

**MASTER IN CLINICAL AND PATHOLOGICAL PSYCHOLOGY: COGNITIVE BEHAVIORAL THERAPY****Main Language of Instruction:**French  English  Arabic **Campus Where the Program Is Offered:** CSH**OBJECTIVES**

Cognitive psychology is a relatively new field that has rapidly advanced since the mid-20th century. It asserts that understanding individual behavior requires an examination of cognitive processes. This discipline has led to the development of a range of techniques, collectively known as “cognitive behavioral therapies.”

The Master in Clinical and Pathological Psychology: Cognitive Behavioral Therapy aims to provide students with a comprehensive understanding of theoretical approaches used in the prevention, assessment, and treatment of psychological disorders across different life stages. It includes practical internships at various institutions, including the University Center for Psychological Support. It also prepares students to conduct advanced research in clinical psychology and psychopathology.

**PROGRAM LEARNING OUTCOMES (COMPETENCIES)**

- Conduct thorough psychological evaluations
- Intervene effectively with children, adolescents, and adults with diverse psychological disorders
- Adhere to ethical principles of professional practice
- Master cognitive-behavioral strategies for assessment and intervention across different psychiatric disorders
- Develop the necessary skills for practicing as a cognitive-behavioral clinical psychologist in hospital and institutional settings
- Contribute to the scientific advancement of psychological practice

**ADMISSION REQUIREMENTS**

Candidates are selected based on their application file and an interview with a committee of three instructors from the Department of Psychology.

- Candidates holding a Bachelor degree from the FLSH must have a minimum score of 12/20 in their Bachelor in Psychology, and successfully complete the oral interview to be admitted to the Master's program.
- Candidates who earned their Bachelor in Psychology from institutions other than the Saint Joseph University of Beirut will be considered for admission to the Master's program based on their application file and successful completion of the oral interview.

**COURSES/CREDITS GRANTED BY EQUIVALENCE**

Candidates must hold a Bachelor in Psychology. Those holding a master's or PhD degree in a different field may receive equivalence for certain courses, provided that the content is similar to that of the courses in our program.

**PROGRAM REQUIREMENTS****Required Courses (120 credits)**

Anxiety and Obsessive Disorders I (2 Cr.). Anxiety and Obsessive Disorders II (2 Cr.). Applied Statistics in Psychological Research (3 Cr.). Applied Statistics in Psychological Research II (3 Cr.). Autism and Childhood Psychoses (3 Cr.). Clinical Assessment and Psychopathology of Children (3 Cr.). Cognitive and Behavioral Treatment (5 Cr.). Cognitive and Behavioral Treatment II (3 Cr.). Cognitive Psychology Assessment (4 Cr.). Cognitive Psychology Assessment II (3 Cr.). Colloquium Preparation (2 Cr.). Critical Analysis of Scientific Research (3 Cr.). Ethics and Professional Conduct (3 Cr.). Internship - Master in Clinical and Pathological Psychology (5 Cr.). Internship - Master in Clinical and Pathological Psychology: Cognitive Behavioral Therapy (5 Cr.). Master Thesis - Clinical and Pathological Psychology: Cognitive Behavioral Therapy (20 Cr.). Neuropsychology (3 Cr.). Personality Disorders, Addictions, and Impulsivity (2 Cr.). Practical Applications of Cognitive Methods in a School Setting (3 Cr.). Psychiatric Diagnosis: Beyond DSM-V (3 Cr.). Psychological Assessment of Children and Adolescents (6 Cr.). Psychometrics (4 Cr.). Psychopharmacology

(3 Cr.). Psychosomatics (3 Cr.). Qualitative Research Methodology in Psychology – Supervised Work (3 Cr.). Qualitative Research Methodology in Psychology (3 Cr.). Qualitative Research Methodology in Psychology II (3Cr.). Quantitative Research Methodology in Psychology (3 Cr.). Role and Position of the Psychologist in Institutional or Corporate Settings (3 Cr.). Seminar - Master in Cognitive Psychology (3 Cr.). Supervised Clinical Evaluation and Intervention Internship: University Center for Psychological Support (3 Cr.). Thesis Project (3 Cr.). Trauma (3 Cr.)

