



Ben Gurion University
Dept. of Education
M.A. Studies

Low intensity CBT psychological intervention **2013-2014**

Course code: 129.2.0433

Place/Time: Monday 12:115-13:45; Building num. 28, Room 229 (Spring)

Instructor: Dr. Idit Shalev

Office hours: Wednesday 13:00-14:00, room 155

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General Course Description

Psychological interventions to treat social or mental health issues have developed remarkably in the past few decades. Until recently, the only form of evidence based psychological intervention available for many people was traditional one-to-one therapy- but most people had difficulty accessing it. The situation is fast changing and low intensity CBT interventions in a variety of forms are becoming widely available. Based on core active ingredients for change an in-depth look on low intensity intervention will be presented to assist use of these interventions in the context of school. The students will examine contemporary basic and applied research of social and clinical psychology to develop low intensity interventions research proposals.

Requirements and Grading

The course includes lectures, theoretic and empirical presentations, discussions on papers and development of new research proposals. The students will present treatment procedures and research papers related to psychological interventions. Based on the research topics and discussions the students will develop research proposal to develop or apply low intensity psychological intervention.

Grading percentage:

Attendants: mandatory 5% of the grade (80% Obligatory)

Presentation: 25%

Essays: %70

Total %100

Class Schedule :

What is low intensity intervention?

Low intensity models and conceptual underpinnings

Key low intensity interventions techniques:

Behavioral activation

Problem solving

Guided interventions using written materials

Guided interventions using Internet and self help

Use of low intensity crisis intervention

Transition to school

Bulling and violence in school

Suicide

Gay, lesbians, and questioning youth

Terrorism

Use of low intensity intervention for development and prevention

Programs for developing emotional competency

Recommended reading:

Bennett-Levy, J., Richards, D., Farrand, P., Christensen, H., Griffiths K., Kavanagh, D., et al. (Eds.). (2010). Oxford guide to low intensity CBT interventions. London, England: Oxford University Press

Sandoval, J. (Ed.) (2002). Handbook of crisis counseling, intervention, and prevention in the schools (2nd ed.). Mahwah Erlbaum: NJ

Denham, S.A., & Burton, R. (2003). Social and emotional prevention and intervention programming for preschoolers. New York: Kluwer Academic/Plenum.