Course: Theory and Practice of Cognitive Behavior Therapy: #18.821.625

Instructor: G. Terence Wilson, Ph.D.

Spring 2013 - 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) a focus on core therapeutic issues in 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


Weeks 2 and 3

Principles of Behavior Change


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


**Week 4**  
**Assessment: Principles and Procedures**

**Week 5**  
**Anxiety Disorders**


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


Week 6

Panic Disorder


**DVD**: David Clark and the Treatment of Panic Disorder
**Week 7**

**Posttraumatic Stress Disorder**

Ehlers, A., Bisson, J., Clark, D. M., Creamer, M., Pilling, S., Richards, D., Schnurr, P.,
Turner, S., & Yule, W. (2010). Do all psychological treatments really work the

*Behaviour Research and Therapy, 43*, 413-431.

disorder with and without cognitive restructuring: Outcome at academic and

McNally, R. J., Bryant, R., & Ehlers, A. (2003). Does early psychological intervention
promote recovery from posttraumatic stress? *Psychological Science in the Public
Interest, 4*, 45-79.

**Recommended Treatment Protocols:** Foa, E., & Hembree, E. (2007). *Prolonged

case formulation approach*. New York: Guilford Press.
Weeks 8 - 9

Depression


medications in moderate to severe depression. *Archives of General Psychiatry, 62*, 417-422.


**Week 10**

**Depression**


Segal Z. V., Bieling, P., Young, T., MacQueen, G., Cooke, R., Martin, L., Bloch, R., & Levitan, R.D. (2010). Antidepressant monotherapy vs sequential pharmacotherapy and mindfulness-based cognitive therapy, or placebo, for
relapse prophylaxis in recurrent depression. *Archives of General Psychiatry, 67,* 1256-1264.


*Behavioral activation for depression.* New York: Guilford Press.

**Week 11**

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


**Weeks 12 and 13**

**Moderators and Mechanisms of Change**

Carter, J. D., Luty, S. E., McKenzie, J. M., Mujlder, R. T., Frampton, C. M., & Joyce, P. R. (2011). Patient predictors of response to cognitive behavior therapy and
interpersonal psychotherapy in a randomized clinical trial for depression. *Journal of Affective Disorders, 128*, 252-261.


**Week 14**

**Efficacy of Manual-Based CBT**


Week 15

Effectiveness and Generalizability


