The course will deal with contemporary cognitive-behavioral and psychodynamic approaches that have been developed in recent decades. These approaches often use the term "third wave approaches". All of these approaches have a common denominator, including prominent elements of acceptance and mindfulness, and they are increasingly gaining prominence in both theoretical and clinical cognitive-behavioral thought and practice.

The course will first provide an overview of standard CBT treatments, including important interventions such as exposure and cognitive restructuring.

In the following sections, the course will focus primarily on theoretical and practical aspects of Acceptance and Commitment Therapy (ACT), which is the most comprehensive among these approaches, and it will also introduce Behavioral Activation as a treatment for depression.

The course will place emphasis on theory, the basic concepts, and case management, as well as different treatment strategies.


duties of the course:
- active participation in lectures
- continuous submission of questions based on the course readings
- a final examination will be given at the end of the course


textbooks:
- Introduction to CBT (Yovel, 2011). Publisher: מודן, א. גלבוע.
- Acceptance and Commitment Therapy (Yovel, 2011). Publisher: מודן, א. גלבוע.


**Basic constructs and mechanisms**


**ACT vs. “traditional” CBT**


Behavioral Activation


Other types of cognitive-behavioral acceptance-based therapies (few examples)

