

# PSY 340: COGNITIVE BEHAVIOR THERAPY

This course provides students with an advanced analysis of Cognitive Behavior Therapy (CBT) and its variants. CBT is one of the most popular and empirically supported forms of therapy used today. Students will learn about specific intervention techniques within CBT and will gain skills in utilizing those techniques through role plays. Students will additionally learn about Dialectical Behavior Therapy, Acceptance and Commitment Therapy, and Motivational Interviewing- therapies which are based in part on CBT. Students will learn how CBT is utilized for specific populations and disorders. Throughout the course, students will be expected to effectively communicate their understanding of the material in written form, role plays, and class discussions. Offered every other year, usually in the fall semester.

**Credits:** 3

**Prerequisites:**

PSY 374

**Program:** Psychology