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**


**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

Week 6

Social Anxiety Disorder


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


Week 7

Posttraumatic Stress Disorder


**Handout**


**Weeks 8 - 9**

**Depression**


**Weeks 10 - 11**

**Depression**


Behavioral activation for depression. New York: Guilford Press.

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**
ADDENDUM TO COURSE SYLLABUS

1. Course Instructor: ___G.T. Wilson

2. Semester and Year of Syllabus: _____Spring 2018

3. Official Number of Course:
   ______821.625

4. Official Name of Course: ______Theory and Practice of Behavior Therapy_1