

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

SW530 - Seminar in Clinical Social Work: Cognitive Behavior Therapy
Course Outline
Spring 2005

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

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Grading

Exam (1)	25%
Quizzes (4)	20%
CBT Intervention	25%
Article Reviews (3)	15%
Peer Workshops (4)	15%

Exam will be given in class: *Short essay: computer lab or hand-written acceptable.*

Required knowledge includes material covered to date:

- Discuss your personal and professional ethical and value conflicts that might arise in actually working with this client. Consider Social Work core values.
- Offer a clear rationale for use of CBT as an appropriate therapeutic approach with the client using description of CBT with demonstration of an understanding of cognitive triad, automatic thoughts, cognitive distortions, schema. Discuss Suicidal Ideation/Risk
- Identify the overarching issue presented, cognitive distortions and maladaptive behaviors.
- Discuss therapist personal and professional characteristics regarding use of CBT.
- Describe the skills/tools utilized by you, the therapist in aiding this client to adjust his/her thinking patterns, feelings, behaviors: reattribution, ascertaining meaning of event, reality testing, automatic thought charting, mastery/pleasure chart, activity scheduling, graded task assignments, role playing, etc., of choice.

Short Quizzes: material covered to date.

Intervention demonstration: Brief role-play that establishes a session with the client. Student will identify where they are in the structured therapeutic process, the issues presented prior to the demonstration of dialogue/skills/techniques used in the session of choice.

- Initial session (Structure of first session)
- Session Two... Ten.. (Identifying AT, responding to AT, Identifying Cognitive Distortions, distinguishing AT from E, Identifying and moderating Intermediate Beliefs, Core Belief/Schema, Assignment review etc.)
- Termination: (BDI, Planning, near termination activities, relapse prevention).

Article Review (3) TBA

Peer workshops (3) Students work in groups in the class setting.

- All students will have equal opportunity to strengthen their therapeutic skills utilizing CBT with classmates. Peer feedback strongly encouraged. Participation as therapist required by all individuals during session workshops. Log of dysfunctional thoughts

/adaptive responses turned in by all students at end of each workshop.

Guest Speaker TBA

- 1/13/05 Introduction.
Schedules, Expectations, CBT packets.
Overview: Principles, Cognitive conceptualization, Cognitive model
- 1/20/05 Principles, Cognitive conceptualization, Cognitive model, beliefs, attitudes, rules, assumptions, automatic (thoughts ~ behaviors)
Core belief
?
Intermediate belief
?
Situation ? Automatic thought ? Emotion
Core SW values – vignette, cultural competence
Use of self, disclosure, transference
Reading for 1/27: Ch. 1- 4
- 1/27/05 Initial therapy session: Goals and structure of session, setting the agenda, mood check, educating the patient about the model, summary, homework, feedback.
Session two and beyond: bridge, agenda, review, summary, and feedback.
Choose dates for CBT demonstration today
Reading for 2/3: Ch. 5 - 7
- 2/03/05 Article review #1 due
Problems with therapy structure
Identifying, explaining, & eliciting automatic thoughts (AT).
Identifying emotions, differentiating AT from E.
Rating emotions.
Reading for 2/10: Ch. 8 - 9
- 2/10/05 Evaluating AT
Identifying Cognitive Distortions
Handouts (CD), class exercise.
Peer workshop 1
Reading for 2/17: Ch 10-11
- 2/17/20 Intermediate beliefs & Core beliefs
Quiz 1
CBT Video
Reading for 2/24: Ch 12-13
Additional Cognitive & Behavioral techniques (be prepared to discuss for 2/24 Quiz)
- 2/24/05 Additional Cognitive & Behavioral techniques
Quiz 2
Imagery
Peer workshop 2
Reading for 3/03: Ch 14-15
- 3/03/05 Article review # 2 due
Quiz 3
Homework, treatment planning, Relapse prevention

- Guest Speaker
CBT Intervention
Reading for 3/10 - Techniques for Suicidal Patient (packet)
- 3/10/05 Discussion of Suicidal Ideation Identification and Prevention
Instruments used in assessing SI, hopelessness, Intent, contracting
BDI
CBT Intervention
Reading for 3/17 Handout - Group Cognitive therapy for Depressed Patients (packet)
- 3/17/05 *Exam*
Group Cognitive Therapy for Depressed Patients
Use of Single system design in evaluating effectiveness of intervention
Peer workshop 3
CBT Intervention
- 3/24/05 Spring Break
- 3/31/05 Article review #3 due
Review of material covered
Peer workshop 4
CBT Intervention
- 4/07/05 Article review #4 due
CBT Intervention
- 4/14/05 *CBT Interventions*
- 4/21/05 Last Class
CBT Intervention
Summary and Wrap up

Bibliography

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