

# **Psychology 6309 Cognitive Behavior Therapy**

Course Syllabus

Wednesday 6:00pm.-8:50

Office hours:By appointment only

J.A. Tony Contreras, Ph.D

## Course Description:

The course surveys the range of major cognitive behavior therapies to date. The course will examine the latest authoritative statements on the theory and conceptual issues underlying today's cognitive behavior therapies.

## Course Objectives:

The course strives to introduce graduate students to CBT. Students will learn to implement CBT when providing counseling.

## Course Attendance:

I will maintain an accurate record of class attendance. I expect you to attend all classes. Failure to do so will affect your overall grade. If you expect to miss more than 3 classes you will need to consult with me ASAP.

## Course Evaluation:

4 scheduled exams 50% of your grade. A written summary of each chapter. A paper in the area of CBT, APA style and a short presentation of your paper. Only 1 make up exam allowed.

## Honor Code:

Angelo State University its students to maintain complete honesty and integrity in their academic pursuit's student are responsible for understanding the Academic Honor Code, which is available on the web at: <http://www.angel.edu/forms/pdf/honorcode5.pdf>

## Disabilities:

Persons with disabilities which may warrant academic accommodations must contact the Student Life Office, Room 112 University Center, in order to request such accommodations being implemented. You are encouraged to make the request early in the semester so that appropriate arrangements can be made.

Extra credit for completing research experiences:

See the "Research Opportunities" link on the department home page at:  
<http://www.angelo.edu/dept/psychology-sociology/>

Required Text:

Handbook of Cognitive Behavior Therapy, 2<sup>nd</sup> edition, Keith S. Dobson.