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

Instructor: G. Terence Wilson, Ph.D.

Spring 2018 - 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

Bandura, A. (2004). Swimming against the mainstream: The early years from chilly
tributary to transformative mainstream. *Behaviour Research and Therapy, 42*,
613-630.

*Behaviour Research and Therapy, 64*, 1-8.

Handout from the *Behavior Therapist*

Weeks 2 and 3

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

Wilson, G.T.  powerpoint slide handout

What is “Evidence-based Treatment?”


Wilson, G.T. powerpoint handout

Expanded Criteria for Selecting Specific Treatments for Individual Patients

Wilson, G.T. powerpoint handout
Week 4

Principles and Procedures 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


Implementation of cognitive therapy for PTSD in routine clinical care:


**Handout**


**Weeks 8 - 9**

**Depression**


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


**Weeks 10 - 11**

Depression


Anand et al. (2013). *Healthy Activity Program (HAP)* – see Patel et al. (2017) reference above for free download

Week 12

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


**ppt Handout**

**Week 13**

**Moderators of Change**


**ppt Handout**
Week 14

Mechanisms of Change


Week 15

Generalizability of Findings from Controlled Clinical Research

ppt Handout
5. If relevant, ways in which you bring in experiential components into your course, including roleplays and/or videotapes of practice, the incorporation of cases from the Clinic and/or from outside practica, presentations of cases by outside speakers, etc. (If this is described in the syllabus, indicate here the relevant page numbers that contain this information.)

use of dvd of the use of CBT for panic disorder; presentation of clinical cases; audio-recordings of key CBT strategies

6. Full APA-style references for all the readings in the course (if these are presented in the syllabus, indicate here the relevant page numbers that contain this information):

See syllabus