

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

SW 530 - Seminar in Clinical Social Work: Cognitive Behavior Therapy

Course Outline
Spring 2007

Instructor: Sandra J. Gonzalez, MSSW, LCSW
Class time: Thursday, 5:30 – 8:20 p.m.
Office Hours: Thursday, 4:00 – 5:00 p.m.

Phone: 615-256-1885 x120
E-mail: sgonzale@utk.edu
Office: Room 263

Required Text

Ledley, D. R., Marx, B. P., & Heimberg, R. G. (2005). *Making Cognitive Behavioral Therapy Work: Clinical Process for New Practitioners*. New York, NY: Guilford.

Leahy, R. L. (2003). *Cognitive Therapy Techniques: a practitioner's guide*. New York, NY: Guildford.

Supplemental/Recommended Text

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

Course Policies:

Students are expected to arrive on time, come to class prepared to discuss the assigned readings, and remain in class until the class period concludes. Regular attendance is essential given the purpose and design of this course. Class participation is expected and the instructor reserves the right to give some weight, positive or negative to classroom participation. In the case of a medical or personal emergency, the student is to make every effort to contact the instructor or the main office prior to missing a scheduled class meeting. I may be reached at any time via e-mail or a message left at my office should this situation occur.

Incompletes will be given only according to the rules specified in the University of Tennessee Catalog. Please refer to the catalog for additional information.

University policy regarding religious holidays will be observed. As stated in the UT student handbook, any student may request to be excused from class to observe a religious day according to her/his faith.

Course Requirements and Grading

CBT interventions/quizzes	40%
Midterm Paper	20%
Final assignment: CBT demonstration	30%
Class participation	10%

The Grading Scale is as follows:

A = 95-100
B+ = 90-94
B = 85-89
C+ = 80-84
C = 70-79
Below 70 = D

CBT interventions/quizzes

Each week all students will have the opportunity to strengthen their therapeutic skills utilizing CBT techniques with classmates. Peer feedback is strongly encouraged. Participation as the therapist is required by all individuals during the intervention demonstrations. These sessions will be conducted during the second half of class and will consist of role-plays, reenactments, in-vivo supervision, and class discussions. After each intervention session, students are responsible for taking an online quiz that integrates the classroom experience with the assigned readings and lectures. Each quiz is worth 5%.

Midterm Paper

Students will write a paper describing cognitive behavioral therapy for a clinical problem in which they are interested in developing further knowledge and clinical skills. The paper should thoroughly describe the chosen clinical problem, a rationale for the use of CBT, and a full treatment plan, including goals and intervention techniques. The paper should be well researched. Additional guidelines are available at the on-line class website.

Final Assignment: CBT demonstration

Students will be required to conduct a 20-30 minute session of their choice with a mock “client.” During this session, the student will participate as the therapist and will be responsible for accurately demonstrating the most appropriate intervention strategy for a chosen clinical problem. Students will be evaluated on basic engaging skills as well as their ability to apply knowledge and advanced skills acquired during this semester.

Course Outline

Date	Topic/Assigned readings
1/11	Introduction to the course Overview of Cognitive Behavioral Theory Introducing Cognitive-Behavioral Process Ledley, Marx & Heimberg Chapter 1
1/18	Initial Interactions with Clients The Process of Assessment Ledley, Marx & Heimberg Chapters 2-3
Quiz # 1	
1/25	Conceptualizing the Case and Planning Treatment Giving Feedback to Clients and Writing the Assessment Report Ledley, Marx & Heimberg Chapters 4-5
Quiz #2	
2/1	Starting the Cognitive-Behavioral Treatment Process Dealing with Initial Challenges in Cognitive-Behavioral Therapy Ledley, Marx & Heimberg Chapters 6-7
2/8	The Next Sessions: Teaching the Core Techniques Managing Client Noncompliance in Cognitive-Behavioral Therapy Ledley, Marx & Heimberg Chapters 8-9
Quiz # 3	

