סילבוס

גישות עדכניות קוגניטיביות התנהגותיות: תיאוריה ופרקטיקה -

51966

שנת הלימוד: 2016-09-25
נקודות זכות באוניברסיטה: 2

חוג כימיה

היחידה האקדמית שאחריות על הקורס: פסיכולוגיה

הшлаמה ורשויות מתואמות להנאות הקורס וلحقונות:

0

spmear: סמסטר ב Особ

שפת ההוראה: עברית

קמפוס: הר הצופים

ותור אHDR לע תוקף (רכ) יפתח יובל

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דוא"ל של התור האhud לע התוקף: יפתח יובל

שאלות קבלת סכום התוקף: י OpenFileDialog

том הקורסים: ד"ר יפתח יובל
A general overview of the course:

- The course, intended for advanced students in psychology, will focus on cognitive-behavioral approaches. The course will mainly focus on theoretical and practical aspects of the Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), and Behavioral Activation (BA) methods.

Objectives of the course:

The purpose of the course is to acquire a basic theoretical and practical understanding of the characteristics, principles, and tools of modern cognitive-behavioral approaches.

Learning outcomes:

By the end of the course, students will be able:

- To identify the common characteristics of most CBT treatments.
- To critically discuss the basic principles of modern and traditional (CBT) approaches.
- To compare ACT with CBT and to develop a case based on the principles of ACT.
- To develop a treatment plan based on the basic processes of presence.

Overview of the teaching method:

- Lectures
- Class discussion
- Weekly active reading
- Weekly discussions on the reading material on the course website

Topics for study / Course program:

Introduction to the foundations of cognitive-behavioral approaches.

Acceptance and Commitment Therapy (ACT): theoretical and practical foundations, principles, and applications.

Comparison between "traditional" CBT and "modern" ACT, and the similarities and differences.

Required reading:

- "Cognitive Behavioral Therapy: Foundations and Applications" by Tzvi and Gabor, editors.

Credit distribution (%):

- 90% of the course points will be based on active participation in class discussions, reading assignments, and other course activities.

Comment for further study:

- Further study is encouraged through self-study and additional reading materials.


ראות נוספים אפשריים:

Acceptance and Commitment Therapy


Basic Mechanisms


ACT vs. traditional CBT


Behavioral Activation


Other types of cognitive-behavioral acceptance-based therapies (few examples)

