Course: Theory and Practice of Cognitive Behavior Therapy

Instructor: G. Terence Wilson, Ph.D.

Spring 2011 - 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)
Weeks 2 and 3

Principles and Models of Behavior Change


Week 4

Assessment: Principles and Procedures


Chapters 2 and 3. (online reserve)

Week 5

Phobic Disorders


*Behaviour Research and Therapy, 37*, S5-S27.


*Behaviour Research and Therapy, 46*, 5-27.


**Clinical Case Presentation: CTB Treatment of Emetophobia**

**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-


**DVD: David Clark and the Treatment of Panic Disorder**

**Week 7**

**Posttraumatic Stress Disorder**


**Weeks 8-9**

**Depression**


and anti-depressant medication in the acute treatment of major depression.


**Week 10**

**Depression**


pharmacotherapy and mindfulness-based cognitive therapy, or placebo, for relapse prophylaxis in recurrent depression. *Archives of General Psychiatry, 67,* 1256-1264.


**Week 11**

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


**Weeks 12 and 13**

**Moderators and Mechanisms of Change**


**Week 14**

**Efficacy of Manual-Based CBT**


Week 15

Effectiveness and Generalizability of Psychological Treatments


