Instructor:  G. Terence Wilson

CBT II: Theory and Treatment

Fall, 2014 – 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.

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

Weeks 1 - 3

Therapist and Therapy in Evidence-based Treatment

Therapist vs. Evidence-based Treatment


Therapeutic Alliance


**Therapist Competence**


**Therapist “Drift”**


Weeks 4 - 8

Dissemination and Implementation

Generalizability of Research Findings


Training


New Directions


**Task-Shifting**


**Internet and Computer-based Treatment**


**Guided Self-Help (CBTgsh)**


**Weeks 9 – 11**

**CBT and Diverse Populations**


**Week 12**

**The “Third Wave” Behavior Therapies**


Week 13

CB T and New Directions??


Weeks 14 - 15

Obesity and Eating Disorders


