

UČNI NAČRT PREDMETA / COURSE SYLLABUS

Predmet:	Izbrana poglavja kognitivno vedenjskih pristopov
Course title:	Selected Chapters of Cognitive Behavioral Approaches

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Sociologija in psihosocialne študije, 3. stopnja	Psihosocialne študije	Prvi	Drugi
Sociology and Psychosocial Studies, 3rd level	Psychosocial Studies	First	Second

Vrsta predmeta / Course type Izbirni / Elective

Univerzitetna koda predmeta / University course code: IPKVP / SCCBA

Predavanja Lectures	Seminar Seminar	Vaje Tutorial	Klinične vaje Work	Druge oblike študija	Samost. delo Individ. work	ECTS
10	30				410	15

Nosilec predmeta / Lecturer:

Doc. dr. Primož Rakovec / Assist. Prof. Primož Rakovec, Ph.D. (nosilec je v vlogi koordinatorja, ker pri izvajanju predmeta sodeluje več visokošolskih učiteljev) / (the lecturer plays the role of coordinator since several lecturers participate in the course)

Jeziki / Languages: **Predavanja / Lectures:** Slovenski, Angleški / Slovenian, English
Seminar / Seminar: Slovenski, Angleški / Slovenian, English

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:

Vpis v 1. letnik študija.

Prerequisites:

Enrollment in the first year.

Vsebina:

Content (Syllabus outline):

- elementi stoične filozofije in budizma v kognitivno vedenjskih pristopih;
- znanost v praksi (na znanstvenih dokazih osnovana praksa);
- na procesu temelječi kognitivno vedenjski pristopi;
- narativni kognitivno vedenjski pristop;
- motivacijski intervju;
- metakognitivni pristop;
- na čuječnosti temelječ pristop;
- ACT;
- dialektično vedenjski pristop;
- shema terapija.

- elements of Stoic philosophy and Buddhism in cognitive behavioural approaches;
- science in practice (evidence-based practice – EBP);
- process-based cognitive behavioural approaches;
- narrative cognitive behavioural approach;
- motivational interview;
- metacognitive approach;
- mindfulness based approach;
- ACT;
- dialectical behaviour approach;
- schema therapy.

Temeljni literatura in viri / Readings:

HAYES C., Steven, HOFMANN G., Stefan (Ur.) *Process based CBT. Science and core clinical competencies of cognitive behavioral therapy*. Oakland: Context Press, 2018.

HOFMANN G., Stefan, ASMUNDSON J.G., Gordon (Ur.). *The science of cognitive behavioral therapy*. London: Elsevier Inc, 2017.

RUGGIERO M., Giovanni, SPADA M., Marcantonio, CASELLI, Gabriele, SASSAROLI, Sandra. A Historical and Theoretical Review of Cognitive Behavioral Therapies: From Structural Self-Knowledge to Functional Processes. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, 36(4), 378-403, 2018.

TIRCH, Dennis, SILBERSTEIN R., Laura, KOLTS L., Russell. *Buddhist Psychology and Cognitive Behavioral Therapy*. New York: The Guilford Press, 2016.

ROBERTSON, Donald. *The Philosophy of Cognitive Behavioral Therapy. Stoic Philosophy as Rational and Cognitive Psychotherapy*. London: Karnac Books Ltd, 2010.

Gradivo, obravnavano na predavanjih in seminarju. / Materials discussed during lectures and seminar.

Priporočena literatura / Advised readings:

ATKINSON, Cathy, EARNSHAW, Paul. *Motivational Cognitive Behavioural Therapy. Distinctive Features*. London: Routledge, 2019.

CRANE, Rebecca. *Mindfulness-Based Cognitive Therapy. Distinctive Features*. London: Routledge, 2009.

DRYDEN, Windy. *Rational Emotive Behaviour Therapy. Distinctive Features*. London: Routledge, 2008.

FISHER, Peter, WELLS, Adrian. *Metacognitive Therapy: Distinctive Features*. London: Routledge, 2009.

FLAXMAN E., Paul, BILACKLEDGE J. T., BOND W., Frank. *Acceptance and Commitment Therapy. Distinctive Features*. London: Routledge, 2011.

