PSYC 408. PRINCIPLES AND APPLICATIONS OF PSYCHOTHERAPY.

Credits: 3

Offered by: Psychology (Faculty of Science)

Terms offered: Fall 2026

View offerings for Fall 2026 (https://vsb.mcgill.ca/vsb/criteria.jsp?term=202609&courses=PSYC-408) in Visual Schedule Builder.

Description

Introduction to the theories, research, and practice of psychotherapy, with a particular focus on cognitive behavioural and related therapies. Discussion of broad topics such as historical perspectives on psychotherapy, the empirical study of psychotherapy, and ethical issues related to psychotherapy. Traditional and contemporary cognitive-behavioural therapies and their application to mood, anxiety, eating, and personality disorders will be reviewed. Current interest topics in psychotherapy (e.g., neurocognitive correlates of change, technology in treatment) will be highlighted.

- 2 lectures
- Prerequisite(s): PSYC 337
- Restriction: U2 and above

Most students use Visual Schedule Builder (VSB) to organize their schedules. VSB helps you plan class schedules, travel time, and more.

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