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

Instructor: G. Terence Wilson, Ph.D.

Spring 2014 - 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 CBT treatments; and (3) a focus on core therapeutic issues in the clinical practice and implementation 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

Assessment: Principles and Procedures


**Week 4**

**Principles of Behavior Change – Anxiety Disorders**


**Week 5**

**Panic Disorder**


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

*Week 6*

**Social Anxiety Disorder**


[www.nice.org](http://www.nice.org).


*Week 7*

**Posttraumatic Stress Disorder**


Weeks 8 - 9
Depression


**Week 10**

**Depression**


**Week 11**

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


**Week 12**

**Moderators of Change**


**Week 13**

**Mechanisms of Change**


**Week 14**
Efficacy and Effectiveness of Manual-Based CBT


Week 15

Effectiveness and Generalizability
