Course Description: Cognitive-Behavioral Therapy of Obsessive-Compulsive Disorder and Panic Disorder; Joseph Himle, Ph.D.

The first half of this course will focus on the cognitive-behavioral treatment of obsessive-compulsive disorder. The course will begin with a review of the nature and diagnosis of OCD. The course will focus on the techniques of exposure and response prevention therapy and related cognitive strategies. Several case examples will be utilized and students will engage in role-play and detailed class discussion focused on exposure and response prevention therapy. Cognitive strategies aimed at motivating initial and enduring participation in treatment will also be presented. Emphasis will be given to practical application of therapy techniques. The course will also include strategies for enhancing adherence to behavioral homework assignments.

The second half of this course will focus on the cognitive-behavioral treatment of panic disorder and agoraphobia. The course will begin with a review of the nature and diagnosis of panic disorder and agoraphobia. The course will focus on the several cognitive-behavioral techniques including cognitive restructuring, exposure to external panic cues, and exposure to external panic triggers. Several case examples will be utilized and students will engage in role-play and detailed class discussion focused on cognitive behavioral therapy. Cognitive and behavioral strategies aimed at motivating initial and enduring participation in treatment will also be presented. Emphasis will be given to practical application of therapy techniques. The course will also include strategies for enhancing adherence to behavioral homework assignments.

Readings:
