psychological integrative treatment

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Course description:
The goal of the course is to acquire integrative thinking and tools for treating children and parents. Students will learn to diagnose and treat psychological disorders at the individual and family system level while integrating systems and cognitive-behavioral strategies for psychological treatment.

In the first semester, emphasis is placed on the relationship between psychiatric diagnosis and cognitive-behavioral treatment of depression, anxiety, mourning, post-trauma, and conduct disorders. In the second semester, the transdiagnostic approach to psychological treatment was discussed. Students will develop the ability to make decisions about the relevant intervention according to the course content and previous knowledge in clinical psychology and psychotherapy. Students will be required to read and present theoretical material, present cases, and participate in role-playing exercises.

Course readings:

- Cognitive-behavioral treatment principles
- Cognitive-behavioral treatment as an integrative treatment
- Characteristics of cognitive-behavioral treatment of children and adolescents
- Intervention techniques in cognitive-behavioral treatment of depression and grief
- Cognitive-behavioral treatment of anxiety
- Cognitive-behavioral treatment of obsessive-compulsive disorders
- Cognitive-behavioral treatment of behavioral disorders
- The protocol for treating affective disorders
- Parent training and the relationship between the disorder and the family system
- Cognitive interventions in the family system of various disorders

Course requirements:

- The course is designed for students interested in the field of clinical psychology and psychotherapy.
- Students are expected to attend all lectures and participate actively.
- Students are expected to present cases and participate in role-playing exercises.
- Students are expected to read and present theoretical material.
- Students are expected to complete assignments and written exams.
מסדר:

נוכחות תבונה והשתתפות פעילה 5% 
הצגת תומר ואופרות בכרך 10% 
עבורה מסכתות 40% 

מסדר ב:

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רשימת מקורות:


מבוא לטיפול משפחתי, תיאוריה ושיטות עבודה מערכתיות (2004). ר. דאלוס, דרייפר, ר. הוצאת א''ח


General Course Description
An integrative approach for treatment of child and adolescents will be presented in order to assist students in their understanding of the relations between family system and dynamics for counseling parents and cognitive behavior approach for treatment of symptoms. The students will study treatment manuals for depression and suicide, grief, general anxiety disorder, post trauma, OCD and antisocial behavior. We will also discuss transdiagnostic approach, mindfulness based strategies and non specific factors for change. Emphasis will be placed on case formulation and decision making what strategy to pursue. The students will deepen their notion of CBT and System therapy by studying specific treatment protocols for multiple disorders. The students will analyze case studies and therapy film to examine possible ways to integrate treatment approaches. Students will have an opportunity to present case examples, discuss research papers and to practice their developing therapeutic skills in therapy role-play. Supportive evidence for different treatment manuals and strategies for integrative approach will be discussed.

On successful completion of the course, the student should be able to:
1. Have an established notion of system therapy principles.
2. Have an established notion of CBT in multiple disorders
3. Integrated principles of system therapy and CBT in treatment of multiple disorders.
4. Use system based principles and CBT based principles in educational contexts.

Requirements and Grading:

Work and assignments: The students will present treatment protocols in class. The students will present research papers related to treatment protocols. The student will
participate in role plays in class. The students will present case formulations based on cognitive behavior and family therapy principles.

**First Semester Assessment:**
Class attendant and active participation: 5% of the grade (80% Obligatory)
10% Presentation of scientific material in class
Theoretical essay %40

**Second Semester Assessment:**
5% (80% Obligatory) Class attendant and active participation:
% 20 formulations Presentation of scientific materials and case
Final report %30

**Class Schedule:**

Cognitive behavioral system case formulation
Introduction to system approach
Structural family therapy
Solution focused therapy
Strategic family therapy
Principles of cognitive behavior therapy and system approach
CBT techniques in treatment of children and youth
Prolonged exposure for PTSD in adults and adolescents
Trauma-focused cognitive behavior therapy for children (Judith Cohen)
Applications of Prolonged Exposure and Trauma-focused cognitive behavior therapy in school and system
Integration of CBT and system approach in treatment of trauma and PTSD
CBT of grief
CBT of depression
CBT of suicide
Integration of CBT and system approach in treatment of mood disorders
CBT of general anxiety disorder and social phobia
CBT of OCD
Integration of CBT and system approach in treatment of anxiety disorders
CBT of antisocial behavior
Transdiagnostic approach
The Unified protocol
Mindfulness based treatment
Cognitive behavior family therapy principles and application in school

**Required reading:**


