



Course program and reading list

Semester 2 Year 2024

School: Baruch Ivcher School of Psychology

Cognitive Behavior Therapy

Lecturer:

Dr. Dana Sinai dsinai@runi.ac.il

Course No.:	Course Type :	Weekly Hours :	Credit:
8900	Elective	2	2

Course Requirements :	Group Code :	Language:
Final Paper	241890001	English

Prerequisites

Prerequisite:

8000 - Introduction To Psychology

 Course Description

This course focuses on the principles and practices of Cognitive Behavioral Therapy (CBT) with an emphasis on the second and third waves of CBT. Students will be introduced to the theory and techniques of CBT, including cognitive restructuring, behavioral interventions, exposure, and mindfulness. The course will also cover the application of CBT in different psychiatric disorders, prevention, and resilience.

Weekly Topics: (may be subjected to changes)

Week 1: Introduction to CBT, history, and basic concepts

Week 2-3: The cognitive model

Week 4: Physiology of anxiety

Week 5: Behavioral work

Week 6-8: Mindfulness and Acceptance and Commitment Therapy (ACT)

Week 9: Working with motivation

Week 10: Case conceptualization and formulation

Week 11: Constructing a session and treatment planning



Course Goals

By the end of this introductory course, students will be able to:

1. Understand the fundamental principles of CBT, including its second and third wave techniques, and its application in different psychiatric disorders.
2. Identify and describe the key techniques used in CBT, including cognitive restructuring, behavioral interventions, exposure, mindfulness, and Acceptance and Commitment Therapy (ACT).
3. Develop a basic understanding of how to apply CBT principles and techniques in clinical settings, including individual and group therapy.
4. Gain an appreciation of the importance of prevention and resilience in mental health, and understand how these concepts can be practically applied in daily life.
5. Critically evaluate and summarize research articles related to CBT and different psychiatric disorders.
6. Develop an interest in and enthusiasm for continued learning in the field of CBT.

These course goals are designed to provide students with a strong foundation in the basic principles of CBT, an understanding of its key techniques, and an appreciation for its applications in clinical settings. By the end of the course, students will have gained valuable knowledge and skills that will prepare them for further study in psychology.




Grading

Grading breakdown:

1. Knowledge assignments - 5% for each assignment passed (grade of 60 or higher), maximum of 8 assignments or 40% of final grade.
2. Experiential assignments - 5% for each assignment passed, maximum of 8 assignments or 40% of final grade.
3. Final paper - 20% of overall grade, instructions will be provided later in the semester for working on a case example.

 Lecturer Office Hours

Upon request.

 Teaching Assistant

Yarden Gabay

yarden8223@gmail.com

 Reading List

- David F. Tolin. (2016). *Doing CBT: A Comprehensive Guide to Working with Behaviors, Thoughts, and Emotions*. The Guilford Press
- Harris. (2013). *Getting Unstuck in ACT*. New Harbinger Publications.
- Luoma, Hayes, Walser, Hayes, Steven C., & Walser, Robyn D. (2017). *Learning ACT : An Acceptance & Commitment Therapy Skills Training Manual for Therapists / Jason B. Luoma, PhD, Steven C. Hayes, PhD, Robyn D. Walser, PhD*.
- Newman, Cory F., 'Cognitive Restructuring/Cognitive Therapy', in Christine Maguth Nezu, and Arthur M. Nezu (eds), *The Oxford Handbook of Cognitive and Behavioral Therapies*, Oxford Library of Psychology (2015; online edn, Oxford Academic, 2 June 2014), <https://doi-org.ezprimo1.runi.ac.il/10.1093/oxfordhb/9780199733255.013.22>
- O'Donohue, William T., and Kyle E. Ferguson, 'Historical and Philosophical Dimensions of Contemporary Cognitive-Behavioral Therapy', in Christine Maguth Nezu, and Arthur M. Nezu (eds), *The Oxford Handbook of Cognitive and Behavioral Therapies*, Oxford Library of Psychology (2015; online edn, Oxford Academic, 2 June 2014), <https://doi-org.ezprimo1.runi.ac.il/10.1093/oxfordhb/9780199733255.013.27>
- Vorstenbosch, V., Newman, L., & Antony, M. M. (2013). *Exposure Techniques*. *The Wiley Handbook of Cognitive Behavioral Therapy*, 1-21.