Goals: The goals of this course are to provide: (1) an introduction to the nature of behavioral medicine; and (2) a selective focus on the implementation of applied behavioral interventions for specific health-related problems.

Evaluation: Mid-term short essay; Take-home final examination, consisting of short essay questions.

1. History and Current Status
   a. Behavioral medicine and health psychology
   b. Behavioral medicine and traditional psychotherapy
   c. Implementation of CBT for psychiatric problems in primary care
   d. Treatment of medical disorders

Readings


Shaw, S. R. & Brown, M. B. (2011). Keeping pace with changes in healthcare: 
Expanding educational and medical collaboration. *Journal of Educational and 
Psychological Consultation, 21*, 79-87.

2 Behavioral Medicine: Clinical Overview

**Presentation by Lynn Clemow, Ph.D.**

**Readings**


3 Motivation and Adherence

**Presentation by Howard Leventhal, Ph.D.**

**Readings**

Graham, A. L., Cha, S., Papandonatos, G. D., Cobb, N. K., Mushro, A., Fang, Y., Niaura, 
programs: a randomized controlled trial study protocol. *Trials, 14:48*, 

Adaptation of a motivational interviewing intervention to improve antidepressant 
adherence among Latinos. *Cultural Diversity and Ethnic Minority Psychology, 
16*, 215-225.

Leventhal, H., Bodnar-Deren, S., Breland, J. Y., Hash-Converse, J., Phillips, L. A., 
The approach of the commonsense model. In: Baum, A., Revenson, T. A. And


4. Cigarette Smoking

**Presentation by Danielle McCarthy, Ph.D.**

**Readings**


5. Clinical/Medical Decision-making

**Presentation by Gretchen Chapman, P.D**

Readings


6. Sleep Disorders

**Clinical presentation by Elaine Wilson, Ph.D.**

Readings


8 and 9: Obesity

**Clinical Presentation by Terry Wilson, P.D**

**Readings**


10. Diabetes

**Clinical Presentation: Jessica Yu, M.S**

**Readings**


11. Respiratory Disease

**Clinical Presentation by Paul Lehrer, Ph.D**

**Readings**

To follow

12. Irritable Bowel Syndrome

**Readings**

syndrome using interoceptive exposure to visceral sensations. *Behaviour Research and Therapy, 49*, 413-421.


13. Cardiovascular Disorders

**Lyn Clemow, Ph.D. clinical presentation**

Readings


15. Pain

Readings