

The Hebrew University of Jerusalem

Syllabus

INTRODUCTION TO COGNITIVE BEHAVIOR THERAPY - 51965

Last update 12-10-2015

HU Credits: 2

Degree/Cycle: 1st degree (Bachelor)

Responsible Department: psychology

Academic year: 0

Semester: 2nd Semester

Teaching Languages: Hebrew

Campus: Mt. Scopus

Course/Module Coordinator: Iftah Yovel

Coordinator Email: iftah.yovel@mail.huji.ac.il

Coordinator Office Hours: Appointment by mail

Teaching Staff:

Dr. Iftah Yovel

Course/Module description:

This is an introductory course for current cognitive and behavioral therapies. Theoretical principles, assessment methods and basic interventions will be reviewed, as well as the strong connections between these approaches and basic and applied research. Much of the discussions will focus on Acceptance and Commitment Therapy.

Course/Module aims:

The basic aim of this course is to expose students to current cognitive behavioral therapies in general, and Acceptance and Commitment Therapy in particular.

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

Critically discuss the basic principles and characteristics of cognitive and behavioral therapies

Appreciate the importance of the connections between research and practice in clinical psychology

Critically discuss the theory that underlies Acceptance and Commitment Therapy (ACT)

Critically discuss the core treatment processes of ACT

Attendance requirements(%):

*Teaching arrangement and method of instruction: Frontal lectures
Readings*

Course/Module Content:

*Cognitive Behavioral Treatments: basic assumptions, treatment principles, therapeutic alliance, assessment methods, conceptualizations of normal and abnormal functioning, basic types of interventions.
Acceptance and Commitment therapy: basic theory and conceptualization of*

psychopathology, basic treatment processes.
Behavioral Activation therapy for depression.

Required Reading:

הפרט, י. ד. (2011). יסודות הטיפול הקוגניטיבי-התנהגותי. בתוך: טיפול קוגניטיבי התנהגותי: עקרונות טיפוליים. עורכים: צ. מרום, א. גלבוש.

הפרט, י. ד. (2011). המשגת המקרה בטיפול קוגניטיבי-התנהגותי. בתוך: טיפול קוגניטיבי התנהגותי: עקרונות טיפוליים. עורכים: צ. מרום, א. גלבוש.

יובל, י. (2011). טיפול באמצעות קבלה ומחויבות (ACT): תיאוריה ופרקטיקה. בתוך: טיפול קוגניטיבי התנהגותי: עקרונות טיפוליים. עורכים: צ. מרום, א. גלבוש.

Hayes, S.C., Wilson, K.G., Gifford, E.V., Follette, V.M., & Strosahl, K. (1996) Experiential avoidance and behavioral disorders: A functional dimensional approach to diagnosis and treatment, *Journal of Consulting and Clinical Psychology*, 64, 1152-1168.

Kashdan, T. B., & Rottenberg, J. (2010). Psychological flexibility as a fundamental aspect of health. *Clinical Psychology Review*, 30(7), 865-878.

Turk, C.L., Heimberg, R.G., & Magee, L. (2008). Social Anxiety Disorder. In D.H. Barlow (Ed.), *Clinical Handbook of Psychological Disorders* (pp. 123-163). New York, NY: The Guilford Press.

Dimidjian, S., Martell, C., Addis, M., & Herman-Dunn, R. (2008). Behavioral activation for depression. *Clinical handbook of psychological disorders: A step-by-step treatment manual* (4th ed.) (pp. 328-364). New York, NY US: Guilford Press.

Additional Reading Material:

Course/Module evaluation:

End of year written/oral examination 100 %

Presentation 0 %

Participation in Tutorials 0 %

Project work 0 %

Assignments 0 %

Reports 0 %
Research project 0 %
Quizzes 0 %
Other 0 %

Additional information: