

PSYC 862-002: COGNITIVE BEHAVIORAL THERAPY WITH ADULTS II Didactic Practicum

Instructor: Keith Renshaw

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Course Description:

This course is designed to build on your initial instruction in cognitive-behavioral theory and therapy by furthering your understanding of and ability to apply this theory in therapy settings. The overall purpose is to develop your ability to integrate theory, principles, and applications of cognitive therapy and behavioral therapy for a variety of psychological problems. In addition, the literature regarding treatment of specific anxiety disorders and couples distress will be covered, and you will receive training in specific cognitive-behavioral techniques for these issues.

This course will utilize several modes of learning, including readings, lecture, discussion, example video/audiotapes, homework, role plays, and supervision of actual clinical cases. I will not use tests or other methods to grade you, and the grades will simply be "Satisfactory" or "No Credit." This should not, however, give you the impression that you can "slide by" on readings or assignments. Each aspect of the coursework is **essential** to the development of your ability to apply cognitive-behavioral therapy. Class time will be split between didactic instruction and active group supervision of cases. Active participation in supervision of all cases (not just your own) is integral to the learning that will occur in this course.

As before, the course is not intended to convey that cognitive-behavioral therapy is the only acceptable therapy to practice. Rather, it is intended to further inform you of (a) the problems for which cognitive-behavioral therapy has been shown to be efficacious and/or effective, (b) the steps and techniques involved in conducting cognitive-behavioral therapy, particularly for anxiety disorders and couples' distress, and (c) the flexibility of this therapy when it is based on a coherent case conceptualization.

Course Goals:

1. To further the development of your professional identity as a therapist.
2. To further your understanding of the principles and tenets of cognitive and behavioral theories with regard to mental health problems.
3. To further your ability to apply cognitive-behavioral therapy techniques in therapy settings.
4. To learn more cognitive-behavioral techniques for treating specific anxiety disorders and couples' distress and to practice applying these techniques.
5. To further develop your ability to develop a comprehensive, cohesive cognitive-behavioral case conceptualization and to derive a treatment plan from that conceptualization.
6. To further your ability to implement a cognitive-behavioral treatment plan throughout the course of therapy, understanding how the case conceptualization drives all therapeutic activity.
7. To further your appreciation of how issues of diversity (e.g., age, race, ethnicity, culture, sexual orientation, etc.) can be incorporated into a cognitive-behavioral conceptualization.
8. To further your appreciation of the importance of the therapeutic relationship to cognitive-behavioral therapy.

Technology Usage:

Important announcements and study questions may be distributed by email, and you are required to check your Mason email account to receive these [and to keep your mailbox maintained so that messages will not be rejected for over quota]. **Please note that email cannot be considered confidential, so no identifying information regarding clinical cases should be included in email.**

Disabilities:

If you are a student with disability and you need academic accommodations, please see me and contact the Disability Resource Center (DRC) at 709-993-2474. All academic accommodations must be arranged through that office. Please note that accommodations **MUST BE MADE BEFORE** grades are assigned. I cannot adjust your grade after the fact.

Week	Topic	Readings
1/23	Panic Disorder CB Conceptualization	Barlow (2008): Ch 1
1/30	Panic Disorder II CB Conceptualization Interceptive exposure	Craske & Barlow (2007)
2/6	Generalized Anxiety Disorder CB Conceptualization Treatment techniques	Barlow (2008): Ch. 5
2/13	Generalized Anxiety Disorder II	Zinbarg et al. (2006)
2/20	Social Anxiety Disorder Cognitive-Behavioral Conceptualization Cognitive-Behavioral Treatment	Barlow (2008): Ch. 3
2/27	Obsessive Compulsive Disorder Behavioral Conceptualization Exposure/Response Prevention Imaginal Exposure	Barlow (2008): Ch. 4 Clark (2004): Ch. 2
3/5	Obsessive Compulsive Disorder II Exposure/Response Prevention Imaginal Exposure	Steketee (1993): Ch. 9
3/19	Posttraumatic Stress Disorder CB Conceptualizations Empirical Status of Treatment Approaches	Hembree & Feeny (2006) Cahill & Foa (2007) Ponniah & Hollon (2009)
3/26	Posttraumatic Stress Disorder II Prolonged Exposure Therapy	Foa et al. (2007)
4/2	Posttraumatic Stress Disorder III Cognitive Processing Therapy	Barlow (2008): Ch. 2
4/9	Couples Distress CB Conceptualization Basic CBT Approaches	Gurman (2008): Ch.1-2
4/16	Couples Distress II Integrative Beh Coup Ther Other Approaches	Gurman (2008): Ch. 3-5 Christensen et al. (2010)
4/23	Special Topics	TBD
4/30	Special Topics II Case Review & Planning	TBD

Reading List

Required Texts

- Barlow, D. H. (2008). *Clinical handbook of psychological disorders: A step-by-step treatment manual* (4th ed.). New York: Guilford.
- Beck, J. S. (1995). *Cognitive therapy: Basics and beyond*. New York: Guilford.
- Beck, J. S. (2005). *Cognitive therapy for challenging problems: What to do when the basic don't work*. New York: Guilford.
- Gurman, A. S. (2008). *Clinical handbook of couple therapy* (4th ed.). New York: Guilford.

Articles/Chapters/Workbooks

- Cahill, S. P., & Foa, E. B. (2007). Psychological theories of PTSD. In M. J. Friedman, T. M. Keane, & P. A. Resick (Eds.), *Handbook of PTSD: Science and practice* (pp. 55-77). New York: Guilford.
- Christensen, A., Atkins, D. C., Baucom, B., & Yi, J. (2010). Marital status and satisfaction five years following a randomized clinical trial comparing traditional versus integrative behavioral couple therapy. *Journal of Consulting and Clinical Psychology, 78*, 225-235.
- Clark, D. A. (2004). *Cognitive-behavioral therapy for OCD*. New York: Guilford.
- Craske, M. G., & Barlow, D. H. (2007). *Mastery of your anxiety and panic: Therapist guide* (4th ed.). New York: Oxford University Press.
- Foa, E. B., Hembree, E. A., & Rothbaum, B. O. (2007). *Prolonged exposure therapy for PTSD: Emotional processing of traumatic experiences: Therapist guide*. New York: Oxford University Press.
- Hembree, E. A., & Feeny, N. C. (2006). Cognitive-behavioral perspectives on theory and treatment of posttraumatic stress disorder. In B. O. Rothbaum (Ed.), *Pathological anxiety: Emotional processing in etiology and treatment* (pp. 197-211). New York: Guilford.
- Ponniah, K., & Hollon, S. D. (2009). Empirically supported psychological treatments for adult acute stress disorder and posttraumatic stress disorder: A review. *Depression and Anxiety, 26*, 1086-1109.
- Steketee, G. S. (1993). *Treatment of obsessive-compulsive disorder*. New York: Guilford.
- Zinbarg, R. E., Craske, M. G., & Barlow, D. H. (2006). *Master of your anxiety and worry: Therapist guide* (2nd ed.). New York: Oxford University Press.