2/15 Terminating Therapy
The Process of Supervision
Ledley, Marx & Heimberg Chapters 10-11

Quiz # 4

2/22 The behavioral component: Classical conditioning, Operant conditioning, and Modeling/Observational learning
A. principles
B. interventions

Quiz #5

3/1 A CBT intervention for anger and anxiety problems
A. Assessing anger and anxiety problems
B. How to implement intervention
C. Intervention components

Midterm papers due

3/8 The Cognitive/Behavioral treatment of depression
A. A CBT model of depression
B. Assessing depression
C. A CBT intervention for depression

Quiz #6

3/15 Spring Break – No Class

3/22 Suicide risk assessment
A. An adequate standard of care, legal issues
B. Epidemiology of suicide
C. Suicide risk indicators
D. Suicide risk assessment

Quiz # 7

3/29 The Cognitive/Behavioral treatment of anxiety disorders
A. Panic disorder
B. Simple phobias

4/5 The Cognitive/Behavioral treatment of anxiety disorders
C. Agoraphobia
D. Social phobia
E. Generalized anxiety disorders

Quiz #8

Final Assignment demonstrations

4/12 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

Final Assignment demonstrations

4/19

A Cognitive/Behavioral treatment for insomnia

A. Assessing insomnia

B. Intervention components

Final Assignment demonstrations

4/26

Final Assignment demonstrations

Bibliography

- Andrews, V.H., & Borkovec, T.D. (1988). The differential effects of inductions of worry, somatic anxiety, and depression on emotional experience. *Journal of Behavior Therapy and experimental Psychiatry*, 19, 21-26.
- Arnkoff, D.B., & Glass, C. R. (1989). Cognitive assessment in social anxiety and social phobia. *Clinical Psychology Review*, 9, 61-74.
- Arnou, B.A., Taylor, C.B., Agras, W.S., & Telch, M.J. (1985). Enhancing agoraphobia treatment outcome by changing couple communication patterns. *Behavior Therapy*, 16, 452-467.
- Bandura, A. (1977). Self-efficacy: Toward a unifying theory of behavioral change. *Psychological Review*, 84, 191-215.
- Bandura, A. (1988). Self-efficacy conception of anxiety. *Anxiety Research*, 1, 77-98.
- Barber, J.P. & DeRubeis, R.J. (1989). On second thought: Where the action is in cognitive therapy for depression. *Cognitive Therapy and Research*, 13 (5), 441-457.
- Barlow, D.H. (1988). *Anxiety and its disorders: The nature and treatment of anxiety and panic*. New York: Guilford Press.
- Barlow, D.H. (1991). Disorders of emotion. *Psychological Inquiry*, 2, 58-71.
- Barlow, D.H., Cohen, A., Waddell, M., Vermilyea, J., Klosko, J., Blanchard, E., & DiNardo, P. (1984). Panic and generalized anxiety disorders: Nature and treatment. *Behavior Therapy*, 15, 431-449.
- Barlow, D.H. & Craske, M. G. (1989). *Mastery of your anxiety and panic*. Albany, NY: Graywind.
- Barlow, D.H., Craske, M.G., Cerny, J.A., & Klosko, J.S. (1989). Behavioral treatment of panic disorder. *Behavior Therapy*, 20, 261-282.
- Barlow, D.H., Rapee, R.M. & Brown, T.A. (1992). Behavioral treatment of generalized anxiety disorder. *Behavior Therapy*, 23, 551-570.
- Barlow, D.H., Vermilyea, J., Blanchard, E., Vermilyea, B., DiNardo, P., & Cerny, J. (1985). Phenomenon of panic. *Journal of Abnormal Psychology*, 94, 320-328.
- Beck, A.T. (1988). Cognitive approaches to panic disorder: Theory and therapy. In S. Rachman & J.D. Maser (Eds.), *Panic: Psychological perspectives*. Hillsdale, NJ: Erlbaum.
- Beck, A.T., & Emery, G. (1985). *Anxiety disorders and phobias: A cognitive perspective*. New York: Basic Books.
- Beck, A.T., Epstein, N., Brown, G., & Steer, R. (1988). An inventory for measuring clinical anxiety: Psychometric properties. *Journal of Consulting and Clinical Psychology*, 56, 893-897.
- Beck, A.T., Rush, A. J., Shaw, B. F., & Emery, G. (1979). *Cognitive Therapy of Depression*. New York: Guilford Press.

