Syllabus

TREATMENT OF ANXIETY - 51953

Last update 11-02-2014

HU Credits: 2

Degree/Cycle: 2nd degree (Master)

Responsible Department: Psychology

Academic year: 1

Semester: 2nd Semester

Teaching Languages: HEBREW

Campus: Mt. Scopus

Course/Module Coordinator: HUPPERT

Coordinator Email: huppertj@mscc.huji.ac.il

Coordinator Office Hours: Sundays 12:30-2

Teaching Staff:
Prof Jonathan Huppert
**Course/Module description:**
The course will be focused on clinical application more than theoretical notions, though Foa and colleagues' Emotional Processing Theory, Unified Treatment Theory by Barlow and colleagues, and Craske's neobehavioral learning theory will be discussed as potential underlying theoretical mechanisms of treatment in the fourth and fifth classes. Each anxiety disorder will be discussed with an emphasis on how the core treatment of exposure and elimination of avoidance (overt and covert) is carried out in order to help the patient learn corrective information for each disorder. This will require a clear conceptualization of what each anxiety disorder is, which will be the goal of the first classes. Case material will be presented in class by me as well as by some of you. For the second half of the semester, such material will provide the foundation for discussions of how to conduct treatment focused on the reduction of anxiety.

**Course/Module aims:**
The goal of this course is to familiarize you with the concepts underlying the treatment of anxiety related disorders.

**Learning outcomes - On successful completion of this module, students should be able to:**
You should be able to describe the differences among anxiety disorders, and the common and specific components used to treat the anxiety disorders

**Attendance requirements(%):**
100

**Teaching arrangement and method of instruction:** frontal

**Course/Module Content:**
Introduction to Anxiety Disorders: What are they, how do we identify, measure, and differentiate them?

What are the similarities and differences between the approaches? What are the clinical implications?

Week 5. Evaluation and Psychoeducation: What is it you are experiencing and why? What are the overlapping concepts conveyed to the patients about the different anxiety disorders? What are the differences in what is presented in the 4 handouts and do these matter clinically?

Week 6. Cognitive Therapy /Cognitive Challenging
Week 7.
The basics of in vivo exposure: Building a hierarchy to address the core fears-
Week 8. Imaginal Exposure:
Are there dangers in doing imaginal exposures? How would you work on addressing any you came up with?
Week 9. Panic
Week 10 SAD
Week 11 PTSD
Week 12. GAD
Week 13. OCD

Required Reading:

Read Handouts from
Mastery of Anxiety and Panic- (Barlow & Craske, 2006)
Social Anxiety Disorder Manual- (Foa, Ledley, Huppert, unpublished)
OCD- (Foa et al., unpublished)
PTSD- common reactions and treatment


Antony chapter

Steketee, G. Imaginal Exposure, Chapter 10.

Craske and Barlow, Chapter 1 in Barlow, 2008.
Clark (2001).
119-137 .pp guide s insider ,17-38 pp Doron & ,Yadin ,Foa by
Optional: Franklin and Foa (2008) EXRP for OCD

Additional Reading Material:

Course/Module evaluation:
End of year written/oral examination 0 %
Presentation 0 %
Participation in Tutorials 10 %
Project work 70 %
Assignments 20 %
Reports 0 %
Research project 0 %
Quizzes 0 %
Other 0 %

Additional information:
weekly questions/responses to readings on Moodle