

## DOCTORAL STUDIES COURSE UNIT DESCRIPTION

Name of subject	Field of science, code	Faculty / Center	Institute / Department
<b>Contemporary Cognitive Therapy: Theories and Research Directions</b>	S 006	Faculty of Philosophy	Institute of Psychology

Student's workload	Credits	Student's workload	Credits
Lectures		Consultations	1
Independent study	6	Seminars	

Course annotation
<p>Trends in contemporary cognitive therapy developments. Novel approaches in cognitive therapy, e.g., Mindfulness, Acceptance, and Commitment Therapy, Imagery Rescripting Therapy, Eye Movement Desensitization and Reprocessing Therapy (EMDR), and others. Theoretical background for these approaches.</p> <p>Methodology of cognitive therapy outcomes research. Efficacy of cognitive therapies for various mental health disorders. Limitations of cognitive therapy outcome research are associated with research strategies, participant selections, assessment methods, and evaluation of mechanisms of therapy.</p> <p>Challenges for implementation of cognitive therapies in clinical practice. Adjusting therapy to the individual need of the client. Limitations associated with the application of manualized treatments in clinical practice. The possibilities and limitations of digital technologies in cognitive therapies. Prevention of mental disorders using cognitive therapy approaches.</p>

Reading list
Andersson, G. (2014). <i>The internet and CBT: A clinical guide</i> . CRC Press.
Dobson, K. S., & Dozois, D. J. A (Eds.). (2019). <i>Handbook of Cognitive-Behavioral Therapies</i> . Guilford Press.
Hofmann, S. G., & Asmundson, J. G. (Eds.). (2017). <i>The Science of Cognitive Behavioral Therapy</i> . Academic Press.
Nezu, C. M., & Nezu, A. M. (Eds.). (2016). <i>The Oxford handbook of cognitive and behavioral therapies</i> . Oxford University Press.
Ostafin, B. D., Robinson, M. D., & Meier, B. P. (Eds.). (2015). <i>Handbook of mindfulness and self-regulation</i> . Springer.

The names of consulting teachers	Science degree	Main scientific works published in a scientific field in last 5 year period
Evaldas Kazlauskas	Dr.	Dumarkaite, A., Truskauskaite-Kuneviciene, I., Andersson, G., & <b>Kazlauskas, E.</b> (2022). The Effects of Online Mindfulness-Based Intervention on Posttraumatic Stress Disorder and Complex Posttraumatic Stress Disorder Symptoms: A Randomized Controlled Trial With 3-Month Follow-Up. <i>Frontiers in Psychiatry</i> , 13.
		Jovarauskaite, L., Dumarkaite, A., Truskauskaite-Kuneviciene, I., Jovaisiene, I., Andersson, G., & <b>Kazlauskas, E.</b> (2021). Internet-based stress recovery intervention FOREST for healthcare staff amid COVID-19 pandemic: study protocol for a randomized controlled trial. <i>Trials</i> , 22(1), 1-9.

	<p>Biliunaite, I., <b>Kazlauskas, E.</b>, Sanderman, R., &amp; Andersson, G. (2021). Process evaluation of Internet-based Cognitive Behavioral Therapy intervention for informal caregivers. <i>Frontiers in Medicine</i>, 2227.</p>
	<p>Biliunaite, I., <b>Kazlauskas, E.</b>, Sanderman, R., Truskauskaite-Kuneviciene, I., Dumarkaite, A., &amp; Andersson, G. (2021). Internet-based cognitive behavioral therapy for informal caregivers: randomized controlled pilot trial. <i>Journal of Medical Internet Research</i>, 23(4), e21466.</p>
	<p><b>Kazlauskas, E.</b>, Eimontas, J., Olf, M., Zelviene, P., &amp; Andersson, G. (2020). Adherence predictors in internet-delivered self-help intervention for life stressors-related adjustment disorder. <i>Frontiers in Psychiatry</i>, 11, 137.</p>

Certified during Doctoral Committee session on 2022-04-25. Protocol No. 15600-KT-150

Committee Chairman prof. Evaldas Kazlauskas