

## *The Hebrew University of Jerusalem*

### *Syllabus*

## *Introduction to Cognitive Behavior Therapy - B - 37833*

*Last update 17-11-2024*

*HU Credits: 2*

*Degree/Cycle: 2nd degree (Master)*

*Responsible Department: Education*

*Academic year: 0*

*Semester: 2nd Semester*

*Teaching Languages: Hebrew*

*Campus: Mt. Scopus*

*Course/Module Coordinator: Prof. Nilly Mor*

*Coordinator Email: [nilly.mor@mail.huji.ac.il](mailto:nilly.mor@mail.huji.ac.il)*

*Coordinator Office Hours: by appointment*

*Teaching Staff:*

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Prof. Nilly Mor

Course/Module description:

The course will focus on cognitive behavioral work with children. We will review theoretical aspects as well as case conceptualization, treatment planning, and core techniques of CBT.

Course/Module aims:

The aim of the course is to gain knowledge in basic principles and core therapeutic strategies in CBT with children

Learning outcomes - On successful completion of this module, students should be able to:

1. conduct a case formulation
2. design a treatment plan
3. familiarity with core therapeutic strategies

Attendance requirements(%):

100

Teaching arrangement and method of instruction: lecture, group discussion

Course/Module Content:

psycho-education  
emotion regulation  
problem solving  
working with parents and teachers  
Anxiety  
OCD  
Depression  
PTSD  
CD & ODD  
social difficulties  
third wave  
using technology

Required Reading:

TBA

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Additional Reading Material:

Grading Scheme:

Essay / Project / Final Assignment / Home Exam / Referat 50 %  
Submission assignments during the semester: Exercises / Essays / Audits / Reports  
/ Forum / Simulation / others 50 %

Additional information: