Behavioral Medicine – Spring 2019

Goals: The goals of this course are as follows:

(1) provide an overview of the nature of behavioral medicine

(2) analyze the role of behavioral medicine in the development of an integrative care model in health research and care

(3) provide a selective focus on the implementation of applied behavioral interventions for specific health problems

(4) emphasize the importance of an evidence-based approach in translating the principles and procedures of behavioral science to health care

Evaluation: 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
Syllabus

Seminar 1: **History and Current Status**

a. Behavioral medicine and health psychology

b. Behavioral medicine and traditional psychotherapy

c. Implementation of CBT for psychiatric disorders in primary care

d. Psychological treatment of medical disorders

**Readings**


**Slides – HANDOUT**

Seminar 2: **Behavioral Medicine: Clinical Overview**

Presentation by Lynn Clemow, Ph.D.

**Readings**

Seminar 3: Dissemination and Implementation: Increased Access to Behavioral Health and Mental Health Care

Readings


HANDOUT

Seminars 4 and 5. Adherence

Readings


Seminars 6 and 7: Psychological Treatment of Sleep Disorders

Presentation by Elaine Wilson, Ph.D.

Readings


Seminar 8: Health Anxiety/Hypochondriasis and Irritable Bowel Syndrome (IBS)

Readings


Seminar 9: Clinical Decision-Making

Readings


Seminars 10 - 11: Obesity

Readings


Recommended:

Useful Websites

www.niddk.nih.gov/
- WIN (Weight Information Network)
www.uconnruddcenter.org/

Seminar 12: Diabetes

Readings


Seminar 13: Cardiovascular Disorders

Presentation by Lyn Clemow, Ph.D.

Readings


Seminar 14: Anxiety and Cardiovascular Disorders
Presentation by Samantha Farris, Ph.D.

Seminar 15:  Review and Reflection: Towards Integrated Medical Care