

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

**SW530: Seminar in Clinical Social Work: Cognitive Behavioral Therapy**  
Course Outline  
Spring 2007

**Professor:** David Dia, Ph.D., LCSW  
**Contact:** 448-4431  
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**Room:** 612E

**Day:** Tuesdays, 9:00a.m-11:50 am  
**Office Hours:** Monday 12:30-2:30pm  
Tuesday 12:30-2:30pm

**Required Text:** Beck, J. (1995). Cognitive therapy: Basics and beyond. New York: Guildford Press.

**Course Requirements/Grading**

Quizzes (3-5)	20%
Class Participation and Attendance	*See below
Midterm	20%
Class presentation – Special Populations	20%
Final Exam – Clinical Interview	40%

**Description of Course Requirements**

**Reading Quizzes**

At the instructor's discretion, there will be three to five **unannounced** quizzes based on the readings and the previous class lecture. The quizzes will typically have five or more questions. There will be no make up quizzes given.

**Class Participation and Attendance**

In order for the class to be more dynamic and meaningful to the student, class attendance and participation is expected. We will frequently utilize role-plays to practice skills and techniques. If you must miss a class, you are responsible for obtaining the material missed from a classmate. It is expected that you will not have to miss more than one class. For each additional class missed, your final grade is reduced by 5%. (e.g., earned a 90% missed two classes, final grade is an 85%.

**Midterm Exam**

This will be a multiple choice, true/false, short answer, and in-class exam.

**Final Exam – Clinical Interview**

The final exam will cover the whole course. You will be in a role play as the clinician with the instructor. You will be asked to demonstrate different cognitive-behavioral skills and strategies based on different problems/disorders discussed in class. The examination will last for 30 minutes. You will be graded based on your ability to demonstrate the appropriate skill or strategy.

## **Assignment of Final Grades**

- A 92-100 (indicates superior performance)
- B+ 87-91 (indicates better than satisfactory performance)
- B 82-86 (indicates satisfactory performance)
- C+ 77-81 (indicates less than satisfactory performance)
- C 70-76 (indicates performance well below graduate school standard)

## **Tentative Course Outline**

### I. First Class -- Overview of CBT

- a. Introduction to the principles of CBT
- b. Introduction to evaluating CBT treatment
  - 1. Expert consensus guidelines/practice guidelines
  - 2. Meta-analyses
- c. Conducting CBT ethically
  - 1. Psychoeducation about diagnosis
  - 2. Cost/benefit of treatment
  - 3. Informed consent
  - 4. Alternative treatment

### II. The topics will vary, but the remaining classes will follow this general outline:

- a. Research support for CBT with the particular disorder/problem
- b. Introduction to the phenomenology, pathophysiology, and etiology of the disorder
- c. Cognitive conceptualization of the disorder/problem
- d. CBT and Psychopharmacology treatment strategies
- e. Instructor demonstration
- f. Small group role plays

<b>Date</b>	<b>Topic</b>	<b>Homework</b>
Jan. 16	Introduction to class	Butler, A., Chapman, J. E., Forman, E. M., Beck, A. T. (2006). The empirical status of cognitive behavioral therapy: A review of the meta-analyses. <i>Clinical Psychology Review</i> , 26, 17-31. Beck Chapter 1
Jan. 23	Panic Disorder	Beck Chapter 2 and 3
Jan. 30	Generalized Anxiety Disorder	Beck Chapter 4 and 5
Feb. 6	Social Anxiety Disorder	Beck Chapter 6 and 7
Feb. 13	Obsessive Compulsive Disorder	Beck Chapter 8 and 9
Feb. 20	Separation Anxiety	<b>Study for Exam</b>
Feb. 27	<b>Midterm Exam</b>	Beck Chapter 10 and 11
March 6	PTSD – Single Incident and Repeated Incidents	<b>Study for Comprehensive Exam</b>
March 13	<b>Spring Break</b>	
March 20	Depression and Suicide	Chapter 12 and 13
March 27	ADHD	Chapter 14 and 15
April 3	Substance Abuse	Chapter 16, 17 and 18
April 10	Anger and Aggression	Prep for presentation and final exam
April 17	TBD	Prep for presentation and final exam
April 24	Special Populations <ul style="list-style-type: none"> <li>• Older Adults</li> <li>• Gay</li> <li>• African American</li> <li>• Latino</li> <li>• Native American</li> </ul>	Class Presentations
May 7, 8, and 9	<b>Final Examination</b>	Times for individual students to be scheduled