## SUGGESTED STUDY PLAN

### Semester 1

Code	Course Name	Credits
011PSSTM1	Applied Statistics in Psychological Research	3
011PODEM2	Ethics and Professional Conduct	3
011PSN1M1	Neuropsychology	3
011PEMCM1	Practical Applications of Cognitive Methods in a School Setting	3
011PODPM1	Psychiatric Diagnosis: Beyond DSM-V	3
011PCPPM1	Psychopharmacology	3
011PSM2M4	Qualitative Research Methodology in Psychology	3
011PCMQM1	Qualitative Research Methodology in Psychology – Supervised Work	3
011PTRPM3	Role and Position of the Psychologist in Institutional or Corporate Settings	3
011PSSSM1	Supervised Clinical Evaluation and Intervention Internship: University Center for Psychological Support	3
	<b>Total</b>	<b>30</b>

### Semester 2

Code	Course Name	Credits
011POT2M2	Cognitive and Behavioral Treatment	5
011POE2M2	Cognitive Psychology Assessment	4
011POR2M3	Critical Analysis of Scientific Research	3
011PCSTM2	Internship - Master in Clinical and Pathological Psychology	5
011PCPPM2	Personality Disorders, Addictions, and Impulsivity	2
011PCEEM1	Psychological Assessment of Children and Adolescents	6
011PSSTM2	Qualitative Research Methodology in Psychology II	3
011PSM1M2	Quantitative Research Methodology in Psychology	3
	<b>Total</b>	<b>31</b>

### Semester 3

Code	Course Name	Credits
011POTAM3	Anxiety and Obsessive Disorders I	2
011PCCPM3	Clinical Assessment and Psychopathology of Children	3
011POTRM3	Cognitive and Behavioral Treatment II	3
011POE2M3	Cognitive Psychology Assessment II	3
011PSPQM3	Colloquium Preparation	2
011POMEM4	Master Thesis - Clinical and Pathological Psychology: Cognitive Behavioral Therapy	10

011PCPSM3	Psychosomatics	3
011PSPMM3	Thesis Project	3
	<b>Total</b>	<b>29</b>

#### Semester 4

Code	Course Name	Credits
011POTCM4	Anxiety and Obsessive Disorders II	2
011PSA3M4	Autism and Childhood Psychoses	3
011POSTM4	Internship - Master in Clinical and Pathological Psychology: Cognitive Behavioral Therapy	5
011POMEM4	Master Thesis - Clinical and Pathological Psychology: Cognitive Behavioral Therapy	10
011POPMM4	Psychometrics	4
011POS2M4	Seminar – Master in Cognitive Psychology	3
011POTMM4	Trauma	3
	<b>Total</b>	<b>30</b>

#### COURSE DESCRIPTION

##### **011POTAM3      Anxiety and Obsessive Disorders I      2 Cr.**

The course focuses on various anxiety disorders and their treatment methods within cognitive-behavioral therapy. In the first semester, it addresses generalized anxiety disorder, panic disorder with or without agoraphobia, and specific phobias. After presenting the theoretical aspects of these disorders, it explores the cognitive models underlying them, along with practical assessment and intervention techniques, supported by illustrative clinical cases.

##### **011POTCM4      Anxiety and Obsessive Disorders II      2 Cr.**

This course builds on the material covered in Anxiety and Obsessive Disorders I from the first semester. It addresses specific phobias (further explored), social anxiety disorder, and obsessive-compulsive disorder. As in the first semester, after presenting the theoretical aspects of these disorders, the course explores the cognitive models underlying them, along with practical assessment and intervention techniques, supported by illustrative clinical cases.

##### **011PSSTM1      Applied Statistics in Psychological Research      3 Cr.**

This course introduces students to the basics of statistical terminology and general concepts. It covers fundamental statistical vocabulary and the representation of qualitative data (tables and charts), discrete quantitative data (tables and charts), and continuous quantitative data (tables and charts).

