



Course syllabus has been approved and verified by Ministerstvo za Obrazovanie I Nauka Republika Severna Makedonija. Please refer to the policy [NMK Policy](#).

CBT 101:

Introduction to Cognitive Behavioral Therapy (CBT)

CRN 12345, Section 01, Credit Hours 3

COURSE SYLLABUS

Semester: Fall 2024

Class Meeting Days: M, W

Class Meeting Time: 1:00 – 2:15 pm

Class Meeting Location: Building A and Room 25, Culture House, Tetovo

Instructor: MSc, Vigan Beqiri

Office Location: Culture House NN, Europa Passage, Tetovo, North Macedonia

Office Hours: 8:00 am – 4:00 pm

Email: info@support.org.mk

I. Welcome!

We are thrilled to welcome you to this course, where you'll embark on a journey that could profoundly impact your life and the lives of others. Cognitive Behavioral Therapy is a powerful tool that not only helps individuals navigate their thoughts and emotions but also equips them with the skills to face challenges, overcome obstacles, and achieve personal growth.

II. Course Prerequisites

There are no formal prerequisites for this course. However, it is recommended that students have an interest in psychology, mental health, or related fields. A basic understanding of general psychology principles may be beneficial but is not required.

III. Course Purpose

This course, *Introduction to Cognitive Behavioral Therapy (CBT)*, is designed to provide students with a comprehensive understanding of one of the most widely used and evidence-based approaches in modern psychotherapy. CBT is a structured, goal-oriented form of therapy that empowers individuals to challenge and change unhelpful cognitive distortions and behaviors, leading to improved mental health and well-being.

IV. Course Format

Consider sharing how class sessions will be formatted and what students can expect. Will class time rely heavily on discussions, collaborative learning, or lectures? This section also allows you to clarify any details related to your course modality and where and how students will interact. You may also provide some context for why you use specific teaching and learning strategies.

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In a world where mental health is increasingly recognized as a critical component of overall well-being, the skills and knowledge gained from this course are not only relevant but essential. CBT is used globally to treat a wide range of psychological issues, including anxiety, depression, and stress-related disorders. By understanding and applying CBT principles, students will gain valuable insights into how thoughts, emotions, and behaviors are interconnected, and how this knowledge can be used to foster personal growth and resilience.

V. Student Learning Outcomes

Through this course, students will not only acquire the theoretical knowledge of CBT but also develop practical skills that can be applied in both professional settings and everyday life. Whether you are aiming for a career in mental health or simply looking to enrich your personal toolkit for navigating life's challenges, this course will provide you with essential tools and perspectives.

VI. Course Objectives

By the end of this course, students will achieve the following specific learning objectives:

1. **Understand the Core Principles of CBT:**
 - Identify and explain the foundational concepts of Cognitive Behavioral Therapy, including the cognitive model, automatic thoughts, core beliefs, and cognitive distortions.
 - Demonstrate an understanding of how thoughts, emotions, and behaviors interact within the framework of CBT.
2. **Develop Practical CBT Skills:**
 - Apply CBT techniques to identify and challenge cognitive distortions in case studies and real-life scenarios.
 - Practice the use of cognitive restructuring techniques to help individuals reframe negative thought patterns and develop healthier thinking habits.
 - Utilize behavioral activation strategies to help individuals engage in positive activities that align with their values and goals.
3. **Enhance Problem-Solving and Decision-Making Abilities:**
 - Use CBT approaches to develop problem-solving skills, enabling students to effectively address personal and professional challenges.
 - Engage in role-playing exercises to practice therapeutic techniques that can be used in future counseling or mental health work.
4. **Cultivate Emotional Intelligence:**
 - Explore the role of emotional regulation within CBT and develop strategies for managing emotions in a constructive way.
 - Improve empathy and communication skills through group discussions and peer feedback, fostering a supportive learning environment.
5. **Apply CBT in Diverse Contexts:**
 - Analyze the application of CBT in different settings, such as individual therapy, group therapy, and self-help contexts.

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- Discuss the cultural considerations and ethical implications of using CBT in diverse populations.

