

PSYCG 1631 : Cognitive Behavioral Approaches to Psychotherapy

From the pioneering work of Beck and Ellis to the current theory and practice, this course examines the history and theoretical foundations of cognitive behavioral therapy (CBT) and its application as an empirically validated treatment for mood and anxiety disorders. It also reviews the current research supporting the use of cognitive behavioral approaches with specific diagnostic conditions and populations. Previously Cognitive Theories and Approaches to Psychotherapy

College

Clinical Psychology Program

Credits 3.0**Prerequisites**

PSYCG 1530 Introduction to Psychotherapy