Course: Theory and Practice of Cognitive Behavior Therapy

Course #: 18:821:625:01

Instructor: G. Terence Wilson, Ph.D.

Spring 2009 - 3 credits

Goals: The goals of this course are to provide: (1) coverage of the theoretical foundations of contemporary cognitive behavior therapy (CBT); (2) an analysis of methodology for developing and evaluating evidence-based psychological treatments; and (3) an introduction to clinical assessment and the practice of cognitive behavior therapy for adult disorders.

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

Course Outline and Reading Assignments

Week 1

History and Current Status


Videotapes: (on reserve)

History of Behavior Therapy Videotape series - Arnold A. Lazarus (interviewed by Wilson)

History of Behavior Therapy Videotape Series - G. Terence Wilson (interviewed by Steve Hollon)

Week 2

Principles and Models of Behavior Change


**Weeks 3 and 4**

**Assessment: Principles and Procedures**


**Videotape:**


**Week 5**

**Phobic Disorders**


**Week 6**

**Panic Disorder**


Goldstein, A. J., deBeurs, E., Chambless, D. L., & Wilson, K. A. (2000). EMDR for panic disorder with agoraphobia: Comparison with waiting list and credible attention-


**Week 7**

**Posttraumatic Stress Disorder**


Weeks 8 and 9

Generalized Anxiety Disorder


Treatment Manual:


Obsessive-Compulsive Disorder


Week 10
Depression


Hollon, S. D., DeRubeis, R. J., Shelton, R. C., Amsterdam, J. D., Salomon, R. M., O’Reardon, J. P., Lovett, M. L., Young, P. R., Haman, K. L., Freeman, B. B., &

**Videotapes:**


**Week 11**

**Depression**


**Treatment Manual:**


**Week 12**

**Moderators and Mechanisms of Change**


**Week 13**

Clinical Issues: Assessment and Treatment of Resistance to Change


**Week 14**

Assessing the Efficacy of Manual-Based CBT


Effectiveness and Generalizability of Psychological Treatments