**TBD** – Shy Bladder Syndrome, Trichotillomania (including compulsive skin picking), Body Dysmorphic Disorder, Schizophrenia, personality disorders, enuresis and encopresis, or Tourette’s disorder.

### **INTRODUCTION TO CLASS**

Butler, A., Chapman, J. E., Forman, E. M., Beck, A. T. (2006). The empirical status of cognitive behavioral therapy: A review of the meta-analyses. *Clinical Psychology Review*, 26, 17-31.

Creed, T. A., & Kendall, P. C. (2005). Therapist alliance-building behavior within a cognitive-behavioral treatment for anxiety in youth. *Journal of Consulting and Clinical Psychology*, 73, 498-505.

NASW Code of Ethics: <http://www.socialworkers.org/pubs/code/code.asp>

### **Cognitive-Behavioral Therapy – Children and Adolescents**

Kendall, P. C. (Ed.). (1991). *Child & adolescent therapy: Cognitive-behavioral procedures*. New York: Guilford Press.

Finch, A. J., Nelson, W. M., & Ott, E. S. (Eds.). (1993). *Cognitive-behavioral procedures with children and adolescents: A practical guide*. Boston, MA: Allyn and Bacon.

## **Cognitive-Behavioral Therapy – Adults**

Freman, A., & Dattilio, F. M. (Eds.). (1992). *Comprehensive casebook of cognitive therapy*. New York: Plenum Press.

Freeman, A., Pretzer, J. Fleming, B., & Simon, K. M. (1990). *Clinical applications of cognitive therapy*. New York: Plenum Press.

## **Anxiety Disorders – General - Adults**

Barlow, D. H. (2002). *Anxiety and its disorders: The nature and treatment of anxiety and panic* (2<sup>nd</sup> ed.). New York: Guilford Press.

Beck, A. T., Emery, G., & Greenberg, R. L. (1985). *Anxiety disorders and phobias: A cognitive perspective*. United States: Basic Books.

## **Anxiety Disorders – General – Children and Adolescents**

Morris, T. L., & March, J. (Eds.). (2004). *Anxiety disorders in children and adolescents* (2<sup>nd</sup> ed.). New York: Guilford Press.

Rapee, R. M., Wignall, A., Hudson, J. L., & Schniering, C. A. (2000). *Treating anxious children and adolescents: An evidence based approach*. Oakland, CA: New Harbinger Publications.

## **PANIC DISORDER**

Barlow, D. H., & Craske, M. G. (2000). *Mastery of your anxiety and panic: Therapist guide*. United States: Graywind Publications.

Rosenbaum, J. F., & Pollack, M. H. (Eds.). (1998). *Panic disorder and its treatment*. New York: Marcel Dekker, Inc.

McNally, R. J. (1994). *Panic disorder: A critical analysis*. New York: Guilford Press.

## **GENERALIZED ANXIETY DISORDER**

Zinbarg, R. E., Craske, M. G., & Barlow, D. H. (1993). *Mastery of your anxiety and worry: Therapist guide*. United States: Graywind Publications.

## **SOCIAL ANXIETY DISORDER**

Heimberg, R. G., & Becker, R. (2002). *Cognitive-behavioral group therapy for social phobia: Basic mechanisms and clinical strategies*. New York: Guilford Press.