- Blanchard, E.B., & Abel, G.G. (1976). An experimental case study of the biofeedback treatment of a rape induced psychophysiological cardiovascular disorder. *Behavior Therapy*, 7, 113-119.
- Bland, K., & Hallam, R. (1981). Relationship between response to graded exposure and marital satisfaction in agoraphobics. *Behaviour Research and Therapy*, 19, 335-338.
- Blowers, C., Cobb, J., & Mathews, A. (1987). Generalized anxiety: A controlled treatment study. *Behaviour Research and Therapy*, 25, 493-502.
- Bonn, J.A., Harrison, J., & Rees, W. (1971). Lactate-induced anxiety: Therapeutic application. *British Journal of Psychiatry*, 119, 468-470.
- Borkovec, T.D., & Costello, E. (in press). Efficacy of applied relaxation and cognitive behavioral therapy in the treatment of generalized anxiety disorder. *Journal of Consulting and Clinical Psychology*.
- Borkovec, T.D., & Hu, S. (1990). The effect of worry on cardiovascular response to phobic imagery. *Behaviour Research and Therapy*, 28, 69-73.
- Borkovec, T.D., & Mathews, A.M. (1988). Treatment of nonphobic anxiety disorders: A comparison of nondirective, cognitive, and coping desensitization therapy. *Journal of Consulting and Clinical Psychology*, 56, 877-884.
- Borkovec, T.D., Mathews, A.M., Chambers, A., Ebrahimi, S., Lytle, R., & Nelson, R. (1987). The effects of relaxation training with cognitive therapy or nondirective therapy and the role of relaxation-induced anxiety in the treatment of generalized anxiety. *Journal of Consulting and Clinical Psychology*, 55, 883-888.
- Bruch, M.A., Heimberg, R.G., & Hope, D.A. (1991). States of mind model and cognitive change in treated social phobics. *Cognitive Therapy and Research*, 15, 429-441.
- Burnam, M.A., Stein, J.A., Golding, J.M., Siegel, J.M., Sorenson, S.B., Forsythe, A.B., & Telles, C.A. (1988). Sexual assault and mental disorders in a community population. *Journal of Consulting and Clinical Psychology*, 56, 843-850.
- Burns, L.W., Thorpe, G.L., & Cavallaro, L.A. (1986). Agoraphobia eight years after behavioral treatment: A follow-up study with interview, self-report, and behavioral data. *Behavioral Therapy*, 17, 580-591.
- Burt, M.R. (1980). Cultural myths and supports for rape. *Journal of Personality and Social Psychology*, 38, 217-230.
- Butler, G. (1989). Issues in the application of cognitive and behavioral strategies to the treatment of social phobia. *Clinical Psychology Review*, 9, 91-186.
- Butler, G., Fennell, M., Robson, P., & Gelder, M. (1991). Comparison of behavior therapy and cognitive behavior therapy in the treatment of generalized anxiety disorder. *Journal of Consulting and Clinical Psychology*, 59, 167-175.
- Cerny, J.A., Barlow, D.H., Craske, M.G., & Himadi, W.G. (1987). Couples treatment of agoraphobia: A two-year follow-up. *Behavior Therapy*, 18, 401-415.
- Chaplin, E.W., & Levine, B.A. (1981). The effects of total exposure duration and interrupted versus continued exposure in flooding therapy. *Behavior Therapy*, 12, 360-368.

