Syllabus

RECENT THEOR. & PRACT EDVANCES IN COG-BEHAV THEO - 51966

Last update 15-02-2014

HU Credits: 2

Degree/Cycle: 2nd degree (Master)

Responsible Department: Psychology

Academic year: 0

Semester: 2nd Semester

Teaching Languages:

Campus: Mt. Scopus

Course/Module Coordinator:

Coordinator Email:

Coordinator Office Hours:

Teaching Staff:
Dr. Iftah Yovel
Course/Module description:
In this graduate-level course, students will be introduced to current cognitive-behavioral clinical approaches. General theoretical and practical principles and methods that are common to most cognitive behavioral therapies will be reviewed. Class lectures and readings will focus mostly on the theory that underlies Acceptance and Commitment Therapy (ACT), as well as on the core processes of this clinical approach. Behavioral Activation therapy for depression will also be reviewed.

Course/Module aims:
This class will introduce graduate-level clinical psychology students to current cognitive behavioral therapies, with a strong emphasis on Acceptance and Commitment Therapy.

Learning outcomes - On successful completion of this module, students should be able to:
Identify the features that are common to most cognitive behavioral therapies
Critically discuss the basic principles of current cognitive and behavioral treatments
Critically compare between ACT and more "traditional" CBT.
Conceptualize a case based on the principles of Acceptance and Commitment Therapy.
Develop a treatment plan based on the core processes of Acceptance and Commitment Therapy.

Attendance requirements(%):
90

Teaching arrangement and method of instruction: Lectures
Active class discussions
Weekly readings
Weekly responses to readings on class website

Course/Module Content:
Cognitive Behavioral Treatments: common assumptions and principles,
assessments, conceptualizations, basic interventions.

Acceptance and Commitment therapy: basic theory and conceptualization of psychopathology, core treatment processes.

ACT vs. “traditional” CBT: differences and similarities

Behavioral Activation for Depression: basic principles

Required Reading:


Additional Reading Material:


Basic Mechanisms


ACT vs. traditional CBT


Behavioral Activation


Dimidjian, S., Hollon, S. D., Dobson, K. S., Schmaling, K. B., Kohlenberg, R. J., Addis,


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

Course/Module evaluation:
End of year written/oral examination 0 %
Presentation 0 %
Participation in Tutorials 20 %
Project work 80 %
Assignments 0 %
Reports 0 %
Research project 0 %
Quizzes 0 %
Other 0 %

Additional information: