Instructor: G. Terence Wilson

CBT II: Theory and Treatment

Fall, 2019 – 3 credits

Goals:

1. Based on the foundations of basic behavior change principles and theory, and the study of the nature of controlled clinical (efficacy) treatment studies, this course expands the focus to the broader dissemination and implementation of evidence-based treatment to diverse problems and patient populations.

2. A continuing emphasis on the interaction between research and clinical practice.

3. A critical analysis of the role of the therapist (health care provider) in the clinical implementation of evidence-based CBT

Evaluation:

Take-home final examination, consisting of three 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.
Week 1

Therapist and Therapy in Evidence-based Treatment


Week 2

Therapeutic Alliance


Weeks 3 and 4

Therapist Competence and Training


**Training and Supervision**


**Weeks 5 - 10**

**Dissemination and Implementation**

**Obstacles**


Solutions and Future Directions


Task-Sharing


Internet and Computer-based Treatment


**Guided Self-Help (CBTgsh)**


**Specific Nature of Treatment**


**Cost-Effectiveness**


**Organizational Issues**

**Progress**


Weeks 11 – 12

CBT and Diverse Populations


Weeks 13 and 14

The “Third Wave” Behavior Therapies


comparison of cognitive behavioral therapy to acceptance and commitment therapy. *Journal of Consulting and Clinical Psychology, 80*, 786-799.

**Week 15**

**CBT and Current Developments in Clinical Science**

