Instructor: G. Terence Wilson

CBT II: Theory, Assessment and Treatment

Fall, 2012 – 3 credits

Goals: The goals of this course are to provide: (1) continuing coverage of the theoretical foundations of the full range of contemporary cognitive behavior therapy (CBT) for adults; (2) a critical analysis of the role of the therapist in evidence-based CBT; and (3) dissemination and implementation of evidence-based psychological treatments with diverse populations in routine clinical practice settings; and

Evaluation: Take-home final examination, consisting of short essay questions.

Weeks 1 - 3

Therapist and Therapy in Evidence-based Treatment


**Weeks 4 - 7**

**Dissemination and Implementation**

**Generalizability of Research Findings**


**New Directions**


**Internet and Computer-based Treatment**


**Guided Self-Help (CBTgsh)**


**Training**


**Implementation Strategies**


**Weeks 8 - 9**

**Eating Disorders**

Week 10

Obesity


Week 11

The “Third Wave” Behavior Therapies


Weeks 12 - 13

CBT and Diverse Populations


**Weeks 14 - 15**

**Behavioral Medicine**

Topics will include the following: adherence to medical and behavioral treatments; hypertension; gastrointestinal disorders (IBS); and sleep disorders (insomnia).

Guest lecture by Lynn Clemow, Ph.D.