

## SYLLABUS

**Course Information:**

PSYC 5384.001: COGNITIVE BEHAVIOR THERAPY & APPLICATIONS

Spring 2026

M: 10-12:45p

BEP 213

**Instructor Information:**

Sarah M. Sass, Ph.D.

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**Course Description:** An in-depth exploration of the theoretical assumptions underlying cognitive-behavioral therapy and its application to a wide variety of problems, issues, and psychopathologies. This course includes a role-play component.

**Student Learning Outcomes and Assessments:**

Upon successful completion of this course, a student will be able to:

1. Articulate theories and theoretical assumptions associated with cognitive-behavioral therapy (CBT).
2. Apply a CBT model to conceptualize sample therapy cases, form hypotheses for treatment based on available initial data, and understand and describe CBT adaptations to a variety of psychological issues.
3. Develop initial skills in applying CBT strategies.

**Required textbooks:**

Beck, Judith (2021). Cognitive Behavior Therapy: Basics and Beyond. Third Edition.

New York: Guilford. ISBN 9781462544196 (Required).

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<https://libguides.uttyler.edu/c.php?g=1066647&p=7764768>. A student at UT-Tyler is not under any obligation to purchase a textbook from a university-affiliated bookstore and is free to purchase from an independent retailer.