- Clark, D., Salkovskis, P., & Chalkley, A. (1985). Respiratory control as a treatment for panic attacks. *Journal of Behavior Therapy and Experimental Psychiatry*, *16*, 23-30.
- Cohen, S.D., Monteiro, W., & Marks, J.M. (1984). Two-year follow-up of agoraphobics after exposure and imipramine. *British Journal of Psychiatry*, *144*, 276-281.
- Craske, M.G., Brown, T.A., & Barlow, D.H. (1991). Behavioral treatment of panic disorder: A two-year follow-up. *Behavior Therapy*, *22*, 289-304.
- Creamer, M., Burgess, P., & Pattison, P. (1992). Reaction to trauma: A cognitive processing model. *Journal of Abnormal Psychology*, *101*, 453-459.
- DeRubeis, R.J., & Feeley, M. (1990). Determinants of change in cognitive therapy for depression. *Cognitive Therapy and Research*, *14*(5), 469-482.
- DeRubeis, R.J., Hollon, S.D., Grove, W.M., Evans, M.D., Garvey, M.J., & Tuason, V.B. (1990). How does cognitive therapy work? Cognitive change and symptom change in cognitive therapy and pharmacotherapy for depression. *Journal of Consulting and Clinical Psychology*, *58*(6), 862-869.
- De Ruiter, C., Rijken, H., Garssen, B., & Kraaimaat, F. (1989). Breathing retraining, exposure and a combination of both, in the treatment of panic disorder with agoraphobia. *Behavior Research and Therapy*, *27*, 647-656.
- DeSilva, P., & Rachman, S.J. (1984). Does escape behavior strengthen agoraphobic avoidance? A preliminary study. *Behavior Research and Therapy*, *22*, 87-91.
- Dewey, D., & Hunsley, J. (1989). The effects of marital adjustment and spouse involvement on the behavioral treatment of agoraphobia: A meta-analytic review. *Anxiety Research*.
- Dobson, K.S. (1989). A meta-analysis of the efficacy of cognitive therapy for depression. *Journal of Consulting and Clinical Psychology*, *57*(3), 414-419.
- Durham, R.C., & Turvey, A.A. (1987). Cognitive therapy vs. behavior therapy in the treatment of chronic general anxiety. *Behaviour Research and Therapy*, *25*, 229-234.
- Emmelkamp, P.M.G., & Beens, H. (1991). Cognitive therapy with obsessive-compulsive disorder: A comparative evaluation. *Behaviour Research and Therapy*, *29*, 293-300.
- Fairbank, J.A., & Keane, T.M. (1982). Flooding for combat-related stress disorders: Assessment of anxiety reduction across traumatic memories. *Behavior Therapy*, *13*, 499-510.
- Foa, E.B. (1979). Failure in treating obsessive-compulsives. *Behaviour Research and Therapy*, *16*, 391-399.
- Foa, E.B., Grayson, J.B., & Steketee, G. (1982). Depression, habituation and treatment outcome in obsessive-compulsives. In J.C. Boulougouris (Ed.), *Practical applications of learning theories in psychiatry*. New York: Wiley.
- Foa, E.B., Grayson, J.B., Steketee, G., & Doppelt, H.G. (1983a). Treatment of obsessivecompulsives: When do we fail? In E.B. Foa & P.M.G. Emmelkamp (Eds.), *Failures in behavior therapy*. New York: Wiley.

