

**SES's L.S. RAHEJA COLLEGE OF ARTS and  
COMMERCE( AUTONOMOUS)**



**BOARD OF STUDIES: Psychology**

**PROGRAMME: MA Psychology (with Clinical  
Specialization)**

**SEMESTER: IV**

**NOMENCLATURE OF THE COURSE: CBT and REBT**

**NEP Vertical: ELECTIVE**

**Credit: 4**

(As Per Choice Based Credit System (under NEP 2020) with  
effect from the academic year 2025-26)



<b>Programme:</b>	<b>MA Psychology (with Clinical Specialization)</b>
<b>Nomenclature of the Course</b>	<b>CBT and REBT</b>
<b>Total Marks</b>	<b>100</b>
<b>Semester:</b>	<b>IV</b>
<b>Academic year</b>	<b>2025-26</b>

**LEARNING OBJECTIVES:**

- 1. Understanding of CBT Principles** – Explain the core concepts of Cognitive behavior therapy, including cognitive distortions, core beliefs.
- 2. Evaluate the Effectiveness of CBT and REBT Interventions** – Analyze empirical research and case studies to assess the impact of CBT and REBT on various psychological disorders
- 3. Analyze Case Studies in CBT and REBT Application** – Interpret real-life clinical cases to understand how CBT can be adapted to diverse client populations.

**COURSE OUTCOMES:**

- Understand the empirical evidence supporting CBT and REBT interventions for various psychological disorders.
- Conduct **case formulations** using CBT and REBT frameworks, tailoring interventions to individual client needs.
- Critically evaluate **the effectiveness of CBT and REBT interventions** as evidence-based therapeutic techniques.

<b>Unit</b>	<b>Course Content</b>	<b>Andragogy</b>	<b>No of Lectures</b>
<b>1</b>	1. Cognitive-Behavioral Therapy (CBT) <ol style="list-style-type: none"> <li>1.1 Theoretical foundations and core principles of CBT</li> <li>1.2 Cognitive restructuring and behavioral activation</li> <li>1.3 Case formulation and application of CBT in clinical settings</li> </ol> Termination and relapse prevention.	Interactive lectures PowerPoint presentations Observation and Analysis Case studies	<b>15</b>
<b>2</b>	2. Application of CBT Across Disorders <ol style="list-style-type: none"> <li>2.1 CBT for depression</li> <li>2.2 CBT for anxiety disorders (e.g., GAD, Panic Disorder, PTSD)</li> <li>2.3 CBT for OCD and phobias</li> </ol>	Interactive lectures PowerPoint presentations Observation and Analysis Case studies	<b>15</b>
<b>3</b>	4. Rational Emotive Behavior Therapy (REBT) <ol style="list-style-type: none"> <li>3.1 Theoretical foundations and core principals of REBT</li> </ol>	Interactive lectures PowerPoint presentations Observation and	<b>15</b>

	<p>3.2 REBT techniques: Disputation, reframing, and rational coping statements</p> <p>3.3 Case formulation and application of REBT in clinical setting.</p> <p>3.4 Vivid methods, and behavioural homework</p>	<p>Analysis</p> <p>Case studies</p>	
4	<p>5. Application of REBT Across Disorders</p> <p>4.5 REBT for mood disorders (depression, anxiety)</p> <p>4.6 REBT for anger management and stress reduction</p> <p>4.7 REBT for personality disorders</p>	<p>Interactive lectures</p> <p>PowerPoint presentations</p> <p>Observation and Analysis</p> <p>Case studies</p>	15

### SUGGESTED READINGS

- Beck, J. (2011). *Cognitive Behavior Therapy: Basics and Beyond* (2nd ed). NY: The Guilford Press.
- Beck, A.T., Rush, A.I., Shaw, B.F. & Emery, G. (1979). *Cognitive Therapy of Depression*. NY: Guilford press
- Corey, G. (2009). *Theory and Practice of Counseling and Psychotherapy* (8th ed.). California: Thomson Brooks
- Dryden, W. (1995). *Rational Emotive Behavior Therapy: A reader*. NY: Sage.
- Ellis, A. (1994). *Reason and Emotion in psychotherapy: revised and updated*. NY: Citadel Press.
- Ellis, A. & Dryden, W. (2007). *The Practice of Rational Emotive Behavior Therapy*. NY: Springer.
- Graham, P. & Reynolds, S. (2013). *Cognitive Behavior Therapy for Children and Families* (3rd ed.). London: Cambridge.
- Gurman, A.L. (2008). *Clinical handbook of couple therapy* (4th ed.). NY: Guilford Press.
- Kleinberg, J. (2012). *The Wiley Blackwell handbook of Group psychotherapy*. NY: Wiley Blackwell.
- Leahey, R. (2003). *Cognitive therapy techniques: A practitioner's guide*. NY: The Guilford Press.
- Walens, S., DiGiuseppe, R. & Dryden, W. (1992). *A practitioners' guide to Rational Emotive Therapy* (2nd ed.). UK: Oxford University press

## QUESTION PAPER PATTERN

### (A) FOR CONTINUOUS EVALUATION

<b>20 MARKS MOCK COUNSELLING SESSION</b>	<b>MOCK SESSION WITH PEERS/OUTSIDERS ----- 20 MARKS</b>
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### (A-1)

### (A-1) RUBRICS FOR CONTINUOUS EVALUATION

<b>20 MARKS MOCK COUNSELLING SESSION</b>	<b>MOCK SESSION WITH PEERS/OUTSIDERS ----- 20 MARKS</b>
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### (B)

## QUESTION PAPER PATTERN FOR SEMESTER END EXAMINATION

60 MARKS	Q1. Answer in brief (1/2)----- 15 marks
	Q2. Answer in brief (1/2)----- 15 marks
	Q3. Answer in brief (1/2)----- 15 marks
	Q4. Answer in brief (1/2)----- 15 marks