Lesson 1: Introduction to this course special goals concerning wellness. Introduction to second wave CBT.

Lesson 2: Main principle of classical CBT and conceptualization. Lesson 3: Intake, goal
setting and monitoring.

Lesson 4: Cognitive restructuring

Lesson 5: Behavioral interventions and exposure

Lesson 6: Introduction to 3rd wave CBT and the theory of Acceptance Commitment Therapy (ACT)

Lesson 7: Mindfulness in 3rd wave CBT interventions

Lesson 8: The practice of ACT and Positive psychology

Lesson 9-10: Prevention and Resilience

Lesson 11: Presentation of innovative articles in different psychiatric disorders.

Lesson 12: Presentation of innovative articles in different psychiatric disorders.

Lesson 13: Summary and setting directions for the future.

Course Goals

The goal of this course is to demonstrate the principles of the cognitive behavioral theory and to emphasize its application in a variety of therapeutic interventions. There is a well-known misunderstanding regarding the depth and the character of the change created by Cognitive Behavioral therapy (CBT). This course will demonstrate the wide applicability of the cognitive behavioral model and the unique characteristic of the change created by the cognitive behavioral therapy. The focus of the course will be on theories form the third wave of CBT. These theories that evolved mainly at the beginning of the 21st century integrate CBT with meta-cognitive models, mindfulness from the Buddhism and psycho-physiology models, to create a holistic unified approach.

The theoretical and practical characteristic of this course demands an active involvement of the student. I will expect that the student will be familiar with the material that will be presented by the teacher and by the other students, as well as with the basic reading demands.

This course isn’t about theory alone. The student will be directed at the end of each lesson how to implement the material not only into clinical protocols but also to his/her own life to improve his wellness by variety of exercises.
Grading

1. Group work on a selected topic from the course content—45% of final grade
2. Weekly tasks, some reading, very short reports and a short final report - Practicing and implementing CBT methods in personal life – 35% of final grade (Submission of at least 3 assignments is a necessary condition for passing the course but submitting all the assignments is necessary in order to get the full score for this part.).
3. Group presentation in class (Written+ Verbal) – 20%
4. Attendance - at ten classes will result in three bonus points to your grade.

Learning Outcomes

The student will be familiar with CBT main principles mainly those of the third wave of CBT.

The student will know how to implement his knowledge to some clinical protocols.

The student will get some experience in practicing the main techniques to improve his own wellness.
ON DEMANDS

Tutor Office Hours

On demands

Teaching Assistant

Ms. Nadia Golbez

Additional Notes

The course requires both academic curiosity as well as emotional involvement and practice. Students will also work on a personal assignment of their choice to improve their coping in a particular field. The teaching assistant will be sensitive to how much you want to reveal about your personal work. We will also address the difficulty of distance learning and will be open to your suggestions on how to facilitate learning. I will ask you to zoom in during the lesson. Your presence is important. There will be consideration for students who are in countries where the zone time is very different from that in Israel.

Reading List

General reading for last task


Lesson 1: Introduction to this course special goals concerning wellness. introduction to
second wave CBT.

- Amy Cuddy: Your body language shapes who you are. https://www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are?language=en
- Carol Dweck, The power of believing that you can improve. https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve?language=he#t-608664

Lesson 2: Main principle of classical CBT and conceptualization.


Lesson 3: Intake, goal setting and monitoring.

Lesson 4: Cognitive restructuring


Lesson 5: Behavioral interventions and exposure


Lesson 6: Introduction to 3rd wave CBT and the theory of Acceptance Commitment Therapy (ACT)

- Steven Hayes On defusion. https://www.youtube.com/watch?v=GnSHpBRLJrQ
- Setting free the bears: escape from thought suppression.

Lesson 7: Mindfulness in 3rd wave CBT interventions
• Jeffrey Schwartz: How Mindfulness Can Change Your Brain. https://www.youtube.com/watch?v=MmREWz6jVnE

**Lesson 8:** The practice of ACT and Positive psychology

• Martin_Seligman_On_the_state_of_psychology
• Hayes S, C, From loss to love: https://www.psychologytoday.com/us/articles/201806/loss-love
• Richard Davidson: The Four Constituents of Well-Being. https://www.youtube.com/watch?v=HeBpsiFgITI
• Dan Gilbert_Ask why are we happy
  http://www.ted.com/talks/lang/he/dan_gilbert_asks_why_are_we_happy.html

**Lesson 9-10:** Prevention and Resilience


**Lesson 11:** Presentation of innovative articles in different psychiatric disorders.

**Lesson 12:** Presentation of innovative articles in different psychiatric disorders.

**Lesson 13:** Summary and setting directions for the future.

**Other reading**


**More reading and watching:**

Mark Liri – don't beat yourself

https://aeon.co/essays/learning-to-be-kind-to-yourself-has-remarkable-benefits

Matthew Whoolery: How to be unhappy. TEDxLSRCollege http://youtu.be/kWjuJxvWdFc

Brene_Brown_On_vulnerability


Steven Hayes On delusion

https://www.youtube.com/watch?v=GnSHpBRLJrQ