Beidel, D. C., Turner, S. M., & Morris, T. L. (2000). Behavioral treatment of childhood social phobia. *Journal of Consulting and Clinical Psychology*, 68, 1072-80.

## **OBSESSIVE-COMPULSIVE DISORDER**

March, J. S., Frances, A., Carpenter, D., & Kahn, D. A. (Eds.). The expert consensus guideline series: Treatment of obsessive-compulsive disorder. *The Journal of Clinical Psychiatry*, 58, Supplemental 4.

Steketee, G. S. (1993). *Treatment of obsessive compulsive disorder*. New York: Guilford Press.

Kozak, M. J., & Foa, E. B. (1997). *Mastery of obsessive-compulsive disorder: A cognitive-behavioral approach*. United States: Graywind Publications.

March, J. S., & Mulle, K. (1998). *OCD in children and adolescents: A cognitive-behavioral treatment manual*. New York: Guilford Press.

## **SEPARATION ANXIETY DISORDER**

Dia, D. A. (2001). Cognitive-behavioral therapy with a six-year-old boy: A case study. *Health and Social Work, 26*, 125-128.

Kearney, C. A. (2001). *School refusal behavior in youth: A functional approach to assessment and treatment*. Washington, D.C.: American Psychological Corporation.

## **PTSD**

Foa, E. B., Davidson, J. R. T., & Allen Frances (Eds.). The expert consensus guideline series: Treatment of posttraumatic stress disorder. *The Journal of Clinical Psychiatry, 60, Supplement 16*.

Van der Kolk, B. A., McFarlane, A. C., & Weisaeth, L. (Eds.). (1996). *Traumatic stress: The effects of overwhelming experience on mind, body, and society*. New York: Guilford Press.

Feeny, N. C., Foa, E. B., Treadwell, K. R. H., & March, J. (2004). Posttraumatic stress disorder in youth: A critical review of the cognitive and behavioral treatment outcome literature. *Professional Psychology: Research and Practice, 35*, 466-476.

March, J. S., Amaya-Jackson, L., Murray, M. C., & Schulte, A. (1998). Cognitive-behavioral psychotherapy for children and adolescents with posttraumatic stress disorder after a single-incident stressor. *Journal of the American Academy of Child and Adolescent Psychiatry, 37*, 585-593.

## **DEPRESSION AND SUICIDE**

Beck, A. T. (1967). *Depression: Cause and treatment*. Philadelphia, PA: University of Pennsylvania Press.

Beck, A. T., Rush, A. J., Shaw, B. F., & Emery, G. (1979). *Cognitive therapy of Depression*. New York: Guilford Press.

Dudley, C. D. (1997). *Treating depressed children: A therapeutic manual of cognitive behavioral interventions*. Oakland, CA: New Harbinger Publications.

Stark, K., & Kendall, P. (1996). *Treating depressed children: Therapist manual for "Taking Action."* Ardmore, PA: Workbook Publishing, Inc.

Nock, M. K., & Kessler, R. C. (2006). Prevalence of and risk factors for suicide attempts versus suicide gestures: Analysis of the national comorbidity survey. *Journal of Abnormal Psychology, 115*, 616-623.

## **ADHD**

Safren, S., Perlman, C. A., Sprich, S., & Otto, M. W. (2005). *Mastering your adult ADHD: A cognitive-behavioral treatment program*. New York: Oxford University Press.

Braswell, L., & Bloomquist, M. L. (1991). Cognitive-behavioral therapy with children with ADHD: Child, family, school interventions. New York: Guilford Press.

Jensen, P. S. et al. (2001). Findings from the NIMH Multimodal Treatment Study of ADHD (MTA): Implications and Applications for Primary Care Providers. (National Institute of Mental Health research on attention-deficit hyperactivity disorder)." *Journal of Developmental & Behavioral Pediatrics*, 22.1

Pelham, W. E., & Gnagy, E. M. (1999). Psychosocial and combined treatment for ADAD. *Mental Retardation and Developmental Disabilities*, 5, 225-236.

