

**THE UNIVERSITY OF TENNESSEE
COLLEGE OF SOCIAL WORK**

SW 530 Seminar in Clinical Social Work: Cognitive Behavior Therapy

Course Outline

Fall 2004

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Tuesday 3:35 - 6:35
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Required Text

Beck, J. (1995). *Cognitive Therapy: Basics and Beyond*. New York: Guilford Press.

This book is on sale at the bookstore in The University Center.

The instructor may also require the reading of specific journal articles during the course of the semester. There will also be handouts given out on suicide risk assessment during the course of the semester.

Grading

Exams (2)	50% (25% each)
Quizzes	20%
Personal change project	20%
Suicide risk assessment exam	<u>10%</u>
	100%

Exams

There will be two exams, one at approximately mid-term, and the other at the end of the semester. Both exams will be composed of multiple choice, matching, and fill-in-the-blank items. Each exam will account for 25% of your course grade.

Daily Quiz

There will be a quiz at the beginning of each class that covers the assigned readings. This quiz will typically be 5 or fewer questions, and will be of the multiple choice type.

Personal change project

During the semester you will do a personal change project in which you will apply a CBT intervention to a problem that you yourself experience. Doing this project will not only help you to better understand the CBT interventions, it will also help you to develop an empathic understanding for your clients as they implement the intervention components for their own problems. The project will require you to repeatedly measure the problem you want to change and to use a B single case design to monitor your progress (or lack thereof). You will also implement one of the CBT interventions with yourself, and you will evaluate the effects of the intervention with the B single case design. At the end of the semester you will write up and turn in a brief report in which you describe the implementation of the intervention, the effects it had, and what you learned about the intervention from this exercise. You will also include in your write up a brief discussion of the ethical implications of using CBT techniques with clients, and will include a sample informed consent document that you would have used if the intervention you implemented in this assignment had been with an actual client as opposed to yourself. Specific details about this project will be given out in class by the course instructor.

Suicide risk assessment exam

An exam will be given on suicide risk assessment at the conclusion of this portion of the class. This will be a take home exam. Its purpose is to assist you in learning the critically important material on suicide risk assessment.

Tentative Course Outline

I. Overview of Cognitive-Behavioral Theory (CBT)

A. Principles of CBT

B. Evaluating CBT treatment

C. Ethics: doing CBT ethically

1. NASW Code of Ethics and evidence based treatment

2. An adequate standard of care, liability, and malpractice

3. Informed consent for treatment

a. expected benefits of treatment

b. possible negative effects; means of protecting client from potential negative effects

c. alternative interventions

D. Assessment, measurement, and diagnosis

E. Basic cognitive intervention techniques: cognitive restructuring

1. Automatic thought catching

2. Identifying cognitive distortions

3. Challenging automatic thoughts and distorted beliefs

4. The triple column technique

II. The behavioral component: Classical conditioning

- A. principles
 - B. interventions based on classical conditioning
- III. The behavioral component: Operant conditioning
- A. principles
 - B. interventions based on operant conditioning
- III. The behavioral component: Modeling/Observational learning
- A. principles
 - B. interventions
- IV. A CBT intervention for anger and anxiety problems
- A. Assessing anger and anxiety problems
 - B. How to implement intervention
 - C. Intervention components
- V. The Cognitive/Behavioral treatment of depression
- A. A CBT model of depression
 - B. Assessing depression
 - C. A CBT intervention for depression
- VI. Suicide risk assessment
- A. An adequate standard of care, legal issues
 - B. Epidemiology of suicide
 - C. Suicide risk indicators
 - D. Suicide risk assessment
- VII. The Cognitive/Behavioral treatment of anxiety disorders
- A. Panic disorder
 - B. Simple phobias
 - C. Agoraphobia
 - D. Social phobia
 - E. Generalized anxiety disorders
- VIII. A Cognitive/Behavioral treatment package for aggressive and antisocial youths
- A. Assessment of aggressive and antisocial behavior
 - B. Aggression replacement training
 - 1. Anger control training
 - 2. Social skills training
 - 3. Moral reasoning education

Bibliography

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