The goal of this course is to familiarize you with the concepts underlying the treatment of anxiety related disorders. The course will be focused on clinical application more than theoretical notions, though Foa and colleagues’ Emotional Processing Theory, Unified Treatment Theory by Barlow and colleagues, and Craske’s neobehavioral learning theory will be discussed as potential underlying theoretical mechanisms of treatment in the fourth and fifth classes. Each anxiety disorder will be discussed with an emphasis on how the core treatment of exposure and elimination of avoidance (overt and covert) is carried out in order to help the patient learn corrective information for each disorder. This will require a clear conceptualization of what each anxiety disorder is, which will be the goal of the first classes. Case material will be presented in class by me as well as by some of you. For the second half of the semester, such material will provide the foundation for discussions of how to conduct treatment focused on the reduction of anxiety.

Readings for each week (more at the beginning than at the end) should be read BEFORE the class, and questions either for clarification regarding either consistency with theory or with clinical application should be posted on Moodle each week (20%). Participation, which includes showing that you have read the material is 10% of your grade. The final paper, which will be a written case presentation providing a case conceptualization and treatment plan will provide the other 70% of your grade.

Week 1-4. Introduction to Anxiety Disorders: What are they, how do we identify, measure, and differentiate them?

Week 2:


Week 3:

Week 4:


What are the similarities and differences between the approaches? What are the clinical implications?

**Week 5.** Evaluation and Psychoeducation: What is it you are experiencing and why?

Read Handouts from

Mastery of Anxiety and Panic- (Barlow & Craske, 2006)
Social Anxiety Disorder Manual- (Foa, Ledley, Huppert, unpublished)
OCD- (Foa et al., unpublished)
PTSD- common reactions and treatment

What are the overlapping concepts conveyed to the patients about the different anxiety disorders? What are the differences in what is presented in the 4 handouts and do these matter clinically?

Week 6. Cognitive Therapy /Cognitive Challenging


**Week 7.**

The basics of in vivo exposure: Building a hierarchy to address the core fears-

Antony chapter

**Week 8. Imaginal Exposure:**

Steketee, G. Imaginal Exposure, Chapter 10.

Are there dangers in doing imaginal exposures? How would you work on addressing any you came up with?

**Week 9. Panic**
Craske and Barlow, Chapter 1 in Barlow, 2008.

**Week 10 SAD**


Clark (2001).

**Week 11 PTSD**

חשיפה ממושכת by Foa, Yadin, & Doron pp 17-38, insider’s guide pp. 119-137

**Week 12. GAD**


**Week 13. OCD**


Optional: Franklin and Foa (2008) EXRP for OCD

**Optional:**


Final assignment: take a current case you are treating and write up a diagnostic formulation and 3-month treatment plan. Include full comorbidity picture, and describe how you conceptualize the patient’s core fears and what factors contribute to the maintenance of their symptoms. Discuss what techniques you would use to attempt to address these issues, and what obstacles you would predict will get in the way. Also discuss how you would try to address the obstacles. Optional? Choose a
specific treatment manual, describe its application to the patient and describe the pros and cons of using the manual for this patient.