



BAKER COLLEGE
STUDENT LEARNING OUTCOMES

PSY 2010 Cognitive Behavioral Therapy
3 Semester Hours

Student Learning Outcomes & Enabling Objectives

1. Explore the historical development of cognitive behavior therapy (CBT).
 - a. Examine key historical figures (APA 1.2C)
 - b. Examine early theorists and theories (APA 1.2C)
 - c. Examine theoretical changes over time (APA 1.2C)
2. Analyze the theoretical framework underlying CBT.
 - a. Explore major learning theories. (APA 1.1A)
 - b. Explore major behavioral theories. (APA 1.1A)
 - c. Explore major cognitive theories. (APA 1.1A)
3. Apply the basic terminology and concepts of CBT.
 - a. Define commonly used terms. (APA 1.1A)
 - b. Describe key CBT concepts. (APA 1.1A)
4. Apply the process of cognitive behavior assessment and therapy.
 - a. Identify stages of the assessment process (APA 2.1CD)
 - b. Practice creating treatment plans (APA 1.2D and 1.3C)
5. Assess and apply CBT methods.
 - a. Identify basic behavior methods/techniques used in CBT. (APA 1.3C)
 - b. Consider individual and cultural characteristics of clients during assessment and treatment. (APA, 4.3B)
6. Assess the efficacy of cognitive behavior therapy.
 - a. Discuss strengths and weaknesses of CBT (APA 2.1A)
 - b. Discuss ethical concerns related to the use of CBT. (APA, 3.1ABC)
 - c. Examine empirical outcomes reported in research literature related to CBT. (APA 2.2CD)
7. Communicate using the standards and guidelines established for the profession.
 - a. Develop APA formatting skills by incorporating proper APA format, in text citations, and references in written assignments. (APA 4.1D)
 - b. Demonstrate effective writing and/or presentation skills for different purposes. (APA 4.1 ABC)

Note: Each SLO/EO is aligned to the American Psychological Association (APA) guidelines for undergraduate learning outcomes.

These SLOs are not approved for experiential credit.

Effective: Fall 2019