**PSY520 SPECIAL TOPICS IN CLINICAL PSYCHOLOGY (3-2) 5 8 ECTS**

(Feb. 17-May 30, 2025)

**Course Hours:** Monday 10:30-13:20; Tuesday 14:30-16:20

**Course content:** The Rational Emotive Behavior Theory and Therapy is the content of the course. Basic assumptions and premises of the theory will be presented. Therapy techniques that are unique to the therapy will be practiced via in-class role plays.

**RATIONAL EMOTIVE BEHAVIOR THERAPY SPECIAL TOPIC COURSE REQUIREMENTS**

Students who are considering to enroll this course are **required** to:

1. Be open to receive feedback and can discriminate between constructive feedback and destructive criticism.
2. Be aware that the course requires before class-after class readings and this is an inevitable part of a graduate level course.
3. Be aware and accept that the course presentation/instruction will not base on power point slides and, understands/respects the fact that a course instruction is beyond power point presentations.
4. Be willing and ready to take part in-class role plays. Be aware that the prompt feedback will be given to role plays; both by the course instructor and class-mates who are colleagues.
5. Have the capacity of emotion regulation along with cognitive flexibility.
6. Have a tolerance for ambiguity.
7. Be willing/open to understand other’s perspectives and respect to their differences.
8. Understand that academic honesty is not an option but a must.
9. Have a good understanding of ethical principles of professional psychology.
10. Developed an understanding that process of learning is as valuable as the outcome.
11. A written consent regarding the requirements of the course.

**Course Materials**

Will be provided by the instructor

**Course book**: Dryden, W., & Branch, R. (2008). *Fundamentals of rational emotive behaviour therapy: A training handbook*. John Wiley & Sons.

Following three chapters from two books:

1. Rational and Irrational Beliefs: A Historical and Conceptual Perspective, Albert Ellis, Daniel David, and Steven Jay Lynn p. 3-22. in *David, D., Lynn, S. J., & Ellis, A. (Eds.). (2010). Rational and irrational beliefs: Research, theory, and clinical practice. Oxford University Press*
2. Rationality and Rational Psychotherapy: The Heart of REBT, Arthur Still p. 23-48. in *David, D., Lynn, S. J., & Ellis, A. (Eds.). (2010). Rational and irrational beliefs: Research, theory, and clinical practice. Oxford University Press*
3. The General Theory of REBT Ellis, A., & Dryden, W. (2007) p. 1-26 *in Ellis, A., & Dryden, W. (2007). The practice of rational emotive behavior therapy. Springer publishing company.*

**Weekly Subjects and Related Preparation Studies\***

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| Week | Subject | Preparation |
| 1  Week 1 | Rational and Irrational Beliefs: Historical and Conceptual Perspective | Albert Ellis, Daniel David, and Steven Jay Lynn p. 3-22 |
| Week 2 | Rationality and Rational Psychotherapy: The Heart of REBT  The General Theory of REBT | Arthur Still p. 23-48  The General Theory of REBT Ellis, A., & Dryden, W. (2007) p. 1-26 |
| Week 3 | What you need to know about the theory of rational emotive behaviour therapy to get started | Chapter 1 of Course book |
| Week 4 | What you need to know about the practice of rational emotive behaviour therapy to get started | Chapter 2 of Course book |
| Week 5 | Teaching the ‘ABCs’ of REBT | Chapter 3 of Course book |
| Week 6 | Distinguishing between healthy and unhealthy negative emotions | Chapter 4 of Course book |
| Week 7 | Mid-term Examination  Assessment: Assessing A’s and C’s | Chapter 5,6,7 of Course book |
| Week 8 | Assessment: Assessing A’s and C’s | Chapter 5,6,7 of Course book |
| Week 9 | Assessing IB’s and meta emotional problems | Chapter 8,9 of Course book |
| Week 10 | Goal Setting | Chapter 10 of Course book |
| Week 11 | Eliciting your client’s commitment to change | Chapter 11,12 of Course book |
| Week 12 | Disputing IB’s | Chapter 13, 14 of Course book |
| Week 13 | Helping your client to understand rationality | Chapter 15, 16 of Course book |
| Week 14 | In class role-plays & assessment |  |
| Week 1 5 | Homework assignments | Chapter 17,18 of Course book |
| Week 1 6 | Role-play video due date during final-exams period. The exact date TBA later. |  |

\*is subject to change

**Assessment Method:**

Your performance will be evaluated on four criteria:

1. One Mid-term examination covering the first five weeks of the class (30%).
2. Active participation and attendance to all class meetings (15%).
3. One real time role play (10-15 min. long) to be performed in the class with the presence of the other students where you perform and be evaluated on two tasks as REBT therapist: (1) Assessing A, B, C’s and (2) disputing IB’s (15%). An immediate feedback will be given by both students and class-mates. Both the course instructor and class-mates will make the evaluation on pre-prepared scoring key.
4. One video-taped role play (7-10 min. long) where you perform and be evaluated on three tasks as REBT therapist: (1) Assessing A, B, C’s, (2) disputing IB’s and (3) giving a homework assignment to your client (%40). Only the course instructor will make the evaluation on pre-prepared scoring key.

Important note about role-plays: Only your class-mates can play the role of the client. You can decide on the topic and the story beforehand and make rehearsals if you wish. Your performance as a client during the role-plays will not be assessed.