6. Reflect on Personal Growth and Professional Development:

- Encourage self-reflection to understand how the principles of CBT can be applied to personal growth and self-improvement.
- Identify potential career paths that incorporate CBT techniques, including mental health counseling, coaching, and educational roles.

VII. Required Texts and/or Readings and Course Materials

Required Texts:

1. **Dimitrov, Ljupcho.**
Cognitive Therapy: Theory and Practice.
Skopje: Akademski Pечат, 2015.
ISBN: 978-6084539451
2. **Risteska, Vesna.**
Psychotherapy and Cultural Dynamics in the Balkans.
Tetovo: Logos-A, 2018.
ISBN: 978-6082211328
3. **Beck, Judith S.**
Cognitive Behavior Therapy: Basics and Beyond (3rd Edition).
New York: The Guilford Press, 2020.
ISBN: 978-1462544196

Required Library/Library-Accessible Resources:

1. **SEE (South East European) University Library, Tetovo:**
Website: <http://lib.seeu.edu.mk>
2. **Digital Library of Macedonia (DLM):**
Website: <http://dlm.mk>
3. **Institute of Psychology, Faculty of Philosophy, Ss. Cyril and Methodius University in Skopje:**
Website: <http://fzf.ukim.edu.mk/>

VIII. Supplementary (Optional) Texts and Materials

1. **Poposka, Marija.**
Mental Health and Psychotherapy in Transitional Societies.
Skopje: Magor, 2020.
ISBN: 978-9989188342

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2. Padesky, Christine A., and Dennis Greenberger.

Mind Over Mood: Change How You Feel by Changing the Way You Think (2nd Edition).
New York: The Guilford Press, 2016.
ISBN: 978-1462520428

IX. How to Succeed in this Course

Success in this course requires active participation, consistent effort, and a commitment to applying what you learn. Attend all classes, engage in discussions, and complete readings and assignments on time. Practice the CBT techniques both in and out of class to reinforce your understanding. Don't hesitate to seek help or clarification from the instructor during office hours. Collaborate with peers, stay organized, and approach each topic with an open mind. Reflect on your personal growth throughout the course, and use the skills learned to enhance both your academic and personal life.

X. Academic Continuity

In the event of disruptions to our regular class schedule, academic continuity will be maintained through a combination of online resources, virtual meetings, and asynchronous learning. Course materials, assignments, and announcements will be made available on our online learning platform. If in-person classes are interrupted, we will transition to virtual classes via Zoom or a similar platform, with recorded lectures for those unable to attend live. Regular communication will be maintained via email and the course portal to ensure you stay informed and on track. Your commitment to adapting and continuing your studies is crucial to your success

XI. Communication

We will communicate with you primarily through email and our course's online platform, where you can also find class announcements. Please check your email and the course portal regularly for updates, assignments, and important information. We encourage you to reach out via email with any questions or concerns; I aim to reply within 24 hours on weekdays. While we may not be able to respond as quickly on weekends, we will do our best to address urgent matters.

XII. Grading Scale

Percentage	Grade
90 - 100%	A
80 - 89%	B
70 - 79%	C
60 - 69%	D
0 - 59%	F

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XIII. Grade Categories and Weights

Graded Items	Percent of Final Grade
Project	20%
Final Exam	30%
Midterm	30%
Homework	15%
Participation and Engagement	5%

XIV. Course Schedule.

The Course Schedule should include dates of major activities and assignments and must include the [university scheduled final exam time](#). Tables created in Excel or Word can be pasted to replace the example table below. Example columns to include are Date, Work Due Before Class, Topics to be Discussed in Class, Readings. Each row can represent a class meeting or important date. Include dates for important exams, assignments, holidays or breaks, as well as any different class locations or meetings. Be sure to note if this schedule is subject to revision as in example below.

Date	Work Due Before Class	Topics to be Discussed in Class	Graded Items
Week 1 (Oct 1 & 3)	First day of class; no assignments is due	Course Introduction, Overview of CBT Syllabus, Chapter 1 of <i>Cognitive Behavior Therapy: Basics and Beyond</i>	
Week 2 (Oct 8 & 10)		The Cognitive Model, Automatic Thoughts	Homework 1 Assigned
Week 3 (Oct 15 & 17)	Homework 1 Due	Identifying Cognitive Distortions	
Week 4 (Oct 22 & 24)	Essay 1 Due	Cognitive Restructuring Techniques	Homework 2 Assigned
Week 5 (Oct 29 & 31)	Homework 2 Due	Behavioral Activation and Exposure Chapters 5-6 of Cognitive Behavior Therapy: Basics and Beyond	
Week 6 (Nov 5 & 7)	Midterm Review	Mindfulness and CBT Mind Over Mood, Chapter 7 of Cognitive Behavior Therapy: Basics and Beyond	Midterm Exam (Nov 14)

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Week 7 (Nov 12 & 14)	Project 1 Due	Case Study Discussion: Applying CBT	
Week 8 (Nov 19 & 21)		CBT for Anxiety and Depression	
Week 9 (Nov 26 & 28)		CBT and Emotional Regulation	
Week 10 (Dec 3 & 5)	Essay 2 Due	Cultural Considerations in CBT	
Week 11 (Dec 10 & 12)	Homework 3 Due	Ethics in CBT	
Week 12 (Dec 17 & 19)		Group CBT and Family Therapy	
Week 13 (Dec 24 & 26)	Homework 4 Assigned	Advanced Techniques in CBT	
Week 14 (Dec 31 & Jan 2)	Final Project Due	Workbook Presentations and Peer Feedback	Homework 4 Due
Week 15 (Jan 7 & 9)		Course Review and Final Exam Preparation	Participation and Engagement Assessment
Final Exam		Final Exam: Comprehensive Exam Covering All Course Materials	Final Exam, 7:00pm-10:00pm

* Note: The Schedule is subject to revision

XV. Student Recordings

Recording of class sessions, discussions, or any course-related activities by students is strictly forbidden unless explicit permission has been granted by the instructor in advance. Unauthorized recordings are not only a violation of this course's policies but also infringe upon the privacy and intellectual property rights of both the instructor and fellow students.

In accordance with **Article 151 of the Law on Personal Data Protection of North Macedonia**, unauthorized recording of individuals without their consent constitutes a violation of privacy rights and may be subject to legal consequences. Furthermore, Article 152 of the same law

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addresses the protection of personal data in audio and video recordings, emphasizing that such recordings must be made with the explicit consent of the individuals involved.

Additionally, under the **Law on Copyright and Related Rights** (Official Gazette of the Republic of Macedonia No. 115/2010), the unauthorized recording and distribution of course content may infringe upon intellectual property rights, leading to potential civil and criminal liabilities. Students are expected to respect the privacy and intellectual property of others and to adhere to these guidelines at all times. Any requests for recording must be discussed with the instructor and, if granted, will be limited to specific, clearly defined purposes. Violations of this policy will result in disciplinary actions and may be referred to the relevant legal authorities

XVI. Course Policies: Technology and Media

Mindfulness-Based Cognitive Therapy (MBCT) App – Students will need to download a free or paid version of a mindfulness app (such as Headspace, Calm, or Insight Timer)

XVII. Important Dates to Remember

Please note that all dates and assignments listed in this syllabus are tentative and subject to change at the discretion of the professor. Any changes will be communicated in class and via email.

Important Dates:

- **Course Start Date:** Tues, Oct 1, 2024
- **Drop/Add Deadline:** Fri, Oct 4, 2024
- **Labor Day Holiday (Observed by University):** Mon, Sept 2, 2024
- **Midterm Exam:** Thurs, Nov 14, 2024
- **Mid-term Grading Opens:** Mon, Nov 18, 2024
- **Mid-term Grading Closes:** Tues, Dec 3, 2024
- **Withdrawal Deadline:** Fri, Dec 6, 2024
- **Final Project Due:** Tues, Dec 31, 2024
- **Final Examination Week:** Sat, Jan 11 - Thurs, Jan 16, 2025

Be sure to keep these dates in mind and stay informed of any updates throughout the semester.