**Course Title:** Advanced Cognitive-Behavioral Therapy  
**Term/Semester/Year:** Spring, 2010

**Course Catalog Number:** PSYC8145  
**Instructor:** Cynthia L. Radnitz, Ph.D.

**Course Description:** Students will learn about the principles underlying cognitive-behavioral therapies and techniques employed by cognitive-behavioral practitioners. Specifically, students will learn about Cognitive Therapy, Acceptance and Commitment Therapy and Motivational Interviewing. For each school of therapy, students will be taught the theoretical bases, guiding principles, and techniques. They will view videos and have an opportunity to practice through role-playing. The ability of students to understand and employ these techniques will be evaluated based on the quality of their participation in class activities and a final paper they submit at the end of the course.

**Prerequisites (If any):** Cognitive-Behavioral Therapy

**Goals and Objectives:** The overall goal of this course is for students to gain an in-depth understanding of cognitive-behavioral therapy. We will study three forms of therapy in depth: Cognitive Therapy, Motivational Interviewing, and Acceptance and Commitment Therapy. Students will learn about the principles underlying these therapies and specific forms of intervention. Through observing therapy session videos, role-play practices and exercises, they will build skills in actually conducting these therapies.

**Course Topics:** Cognitive Therapy, Motivational Interviewing, and Acceptance and Commitment Therapy

**Text:**