##### **011PSSTM2      Applied Statistics in Psychological Research II      3 Cr.**

This course is designed for Master students in Psychology. It focuses on two main areas: developing research proposals and the scientific design and writing of statistical results in psychology. Students will learn the key data processing techniques and apply them directly using SPSS software. The results analyzed through the various techniques taught in this course are systematically discussed and presented in reports or presentations. Through psychology case studies, students will learn to use appropriate parametric and non-parametric statistical tests to address their research hypotheses.

##### **011PSA3M4      Autism and Childhood Psychoses      3 Cr.**

This course is designed for Master students in Clinical and Pathological Psychology and in Psychology of Education and Training, as well as in Clinical and Pathological Psychology: Cognitive and Behavioral Approach. It focuses on current knowledge of Autism Spectrum Disorder (ASD), which is evolving across all relevant

disciplines. Mastering this knowledge is key to improving diagnosis and treatment modalities for professionals working with children.

This course aims to equip students with the following skills:

- Develop a scientifically recognized and shared foundation based on a recent and multidisciplinary body of knowledge about autism, including the epidemiology of ASD, the specific functioning of individuals with ASD, the underlying pathophysiological and psychopathological mechanisms, diagnostic tools and tracking, educational and therapeutic techniques, and the different approaches to supporting individuals with ASD and their families.
- Conduct an analysis of the level of validation of various approaches and integrate care plans within a multidisciplinary framework.

<b>011PCCPM3</b>	<b>Clinical Assessment and Psychopathology of Children</b>	<b>3 Cr.</b>
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Child and adolescent psychopathology is a rapidly growing field, with knowledge having expanded significantly over the past few decades and continuing to evolve. This course aims to provide students with essential knowledge about childhood psychopathological disorders. Clinical situations encountered at the University Center for Psychological Support will be integrated into the course to enhance learning and practical understanding.

<b>011POT2M2</b>	<b>Cognitive and Behavioral Treatment</b>	<b>5 Cr.</b>
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This course primarily aims to familiarize students with the foundational theoretical principles of the approach, understand the diagnostic process and functional analysis, and explain various intervention strategies. It focuses on distinguishing the advantages and disadvantages of each strategy, applying these strategies to everyday problems and mental disorders, and discussing the contributions and limitations of the approach (refer to the course plan PSY5431 for details). This course will be tailored to meet students' needs and will include discussions of two case histories in class (see texts PPSY n3 and PPSY n4, which will be provided to students).

<b>011POTRM3</b>	<b>Cognitive and Behavioral Treatment II</b>	<b>3 Cr.</b>
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This course prepares students for internships and residencies, focusing on the theories and strategies related to cognitive and behavioral interventions specific to their area of expertise and target populations. It aims to clarify the personal and relational skills essential to the intervention process, helping students master the core elements of interpersonal interaction. Students will gain the knowledge necessary to plan, implement, and evaluate interventions, as well as to design specific sequences and manage intervention plans according to the cognitive-behavioral approach. Additionally, this course updates students on advancements in the recognized principles of this approach. It is primarily intended for those interested in conducting intervention research and/or clinical work with individuals.

<b>011POE2M2</b>	<b>Cognitive Psychology Assessment I</b>	<b>4 Cr.</b>
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This course aims to train students to conduct cognitive-behavioral psychological assessments for the most commonly reported issues in clinical consultations. Students will learn the key principles of cognitive-behavioral assessment, its goals, tools, methods, and limitations. Additionally, they will be able to develop a functional behavior analysis and formulate a treatment plan based on the completed assessment.

<b>011POE2M3</b>	<b>Cognitive Psychology Assessment II</b>	<b>3 Cr.</b>
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This course prepares students to conduct comprehensive cognitive-behavioral assessments, as introduced in Cognitive Psychology Assessment I, and apply them to a range of mental health issues. Students will:

- Gain the ability to develop behavioral analyses for various mental health problems
- Learn to recognize the key challenges encountered during such assessments
- Understand the primary limitations of cognitive-behavioral evaluations
- Be equipped to formulate treatment plans based on behavioral assessments of the mental health issues studied

<b>011PSPQM3</b>	<b>Colloquium Preparation</b>	<b>2 Cr.</b>
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This course prepares students for the official colloquium exam organized by the Lebanese Ministry of Education and Higher Education.

**011POR2M3****Critical Analysis of Scientific Research****3 Cr.**

This course aims to develop students' skills in critically evaluating research in applied psychology. It provides a deeper understanding of research issues in intervention and introduces the tools available for practitioners to select and assess their intervention methods. Students will enhance their knowledge of research practices in applied psychology. The course content includes:

- Learning research methods in applied psychology and understanding the constraints imposed by intervention settings on experimental, cohort, and quasi-experimental protocols.
- Comparing the relative effectiveness of different interventions and distinguishing between clinical significance and statistical significance.
- Exploring single-case protocols and examining various measurement instruments.
- Developing skills in reading, analyzing, and interpreting research results across different fields and approaches.
- Understanding systematic reviews and meta-analyses, including their differences, similarities, and methodologies.
- Examining principles, procedures, and practices governing intervention research, including sources of artifacts, biases, ethical issues, and strategies for publishing and communicating case studies or comparative studies.

**011PODEM2****Ethics and Professional Conduct****3 Cr.**

This course responds to a specific recommendation from the European Federation of Psychologists' Associations to integrate ethics training into psychology programs. Students will explore the core values of the ethical codes adopted by these associations, which emphasize respect for individuals. This course guides students through the application of these guidelines across various psychological disciplines and practice areas. By engaging with these ethical standards, students will learn to balance their professional responsibilities with their independence, ensuring their actions align with the highest ethical principles in their practice.

**011PCSTM2****Internship - Master in Clinical and Pathological Psychology****5 Cr.**

This M2 internship (250 hours on-site) aims to familiarize students with institutional psychopathology and understanding clinical psychopathology evaluation methods, including case histories and psychiatric diagnoses. Students will select the facility location (a psychiatry department) from a provided list. In collaboration with the instructor, students will set observation and participation criteria, which will be further enriched through their theoretical readings on chosen topics. During group sessions at the Faculty, students will record their observations, presentations, and critical reflections in a logbook. By the end of this internship, students will submit a written report compiling all these elements for final evaluation.

**011POSTM4****Internship - Master in Clinical and Pathological Psychology :  
Cognitive Behavioral Therapy****5 Cr.**

This internship during the third semester of the professional master (M3) consists of 300 hours, with a minimum of 60 hours spent under the direct supervision of psychologist on-site. It aims to train students in conducting interviews and case follow-ups with children, adolescents, and adults, assisting in test administrations, writing reports, observing or participating in therapeutic activities (art therapy), and, where applicable, providing psychological support within an institution or hospital setting. This support requires supervised coordination with the internship supervisor, along with additional guidance from the faculty.

Students may also choose to dedicate 50 hours to research (reducing fieldwork to 250 hours). In this case, they will attend research team meetings, participate in the development and operationalization of hypotheses, conduct a literature review relevant to the topic, collect data (if the student is willing and has the time to do so), and assist with data analysis, discussions, and the writing of scientific articles. They may complete some or all of these tasks, depending on the required hours and the progress of the project.

Students are responsible for selecting one or more facilities (center, hospital, or institution) from the list provided, as completing the 300 hours usually requires more than one site. In collaboration with the instructor, students will set observation and participation criteria, which will be further enriched through their theoretical readings on chosen topics. During group sessions at the Faculty, students will record their observations, presentations, and critical reflections in a logbook. By the end of this internship, students will submit a written report compiling all these elements for final evaluation.



<b>011POM4M4</b>	<b>Master Thesis - Clinical and Pathological Psychology : Cognitive Behavioral Therapy</b>	<b>20 Cr.</b>
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The thesis represents the culmination of research where students must demonstrate their abilities in analysis, synthesis, and structuring of ideas. In some disciplines, the research work revolves around a field experience. In such cases, the candidate reports on the progress of work carried out with an individual, a group, or a specific situation, showcasing the nature and relevance of their intervention, followed by a theoretical interpretation of the completed work.

<b>011PSN1M1</b>	<b>Neuropsychology</b>	<b>3 Cr.</b>
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This course builds on cognitive and neuroscientific knowledge to apply it to clinical research. It focuses on a case study examined through debates, aiming to highlight the importance of incorporating research approaches and brain knowledge into clinical practice.

<b>011PCPPM2</b>	<b>Personality Disorders, Addictions, and Impulsivity</b>	<b>2 Cr.</b>
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This course covers mental disorders, including behavioral disorders, severe personality disorders, Alzheimer's disease, and cognitive decline.

<b>011PEMCM1</b>	<b>Practical Applications of Cognitive Methods in a School Setting</b>	<b>3 Cr.</b>
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This course equips students to navigate the practical challenges faced by school psychologists. Initially, it identifies the difficulties encountered and the distress signals from both teachers and students, emphasizing the need for attentive listening and specialized clinical observation. Subsequently, this course encourages the development of cognitive methods and techniques designed to resolve conflicts that may hinder the learning process. While not intended to provide therapy in schools, the focus remains on establishing a mediator role, bridging effective in-school support with appropriate referrals for private therapeutic care when necessary.

<b>011PODPM1</b>	<b>Psychiatric Diagnosis : Beyond DSM-V</b>	<b>3 Cr.</b>
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This course reviews the current classification criteria found in the DSM-V for the most prevalent psychiatric disorders and explores new perspectives and methodologies in clinical diagnosis. It aims to equip students with diagnostic reasoning skills based on internationally recognized scientific criteria while fostering a broader, more comprehensive understanding of the complexity of mental disorders.

<b>011PCEEM1</b>	<b>Psychological Assessment of Children and Adolescents</b>	<b>6 Cr.</b>
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This course aims to familiarize students with the practice of clinical testing, focusing on understanding the psychic organization of children. Students will learn to write psychological assessment reports based on the analysis of data from various tests. They will analyze and interpret psychological evaluations that include intelligence tests and projective tests, engaging directly in these exercises. By studying different clinical cases, students will contribute to the rigor of psychological assessments while maintaining necessary flexibility. Additionally, they will gain an understanding of the patient's psychic functioning through a psychoanalytic lens, emphasizing the connections between cognitive and psychic processes.

<b>011POPMM4</b>	<b>Psychometrics</b>	<b>4 Cr.</b>
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This course examines testing concepts and various types of psychological assessments, defining psychometrics and outlining the essential stages of test construction. Key topics include challenges in item writing and analysis, as well as comparative studies of reliability indices such as internal consistency, parallel forms, test-retest reliability, and inter-rater reliability. This course addresses issues related to content and construct validity, including criterion-related validity (both concurrent and predictive), and explores techniques for score standardization and normalization. Additionally, it discusses the controversy surrounding systematic bias (cultural or socioeconomic) in ability and performance test scores, alongside professional standards for test writing and publication. An overview of major tests of intelligence, aptitude, personality, and psychopathology is also provided, with a focus on their applications in educational, clinical, counseling, and industrial-organizational settings.

<b>011PCPPM1</b>	<b>Psychopharmacology</b>	<b>3 Cr.</b>
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This course reviews the semiology and pathophysiology of major psychiatric disorders and their pharmacological and biological treatments, including mood disorders, psychotic disorders, anxiety disorders, and substance abuse. It also introduces major classes of psychotropics: antidepressants, antipsychotics, mood stabilizers, anxiolytics, hypnotics, stimulants, and others. Clinical case presentations will illustrate the various pathologies discussed.

<b>011PCPSM3</b>	<b>Psychosomatics</b>	<b>3 Cr.</b>
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This course helps students explore how somatic pathology prompts reflection on the processes of organization and disorganization throughout an individual's life, from birth to death. Students will understand the psychic functioning of patients facing somatic disorganization through various psychosomatic theories and will consider appropriate forms of care for these patients.