RAFAELI, Eshkol, BERNSTEIN P., David, YOUNG, Jeffrey. *Schema therapy. Distinctive Features*. London: Routledge, 2011.

RHODES, John. *Narrative CBT. Distinctive Features*. London: Routledge, 2013.

SWALES A., Michaela, HEARD L., Heidi. *Dialectical Behaviour Therapy. Distinctive Features*. London: Routledge, 2009.

WILLS, Frank. *Beck's Cognitive Therapy: Distinctive Features*. London: Routledge, 2009.

Cilji in kompetence:

Cilj predmeta je pridobitev poglobljenega znanja na predmetnem področju, razvoj kritične refleksije s poglobljenim in abstraktnim razmišljanjem in sposobnost sinteze novih in kompleksnih idej.

Pridobitev splošnih kompetenc:

- izrazito avtonomno ustvarjanje novega znanja, ki pomeni relevanten prispevek k razvoju znanosti;
- sposobnost samostojnega raziskovalno-razvojnega dela za ustvarjanje, interpretiranje in iskanje odgovorov na abstraktna in najbolj kompleksna vprašanja v znanosti in stroki;
- sposobnost prenosa znanja med stroko in znanostjo v kritičnem dialogu;
- zmožnost interdisciplinarnega znanstvenega in strokovnega dialoga in sodelovanja z drugimi poklicnimi profili v okviru družboslovja in širše.

Pridobitev predmetno-specifičnih kompetenc:

- sposobnost operacionalizacije abstraktnih teoretskih konceptov na visoki ravni zahtevnosti;
- poglobljeno poznavanje in razumevanje vpliva stoične filozofije in budizma na razvoj kognitivno vedenjskih pristopov;

Objectives and competences:

The objective of the course is to acquire in-depth knowledge in the subject area, the development of critical reflection with in-depth and abstract thinking and the ability to synthesize new and complex ideas.

Acquisition of general competences:

- highly autonomous creation of new knowledge, which represents a relevant contribution to the development of science;
- ability of independent research and development work to create, interpret and find answers to abstract and the most complex questions in science and profession;
- ability to transfer knowledge between profession and science in a critical dialogue;
- ability to interdisciplinary scientific and professional dialogue and cooperation with other professional profiles in the social sciences and beyond.

Acquisition of course-specific competences:

- ability to operationalize abstract theoretical concepts at a high level of complexity;
- in-depth knowledge and understanding of the influence of Stoic philosophy and

- sposobnost kritične presoje ključnih kognitivno vedenjskih pristopov 3. vala;
- sposobnost argumentiranja in vpeljave na znanosti temelječe prakse.

- Buddhism on the development of cognitive-behavioural approaches,
- ability to critically assess key cognitive behavioural approaches of the 3rd wave;
 - ability to argue and implement science-based practice.

Predvideni študijski rezultati:

- Znanje in razumevanje:
Študent/ka:
- demonstrira poznavanje in razlikovanje aktualnih kognitivno vedenjskih pristopov;
 - razume pomembnost na raziskavah temelječih izsledkov o učinkovitosti posameznega kognitivno vedenjskega pristopa;
 - izraža sposobnost samostojnega raziskovanja na predmetnem področju;
 - prezentira lastne raziskovalne izsledke v znanstvenih publikacijah.

Intended learning outcomes:

- Knowledge and understanding:
Student:
- demonstrates knowledge and differentiation of current cognitive behavioural approaches;
 - understands the importance of research-based findings on the effectiveness of each cognitive behavioural approach;
 - expresses the ability of the independent research in the subject area;
 - presents his / her own research findings in scientific publications.

Metode poučevanja in učenja:

- predavanja z aktivno udeležbo študentov (razlaga, diskusija, vprašanja, primeri, reševanje problemov);
- seminarsko delo (diskusije, projektno delo, timsko delo, metode kritičnega mišljenja);
- uporaba spletne učilnice oziroma drugih sodobnih IKT orodij;
- individualno raziskovalno delo študentov.

Learning and teaching methods:

- lectures with active participation of students (explanations, discussion, cases, problem-solving);
- seminar work (discussions, project work, team work, methods of critical thinking);
- use of online classroom or other contemporary ICT tools;
- individual research work.

