CBT II: Theory, Assessment and Treatment

Fall, 2009

Week 1

Evidence-based Clinical Practice


Week 2

Therapist and Therapy in Evidence-based Treatment


**Weeks 3 and 4**

**Dissemination and Implementation**


**Weeks 5, 6, and 7**

**Eating Disorders**


Week 8

Obesity


Weeks 9 and 10

Borderline Personality Disorder


Treatment manual


Week 11

CBT and Diverse Populations


Week 12

The “Third Wave” Behavior Therapies


Weeks 13 – 15

Behavioral Medicine

Topics will include the following: adherence to medical and behavioral treatments; diabetes; gastrointestinal disorders (IBS); sleep disorders (insomnia), and depression in patients with chronic disease.

Guest speakers to be announced later.