Course: Theory and Practice of Cognitive Behavior Therapy

Instructor: G. Terence Wilson, Ph.D.

Spring 2010 - 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 the development and evaluation of evidence-based psychological treatments; and (3) an introduction to the clinical 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


**Week 3**

Assessment: Principles and Procedures


Videotape:


**Week 4**

Phobic Disorders

_Behaviour Research and Therapy, 37_, S5-S27.

_Behaviour Research and Therapy, 46_, 5-27.


**Week 5**

**Panic Disorder**


**Week 6**

**Posttraumatic Stress Disorder**


**Week 7**

**Obsessive-Compulsive Disorder**


**Weeks 8- 9**

**Depression**


**Videotapes:**

Week 10

Depression


Treatment Manual:


Week 11

Moderators and Mechanisms of Change


**Week 12**

**Clinical Issues: Resistance and Motivation to Change**


**Week 13**

**Efficacy of Manual-Based CBT**


**Weeks 14-15**

**Effectiveness and Generalizability of Psychological Treatments**