Delež (v %) /
Weight (in %)

Načini ocenjevanja:

Assessment:

Način (pisni izpit, ustno izpraševanje, naloge, projekt):	Delež (v %) / Weight (in %)	Assessment:
Izpitna naloga v obliki znanstvenega članka (najmanj 5000 besed)	100	Type (examination, oral, coursework, project): Essay in the form of a scientific article (at least 5000 words)
Ocenjevalna lestvica – skladno s Pravilnikom o preverjanju in ocenjevanju znanja.		Grading scale - in accordance with the Rules of examination and evaluation of knowledge.

Reference nosilca / Lecturer's references:

JEREB, Eva, URH, Marko, STROJIN, Špela, RAKOVEC, Primož. Importance and satisfaction of employees with factors related to job satisfaction: Differences between generation X and Y. V *EMAN 2019 Selected Papers – the 3rd International Scientific Conference on Economics and Management*, held at Ljubljana, Slovenia 28 March 2019.

KRIVEC, Jana, RAKOVEC, Primož. Kognitivno-vedenjski profil stresne izkušnje med slovenskimi študentkami in študenti = Cognitive behavioral profile of stress experience among Slovenian students. *Kairos: slovenska revija za psihoterapijo*, ISSN 1854-9373. [Tiskana izd.], 2018, letn. 12, št. 1/2, str. 67-86.

KRIVEC, Jana, RAKOVEC, Primož. Depresija in njen vpliv na delovno učinkovitost. V RASPOR, Andrej (ur.). *S skrbjo za sodelavce do boljših rezultatov podjetja*. Dolga Poljana: Perfectus, 2019.

KRIVEC, Jana, RAKOVEC, Primož, STEPIŠNIK PERDIH, Tjaša. The role of ICT in adolescents dealing with psychosocial problems. V: MAKAROVIC, Matej (ur.), RONČEVIĆ, Borut (ur.). *Technology and social choices in the era of social transformations*. Berlin [etc.]: P. Lang, 2020. Str. 59-79.

MOŽINA, Miran, FLAJS, Tomaž, JEREBIC, Drago, KOSOVEL, Irena, KRANJC, Urška, RAKOVEC, Primož. Čas za zakon je dozorel: uvodnik o novostih glede normativne ureditve psihoterapije in psihosocialnega svetovanja v Sloveniji = The time for the law is now: editorial about the news concerning legal regulation of psychotherapy and psychosocial counselling in Slovenia. *Kairos: slovenska revija za psihoterapijo*, ISSN 1854-9373. [Tiskana izd.], 2018, letn.12, št. 3/4, str. 7-39.

MOŽINA, Miran, FLAJS, Tomaž, JEREBIC, Drago, KOSOVEL, Irena, KRANJC, Urška, MILIČ, Alenka, RAKOVEC, Primož. Hrvaška, Malta in Nemčija v letu 2018 sprejele zakone o psihoterapiji: kaj pa Slovenija? = Croatia, Malta and Germany passed psychotherapy laws in 2018: how about Slovenia?. *Kairos: slovenska revija za psihoterapijo*, ISSN 1854-9373. [Tiskana izd.], 2018, letn.12, št. 3/4, str. 245-272.

RAKOVEC, Primož. Vpliv notranjega dialoga svetovalca začetnika na vodenje svetovalnega pogovora = Influence of the novice counsellor inner dialogue on conducting counselling conversation. *Kairos: slovenska revija za psihoterapijo*, ISSN 1854-9373. [Tiskana izd.], 2019, letn. 13, št. 1/2.

RAKOVEC, Primož. The functions of inner dialogue while driving a car. *IASS – Innovative Issues and Approaches in Social Sciences*, September 2019.

RAKOVEC, Primož. Differences between psychotherapy and counselling. Who is looking for and who needs them. *Research in Social Change*, 2019, letn. 11, št. 1, str. 4-18.

RAKOVEC, Primož. *Agresivnost za volanom: vpliv notranjega dialoga na način vožnje*. 1. izd. Ljubljana: Vega, 2019. ISBN 978-961-6991-08-7.