidence-based approach, integrating medical and psychological perspectives to improve patient outcomes.

Objectives

To equip health professionals with the theoretical knowledge and practical skills to apply CBT in clinical practice, integrating neurological understanding and, when necessary, pharmacological approaches to manage mental health conditions effectively.

Learning Outcomes

Upon completion of the module, participants will be able to:

1. Explain the theoretical foundations and principles of CBT.
2. Describe key neurological processes involved in mental health conditions.
3. Apply CBT techniques to a range of mental health issues, including depression, anxiety, and addiction.
4. Integrate CBT with psychopharmacology where appropriate for optimal patient care.
5. Construct structured CBT treatment plans and conduct sessions effectively.

Content Outline

- Introduction to CBT – principles, phases, and theoretical foundations.
- The neurological basis of mental health disorders – brain–mind interactions.
- CBT techniques – cognitive restructuring, behavioural activation, and exposure methods.
- Formulating cases and identifying cognitive distortions.
- Constructing and conducting CBT sessions.
- Integrating CBT with pharmacological treatment (psychopharmacotherapy).
- Holistic approaches to mental health – combining physical, emotional, and behavioural interventions.
- Case studies: depression, anxiety, bipolar disorder, schizophrenia, OCD, and internet addiction.
- Ethical considerations and patient safety in CBT practice.



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Teaching and Learning Methods

- Interactive lectures by multidisciplinary faculty.
- Case-based discussions and real-life clinical scenarios.
- Role-play and practical demonstrations of CBT techniques.
- Group work on case formulation and treatment planning.
- Independent study and guided reading.

Assessment

- Lectures and Seminars
- Practical demonstration/role-play of CBT techniques.
- Short quiz to assess theoretical understanding.
- Active participation in discussions and interprofessional group work.