Course Description: Cognitive-Behavioral Therapy of Mood Disorders
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This course will focus on the cognitive-behavioral treatment of depression and bi-polar disorder. The course will begin with a review of the nature and diagnosis of these conditions. The course will focus on the techniques of behavioral activation and cognitive restructuring. Several case examples will be utilized and students will engage in role-play and detailed class discussion focused on these techniques. Emphasis will be given to practical application of therapy techniques. The course will also include strategies for enhancing adherence to behavioral homework assignments.

Readings:

Treatment Manual:

Research Articles:

