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## How theory shapes our practice: In-depth discussion of concepts of applied psychology for social work and education

### **Content:**

What's behind the methods we use for social work and education? Why does theory influence us in our daily practice, even when we don't know which theory is hidden behind a certain method?

This seminar offers in-depth discussions of selected topics from relevant theories in psychology for social work and education. The selected topics and methods highlight exemplarily this important connection which influences us in our practice.

### **Learning Outcome:**

Students learn more about common methods like token economies, the influence of models, processes, which shape our thinking etc. The seminar focuses on a profound presentation of selected topics and discussion among the students participating. Depending on the form of participation, students train their presentation skills, skills to gain in depth knowledge about theories and how their application looks like and group work as well as skills to argument in discussions.

### **Requirements:**

English language level: B2

## Cognitive behavioral therapy for children and adolescents

### **Content:**

Cognitive behavioral therapy is one of the most effective therapies. Assessment and case conceptualization result in the choice of behavioral or cognitive techniques (as f.e. exposure, self-instructional techniques) for treatment. In this seminar, we will get to know some CBT techniques that can be used in the therapy of children and adolescents.

Besides relevant information presented to students during class, students will work together on chosen specific mental disorders (f.e. anxiety, depression) in different „expert groups“.

### **Learning Outcome:**

Students gain knowledge about CBT techniques and their specification for children and adolescents. Furthermore they acquire in-depth knowledge about one specific chosen mental disorder. Students are able to explain symptoms, reasons and maintaining factors of several mental disorders and to discuss the appropriateness of CBT techniques for specific mental disorders and for different stages of development.

### **Requirements:**

English language level: B2

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## School refusal behavior

### Content:

In Germany, 5 – 10 % of students don't attend school regularly. Hence, their risk of later school drop-out, unemployment and mental illness is enhanced. Reasons and maintaining factors of school absenteeism are diverse and interact with each other. Firstly, these interactions must be understood if appropriate interventions for increasing school attendance should be implemented.

### Learning Outcome:

Students get to know reasons and maintaining factors of school refusal behavior and understand how they interact. Students can select and combine some strategies for increasing school attendance in case of different types of school refusal behavior. Finally, students are able to apply their knowledge to solve case studies. Furthermore, students are aware of the boundaries of social work and the need of referral in severe cases of school refusal behavior.

### Requirements:

English language level: B2

*only in winterterm 2019/20*

## Psychology of Human-Machine-Interaction

### Content:

The usage of innovative, digital technology is increasing worldwide. Even as social workers we have to deal with different software as information systems and hardware as assistive technologies. Such interaction between humans and machines is called Human-Machine-Interaction (HMI).

### Learning Outcome:

In this seminar students will learn about the psychological principles of a successful HMI. Furthermore, students will discuss important specifics for the usages of innovative technology in social work.

### Requirements:

English language level: B2