- Foa, E.B., Jameson, J.S., Turner, R.M., & Payne, L.L. (1980). Massed vs. spaced exposure sessions in the treatment of agoraphobia. *Behaviour Research and Therapy*, *18*, 333-338.
- Foa, E.B., & Kozak, M.S. (1986). Emotional processing of fear: Exposure to corrective information. *Psychological Bulletin*, *99*, 20-35.
- Foa, E.B., Steketee, G., Grayson, J.B., Turner, R.M., & Latimer, P. (1984). Deliberate exposure and blocking of obsessive-compulsive rituals: Immediate and long-term effects. *Behavior Therapy*, *15*, 450-472.
- Foa, E.B., Steketee, G.S., & Milby, J.B. (1980). Differential effects of exposure and response prevention in obsessive-compulsive washers. *Journal of Consulting and Clinical Psychology*, *48*, 71-79.
- Foa, E.B., Steketee, G.S., & Rothbaum, B.O. (1989). Behavioral/cognitive conceptualizations of post-traumatic stress disorder. *Behavior Therapy*, *20*, 155-176.
- Foa, E.B., & Wilson, R. (1991). *Stop obsessing: How to overcome your obsessions and compulsions*. New York: Bantam.
- Gelernter, C.S., Uhde, T.W., Cimboic, P., Arnkoff, D.B., Vittone, B.J., Tancer, M.E., & Bartko, J.J. (1991). Cognitive-behavioral and pharmacological treatment of social phobia. *Archives of General Psychiatry*, *48*, 938-945.
- Goyer, P., & Eddleman, H. (1984). Same-sex rape of nonincarcerated men. *American Journal of Psychiatry*, *141*, 576-579.
- Griez, E. & van den Hout, M.A. (1986). CO₂ inhalation in the treatment of panic attacks. *Behaviour Research and Therapy*, *24*, 145-150.
- Heimberg, R.G. (1989). Cognitive and behavioral treatments for social phobia: A critical analysis. *Clinical Psychology Review*, *9*, 107-128.
- Heimberg, R.G. (1991). *A manual for conducting Cognitive-Behavioral Group Therapy for social phobia* (2nd ed.). Unpublished manuscript, State University of New York at Albany, Center for Stress and Anxiety Disorders, Albany, NY.
- Heimberg, R.G., & Barlow, D.H. (1991). New developments in cognitive-behavioral treatment for social phobia. *Journal of Clinical Psychiatry*, *52* (11, suppl.), 21-30.
- Heimberg, R.G., Becker, R.E., Goldfinger, K., & Vermilyea, J.A. (1985). Treatment of social phobia by exposure, cognitive restructuring, and homework assignments. *Journal of Nervous and Mental Disease*, *173*, 236-245.
- Hibbert, G., & Chan, M. (1989). Respiratory control: Its contribution to the treatment of panic attacks. *British Journal of Psychiatry*, *154*, 232-236.
- Himadi, W., Cerny, J., Barlow, D., Cohen, S., & O'Brien, G. (1986). The relationship of marital adjustment to agoraphobia treatment outcome. *Behaviour Research and Therapy*, *24*, 107-115.
- Holden, A.E.O., O'Brien, G.T., Barlow, D.H., Stetson, D., & Infantino, A. (1983). Self-help manual for agoraphobia: A preliminary report of effectiveness. *Behavior Therapy*, *19*, 539-554.

