



**德中心理治疗研究院**

DEUTSCH-CHINESISCHE AKADEMIE FÜR PSYCHOTHERAPIE

**Advanced German-Chinese Training Program for  
Psychotherapy**

**Cognitive-Behavior Therapy (CBT) level II**

**Curriculum 2019 - 2020**

**National Continuous Advanced Training Program -  
Cognitive Behavioral – Psychotherapy level II**

# **German - Chinese Curriculum**

## **of**

# **Cognitive - Behavioral - Psychotherapy**

## **2019-2020**

### **Objectives**

Cognitive Behavioral Psychotherapy is a very effective psychotherapy for outpatient and inpatient treatment of mentally ill patients. Therefore, in recent years, it is worldwide the most applied psychotherapy. To treat patients with CBT therapists need profound theoretical knowledge, analysing of the family background, the function of the symptoms and to understand the belief system of the patient. The aim of CBT is to help the patient to find new solutions for his problems.

The title of the curriculum is adopted to international standards and is The advanced German Chinese training programme in CBT level two

**The aim of this advanced German Chinese training programme for Cognitive Behavior Therapy level II is to deepen the state of the art knowledge for using CBT. This programme include to learn how to train CBT and how to conduct group therapy of CBT.**

So the participants will learn more

- about aetiology and differentiation of diagnosis in its relevance for the CBT treatment
- skills in doing CB, to handle different situations with patients.
- Therapy planning
- crisis intervention
- case discussion and life demonstration
- problem analysis in a therapeutical process
- learn to teach CBT
- learn to use group CBT by doing it self
- selfexperience

It will be offered only for Chinese colleagues who are already experienced in using CBT in hospitals or counseling centers.

**The precondition of Chinese colleagues** is to have got the certificate of the training programme in CBT. The second precondition is continuous clinical practice.

A continuous participation of all seminars is obligatory to get the certification of the complete training programme.

### **Time schedule and organization**

The training includes four seminars spread over a time period of two years with a total of 330 hours of seminars, lectures and exercises including homework time. Training language is English and Chinese. The seminars will be conducted by German and Chinese teachers. Additionally, German and Chinese lecturers will provide theoretical knowledge, psychotherapeutic skills case work, supervision and self-experience.

### **Seminar place and organization**

The seminars will be held by the brain hospital department of Medical Psychology of Nanjing University and the Department of Psychosomatic disease of the Chengdu West China University in cooperation with the German –Chinese Academy for Psychotherapy e.V.

### **Requirements and participants tasks**

*During the training seminars each participant has to*

- attend two case supervisions
- prepare 4 excerpts. Each excerpt shall be a three-page literal recording of the therapy with a patient.

The transcripts will be read and commented by the instructors. The excerpts shall relate to the topics of the seminars. All the homework of the participants has to be done in English or Chinese

*Between the seminars participants are supposed*

- to do homework assignments and to reflect upon the new knowledge gained and to integrate into their therapeutical work
- attend an intervision group for case discussion in his home town/ or province.

Between the 3<sup>th</sup> and 4<sup>th</sup> seminar, each participant has to write a final essay, which may be a documentation of the therapeutical process of a specific case over the course of several sessions including the reflection of the therapists' own process during the therapy.

### **Studybook**

During the training program, participants document their work, participation on the seminar, homeworks, self-experience, participation in intervision groups in a study-book, which will be signed by the responsible German or Chinese teachers.

### **Self- experience Group self –experience and single sessions**

The participants learn in the group-selfexperience how to lead such a group and get the ability to reflect about himself. So every seminar will have one day of group therapy (4x)

Furthermore Self-experience will be intensified in individual sessions.

Additionally, each participant has to write a personal emotional biography. The guideline for this biography will be given by the teachers.

### **Study material**

Study material will include

- chapters of relevant books
- summaries of chapters and articles
- study material of the teachers (power-point slides; presentations)

Material will be translated into Chinese language.

## **First Seminar – Nanjing, 2019**

**13<sup>th</sup> of May -18<sup>th</sup> of May2019**

Depression, Agora Phobia, Panic Disorders, Avoidence disorder, theoretical state of the art, treating skills

Group Therapy in CBT learning by doing

How to teach CBT

Selfexperience

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## **Second Seminar – Chengdu, 2019**

**23<sup>th</sup> of September-27<sup>th</sup> of September**

**Personal disorders, Social phobia, working problems and stressmanagement**

theoretical state of the art, treating skills

Group Therapy in CBT learning by doing

How to teach CBT

Self-Experience

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## **Third Seminar – Nanjing 2020**

**23<sup>th</sup> of May - 27<sup>th</sup> of May**

Trauma, sexual abuse, sexual disorders

theoretical state of the art, treating skills

Group Therapy in CBT learning by doing

How to teach CBT

Self-Experience

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## **Fourth Seminar- Chengdu, 2020**

**21<sup>th</sup> of September-25<sup>th</sup> of September**

Obsession , psychosis

**theoretical state of the art, treating skills**

**Group Therapy in CBT learning by doing**

**How to teach CBT**

**Self-Experience**

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