

**Module description**

Module title	PSYCH-MA-AM-01: Clinical Psychology & Psychotherapy (lecture)
Subject	Behavioral Medicine
Associated degree	Master of Science (M.Sc.)
Module coordinator	Prof. Dr. Christiane Hermann Christiane.Hermann@psychol.uni-giessen.de Prof. Dr. Rudolf Stark Rudolf.Stark@psychol.uni-giessen.de
Frequency and duration	Summer (1 semester course, 1.5h per week)
Language of instruction	German
Examination	Written or oral exam
ECTS	5
Prerequisites	Minimum of 6 ECTS in clinical/abnormal psychology
Learning outcomes	<p>Students will</p> <ul style="list-style-type: none"> • learn about biopsychosocial risk factors for chronic organic diseases such as cardiovascular disease, cancer, diabetes etc. • get to know the basics and models of important psychotherapy approaches (Cognitive Behavioral Therapy, Psychoanalysis, Humanistic Psychotherapy, Systemic Psychotherapy) • learn core psychological and behavioral concepts relevant for the treatment and rehabilitation of chronic organic diseases (e.g., compliance, symptom monitoring) • learn about etiological models of selected chronic organic diseases and the underlying pathophysiology • know about the core components of multidisciplinary treatment of selected chronic organic diseases with a particular emphasis on education and disease management • gain knowledge about the empirical evidence of psychological and multidisciplinary treatment of selected chronic organic diseases

Module content	<ul style="list-style-type: none"> • role of psychological and behavioral (risk) factors in the etiology and maintenance of selected chronic organic diseases (e.g., cardiovascular disease, diabetes, pain) • basics pathophysiology of selected chronic organic diseases • psychological interventions as part of treatment and rehabilitation of chronic organic diseases • understanding and using evidence-based medicine • psychotherapy in the German health system (insurance system, psychotherapeutic care situation) • overview of the four most important psychotherapeutic orientations: Cognitive Behavioral Therapy, Psychoanalysis, Humanistic Psychotherapy, Systemic Psychotherapy • ethical aspects of psychotherapy • quantitative and qualitative methods in psychotherapy research • results from psychotherapy outcome and process research • effect mechanisms of psychotherapy
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