- Hollon, S.D., & Beck, A.T. (1978). Psychotherapy and drug therapy: Comparison and combinations. In S.L. Garfield & A.E. Bergin (Eds.), *Handbook of psychotherapy and behavior change: An empirical analysis (2nd ed.)* (Pp. 437-490). New York: Wiley.
- Jacobson, N.S., Wilson, L., & Tupper, C. (1988). The clinical significance of treatment gains resulting from exposure-based interventions for agoraphobia: A re-analysis of outcome data. *Behaviour Therapy, 19*, 539-554.
- Jerremalm, A., Jansson, L., & Ost, L.G. (1986). Cognitive and physiological reactivity and the effects of different behavioral methods in the treatment of social phobia. *Behaviour Research and Therapy, 24*, 171-180.
- Jones, J.C., & Barlow, D.H. (1990). The etiology of posttraumatic stress disorder. *Clinical Psychology Review, 10*, 299-328.
- Kaszniak, A.W., Nussbaum, P.D., Berren, M.R., & Santiago, J. (1988). Amnesia as a consequence of male rape: A case report. *Journal of Abnormal Psychology, 97*, 100-104.
- Kaufman, A., Divasto, P., Jackson, R., Voorhees, D., & Christy, J. (1980). Male rape victims: Noninstitutionalized assault. *American Journal of Psychiatry, 137*, 221-223.
- Kilpatrick, D.G., & Veronen, L.J. (1983). Treatment of rape-related problems: Crisis intervention is not enough. In L.H. Cohen, W.L. Claiborn, & G.A. Specter (Eds.), *Crisis Intervention* (pp. 165-185). New York: Human Sciences Press.
- Kilpatrick, D. G., Veronen, L.J., & Resnick, P.A. (1979). The aftermath of rape: Recent empirical findings. *American Journal of Orthopsychiatry, 49*(4), 658-669.
- Lelliott, P.T., Noshirvani, H.F., Basoglu, M., Marks, I.M., & Monterio, W.O. (1988). Obsessive compulsive beliefs and treatment outcome. *Psychological Medicine, 18*, 697-702.
- Lindsay, W.R., Gamsu, C.V., McLaughlin, E., Hood, E.M., & Espie, C.A. (1987). A controlled trial of treatments for generalized anxiety. *British Journal of Clinical Psychology, 26*, 3-15.
- Linehan, M.M. (1987a). Dialectical behavior therapy: A cognitive-behavioral approach to parasuicide. *Journal of Personality Disorders, 1*, 328-333.
- Linehan, M.M. (1987b). Dialectical behavior therapy for borderline personality disorder: Theory and method. *Bulletin of the Meninger Clinic, 51*, 261-276.
- Linehan, M.M., Armstrong, H.E., Suarez, A., Allmon, D., & Heard, H.L. (1991). Cognitive behavioral treatment of chronically parasuicidal borderline patients. *Archives of General Psychiatry, 48*, 1060-1064.
- Litz, B.T., Blake, D.D., Gerardi, R.G., & Keane, T.M. (1990). Decision-making guidelines for the use of direct therapeutic exposure in the treatment of post-traumatic stress disorder. *Behavior Therapist, 13*, 91-93.
- McCann, I.L., & Pearlman, L.A. (1990b). Vicarious traumatization: A framework for understanding the psychological effects of working with victims. *Journal of Traumatic Stress, 3*(1), 131-149.
- McLean, P.D., & Hakstian, A.R. (1979). Clinical depression: Comparative efficacy of outpatient treatments. *Journal of Consulting and Clinical Psychology, 47*, 818-836.
- McFall, M.E., & Wollersheim, J.P. (1979). Obsessive-compulsive neurosis: A cognitivebehavioral formulation and approach to treatment. *Cognitive Therapy and Research, 3*, 333-348.

- Meyer, T.J., Miller, M.L., Metzger, R.L. & Borkovec, T.D. (1990). Development and validation of the Penn state Worry Questionnaire. *Behaviour Research and Therapy*, 28, 487-495.
- Ost, L.G. (1988). Applied relaxation vs. progressive relaxation in the treatment of panic disorder. *Behaviour Research and Therapy*, 26, 13-22.
- Reiss, S., Peterson, R., Gursky, D., & McNall, R. (1986). Anxiety sensitivity anxiety frequency, and the prediction of fearfulness. *Behaviour Research and Therapy*, 24, 1-8.
- Resnick, P.A., Jordan, C.G., Girelli, S.A., Hutter, C.H., & Marhoefer-Dvorak, S. (1988). A comparative outcome study of behavioral group therapy for sexual assault victims. *Behavior Therapy*, 19, 385-401.
- Resnick, P.A., & Schnicke, M.D. (1990). Treating symptoms in adult victims of sexual assault. *Journal of Impersonal Violence*, 5, 488-506.
- Rothbaum, B.O., & Foa, E.B. (1992). Exposure therapy for rape victims with post-traumatic stress disorder. *Behavior Therapist*, 15, 219-222.
- Rush, A.J., Beck, A.T., Kovacs, M. & Hollon, S. (1977). Comparative efficacy of cognitive therapy and imipramine in the treatment of depressed outpatients. *Cognitive Therapy and Research*, 1, 17-37.
- Sank, L.I., & Shaffer, C.S. (1984). *A therapist's manual for cognitive-behavior therapy in groups*. New York: Plenum Press.