<b>011PCMQM1</b>	<b>Qualitative Research Methodology in Psychology – Supervised Work</b>	<b>3 Cr.</b>
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This course familiarizes students with the various stages of qualitative research, covering everything from formulating research questions to presenting findings. It explores data collection methods such as participant observation, semi-structured interviews, and document analysis. Students will learn essential techniques for analyzing qualitative data, including coding, categorization, content analysis, and thematic analysis. This course also addresses ethical considerations in qualitative research, such as research ethics principles, confidentiality, and the researcher-participant relationship.

<b>011PSM2M4</b>	<b>Qualitative Research Methodology in Psychology</b>	<b>3 Cr.</b>
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This course delves into the rapidly evolving field of qualitative research, transformed by advancements in information technology. Students will engage with a variety of data forms, including texts, sounds, images, and videos, learning to navigate and analyze these diverse inputs effectively.

It emphasizes the exploratory and interpretative nature of qualitative research methods, contrasting with the hypothesis-deductive approach of quantitative research. Students will understand how qualitative research avoids strict experimental frameworks, focusing instead on nuanced, non-experimental approaches.

A significant aspect of this course is exploring how ICT has revolutionized data handling. Students will examine how technologies facilitate new processing techniques, such as automatic recoding and direct coding of multimedia data, which streamline the analysis of extensive and varied data sources.

Students will learn to handle qualitative data, which includes complex observations and contextual interactions that cannot be immediately quantified. This course guides students through the process of transforming this data into meaningful insights using various analytical procedures. By the end of this course, students will be adept at producing clear, comprehensive, and innovative analyses that reflect the richness of qualitative data.

<b>011PSM1M2</b>	<b>Quantitative Research Methodology in Psychology</b>	<b>3 Cr.</b>
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This course is designed for first-year Master students in Psychology. It covers the fundamental concepts of quantitative research methods used in psychology. Students will explore the basics of experimental, quasi-experimental, and non-experimental methods.

<b>011PTRPM3</b>	<b>Role and Position of the Psychologist in Institutions or Organizations</b>	<b>3 Cr.</b>
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This course introduces students to the role of a psychologist for staff, whether in an institution or a private company. It covers the various activities associated with this role, including the work environment, professional posture, and positioning. Students will gain insight into the function of psychologists in employee support, aiding them in career orientation and understanding the professional activity.

<b>011POS2M4</b>	<b>Seminar – Master in Cognitive Psychology</b>	<b>3 Cr.</b>
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This seminar provides students with fundamental techniques for preparing their Master Thesis. It assists them in selecting and narrowing down their topics. Students will be required to present a critical review of a relevant work in their research areas, followed by a presentation of a segment of their writing.

<b>011PSSM1</b>	<b>Supervised Clinical Evaluation and Intervention Internship: University Center for Psychological Support</b>	<b>3 Cr.</b>
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This internship focuses on the assessment and intervention of clinical cases. During this internship, students will manage patients under the supervision of an instructor from the Department of Psychology. Clinical situations are presented in group settings, and supervision occurs on a weekly basis.

<b>011PSPMM3</b>	<b>Thesis Project</b>	<b>3 Cr.</b>
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This course is required for Master students in Clinical and Pathological Psychology, Psychology of Education and Training, and Work and Business Psychology. It guides them in the development of their Master thesis research topic. This course will explore, based on the theoretical and methodological knowledge acquired throughout previous studies, how to practically design psychological research. Students will question the innovative aspects of their research topic, formulate the questions that intrigue them, and determine the research plan necessary to test their hypotheses.

<b>011POTMM4</b>	<b>Trauma</b>	<b>3 Cr.</b>
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This course addresses the daily violence faced by Lebanese society, including war, terrorism, physical assaults, and abuse. It helps students understand the concept of trauma and become familiar with techniques for care and therapeutic follow-up. Concrete examples of interventions, actions, and psychological support are presented throughout this course.