Kendall, P. C. (1992). Cognitive-behavioral therapy for impulsive children: The manual (2<sup>nd</sup> ed.). Ardmore, PA: Workbook Publishing.

### **SUBSTANCE ABUSE**

Carroll, K. M., Easton, C. J., Nich, C.; Hunkele, K. A.; Neavins, T. M.; Sinha, R., Ford, H. L., Vitolo, S. A., Doebrick, C. A., Rounsaville, B. J. (2006). The use of contingency management and motivational/skills-building therapy to treat young adults with marijuana dependence. *Journal of Consulting and Clinical Psychology*. 74, 955-966.

### **ANGER AND AGGRESSION**

Nelson, W. M., & Finch, A. J. (1996). Cognitive-behavioral therapy for aggressive children: Therapist Manual. Ardmore, PA: Workbook Publishing, Inc.

### **SHY BLADDER SYNDROME / PARURESIS**

Soifer, S., Zgourides, G. D., Himle, J., Pickering, N. L. (2001). Shy bladder syndrome: Your step-by-step guide to overcoming paruresis. Oakland, CA: New Harbinger Publications.

### **BODY DYSMORPIC DISORDER**

Phillips, K. A. (1986). The broken mirror: Understanding and treating body dysmorphic disorder. New York: Oxford University Press.

### **TRICHOTILLOMANIA**

Mansueto, C. S., Golomb, R. G., McCombs Thomas, A. M., & Townsend Stemberger, R. M. (1999). A comprehensive model for behavioral treatment of Trichotillomania. *Cognitive and Behavioral Practice*, 6, 23-43.

Keijsers, G. P. J., van Minnen, A., Hoogduin, C. A. L., Klaassen, B. N. W., Hendriks, M. J., & Tanis-Jacobs, J. (2006). Behavioural treatment of trichotillomania: Two-year follow-up results. *Behaviour Research and Therapy*, 44, 359-370.

### **SCHIZOPHRENIA**

Sensky, T. et al. (2000). A randomized controlled trial of CBT for persistent symptoms in schizophrenia resistant to medications. *Archives of General Psychiatry*, 57, 165-172.

### **PERSONALITY DISORDERS**

Beck, A. T., Freeman, A. M., et al. (1990). *Cognitive Therapy of Personality Disorders*. New York : Guilford Press.

**Bibliotherapy -- Books for clients:**

Wilson, R. R. (1996). *Don't panic*. New York: HarperCollins Publishers.

Markway, B., Carmin, C., Pollard, C. A., & Flynn, T. (1999). *Dying of embarrassment: Help for social anxiety and phobia*. Oakland, CA: New Harbinger Publications.

Grayson, J. (2003). *Freedom from obsessive-compulsive disorder*. New York: Jeremy P. Tarcher/Penguin.

Munford, P. R. (2004). *Overcoming compulsive checking*. Oakland, CA: New Harbinger Publications.

Spencer-Hesser, T. *Kissing doorknobs*. New York: Bantam Doubleday Dell Books for Young Readers.

Manassis, K. (1996). *Keys to parenting your anxious child*. Hauppauge, NY: Darron's Educational Series, Inc.

Levine, M. (2001). *Jarvis Clutch – Social spy*. Cambridge, MA: Educators Publishing Service.

Greene, R. W. (1998). *The explosive child: A new approach for understanding and parenting easily frustrated "chronically inflexible" children*. New York: HarperCollins Publishers.

Barkely, R. A. (1995). *Taking charge of ADHD: The complete authoritative guide for parents*. New York: The Guilford Press.

Nelsen, J., Lott, L., & Glenn, H. S. (1999). *Positive discipline A-Z: 1001 solutions to everyday parenting problems*. (2<sup>nd</sup> ed.). Roseville, CA: Prima Publishing.