

## *The Hebrew University of Jerusalem*

### *Syllabus*

## *Research Seminar - Psychotherapy Processes & Outcomes: CBT for Panic Disordered - 51798*

*Last update 22-08-2018*

*HU Credits: 4*

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

*Responsible Department: Psychology*

*Academic year: 2019*

*Semester: Yearly*

*Teaching Languages: Hebrew*

*Campus: Mt. Scopus*

*Course/Module Coordinator: Professor Jonathan Huppert*

*Coordinator Email: [jonathan.huppert@mail.huji.ac.il](mailto:jonathan.huppert@mail.huji.ac.il)*

*Coordinator Office Hours: Thurs 14:00*

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Teaching Staff:

Prof Jonathan Huppert

Course/Module description:

*In this course, students in clinical psychology will conduct a single case study on the treatment of panic disorder. This will be a systematic study, from hypothesis generation, design/measure selection, to treatment and data collection, analysis and write up.*

Course/Module aims:

*to provide experience in conducting single case research  
to understand the complexities of clinical research  
to learn about conceptualizing mechanisms of therapy*

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

*the student will be able to design a single case study according to hypotheses he generates  
the student will understand better mechanisms of treatment in panic disorder*

Attendance requirements(%):

100

*Teaching arrangement and method of instruction: small group supervision/meetings*

Course/Module Content:

- 1. meetings to learn about conducting single case studies*
- 2. recruitment of patients*
- 3. panic seminar to learn to treat panic*
- 4. assessment of patients*
- 5. treatment/data gathering*
- 6. data analysis*
- 7. write-up*

Required Reading:

*Huppert, J. D. Baker-Morrisette , S. L. (2003). Beyond the manual: The insider's*

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guide to panic control treatment. *Cognitive and Behavioral Practice*, 10, 2-13.  
10.1016/S1077-7229(03)80003-2

Gloster, A. T., Klotsche, J., Gerlach, A. L., Hamm, A., Ströhle, A., Gauggel, S., ... Wittchen, H.-U. (2014). Timing matters: Change depends on the stage of treatment in cognitive behavioral therapy for panic disorder with agoraphobia. *Journal of Consulting and Clinical Psychology*, 82(1), 141-153.  
<http://doi.org/10.1037/a0034555>

Barlow, D. H., & Craske, M. G. (2007). *Mastery of your anxiety and panic* (4th ed.). New York: Oxford University Press.

Barlow, D. H. (Ed.). (2014). *Clinical handbook of psychological disorders: A step-by-step treatment manual*. Guilford publications.

Additional Reading Material:

Course/Module evaluation:

End of year written/oral examination 0 %

Presentation 0 %

Participation in Tutorials 0 %

Project work 50 %

Assignments 0 %

Reports 0 %

Research project 50 %

Quizzes 0 %

Other 0 %

Additional information: