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

Instructor: G. Terence Wilson, Ph.D.

Spring 2016 - 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 empirical evaluation of evidence-based CBT treatments; (3) an introduction to critical methodological issues in the design and evaluation of psychological treatment outcome research; and (4) 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.


Rutgers mandated statement on Academic Integrity:

http://academicintegrity.rutgers.edu/academic-integrity-at-rutgers/

Required Rutgers statement on Accommodation

Rutgers University welcomes students with disabilities into all of the University's educational programs. In order to receive consideration for reasonable accommodations, a student with a disability must contact the appropriate disability services office at the campus where you are officially enrolled, participate in an intake interview, and provide documentation: https://ods.rutgers.edu/students/documentation-guidelines. If the documentation supports your request for reasonable accommodations, your campus’s disability services office will provide you with a Letter of Accommodations. Please share this letter with your instructors and discuss the accommodations with them as early in your courses as possible. To begin this process, please complete the Registration form on the ODS web site at: https://ods.rutgers.edu/students/registration-form
Course Outline and Reading Assignments

Week 1

History and Current Status


Weeks 2 and 3

Assessment: State-of-the-Art Principles and Procedures


Wilson, G.T. powerpoint slide handout
Week 4

Principles of Behavior Change – Anxiety Disorders


Graham, B. M., Callaghan, B. L., & Richardson, R. (2014). Bridging the gap: Lessons we have learnt from the merging of psychology and psychiatry for the optimisation of treatments for emotional disorders. Behaviour Research and Therapy, 62, 3-16.


Week 5

Panic Disorder


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

**Week 6**

**Social Anxiety Disorder**

www.nice.org.


Week 7

Posttraumatic Stress Disorder


Weeks 8 - 9

Depression


**Week 10**

**Depression**


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