This course will include a comprehensive review of cognitive-behavioral therapy for major depression and other depressive disorders. The course will begin with a review of the nature and diagnosis of major depression and related disorders, including DSM-V diagnostic criteria. Behavioral activation, problem solving, and cognitive restructuring techniques will be reviewed and practiced in an interactive format. Several case examples will be utilized and students will engage in role-play and detailed class discussion focused on use of CBT techniques. Live CBT interventions will be presented throughout the course. Training in intervention related homework exercises and techniques for enhancing adherence to outside of session exercises will also be an integral part of the course. Emphasis will be placed on practical applications of therapy techniques.

Readings:


Research Articles:

"Using CBT effectively for treating depression and anxiety: modify the elements of CBT to address specific anxiety disorders, patient factors." Current Psychiatry 13.6 (2014)