

THE UNIVERSITY OF TENNESSEE
COLLEGE OF SOCIAL WORK
Course Outline

SW530 - Seminar in Clinical Social Work: Cognitive Behavioral Therapy
Course Outline
Spring 2008

Professor: David Dia, Ph.D., LCSW

Contact: 448-4431

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Room: 612E

Day: Mondays 9 - 12

Office Hours: Monday 12:30-2:30pm

Tuesday 12:30-2:30pm

Required Text: Wright, J. H., Basco, M. R., Thase, M. E. (Eds.). (2005). Learning cognitive-behavioral therapy: An illustrative guide. Arlington, VA: American Psychiatric Publishing, Inc.

Course Requirements/Grading

Case History	20%
Conceptualization	20%
Treatment Plan	10%
Final Exam – Clinical Interview	50%
Class Participation and Attendance	*See below

Description of Course Requirements

Case History Due date: TBD

Using one of your clients from your field practice, you will write a brief case history of most important information gathered during your evaluation. More details to follow.

Case Formulation Due date: TBD

Based on your case history you will develop and then write up a case formulation for your client. More details to follow.

Treatment Plan and Course in Treatment Due date: TBD

Based on your case history and case formulation, you will develop and implement a treatment plan. You will then write up your treatment plan and course in treatment. More details to follow.

Class Participation and Attendance

In order for the class to be more dynamic and meaningful to the student, class attendance (including being on time) 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%. If you are tardy twice, this will count as one missed class.

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 60 minutes. You will be graded based on your ability to demonstrate the appropriate skill or strategy. Please bring a VHS video tape to the exam.

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)

It is important to me that all students have the opportunity to learn the information covered in this class and to receive the good grades they deserve. To this end, if you are having difficulty with this course, please make an appointment to meet with me.

Tentative Course Outline

January 14 -- Overview of CBT

- a. Evaluating CBT treatment
 - 1. Expert consensus guidelines/practice guidelines
 - 2. Meta-analyses
- b. Introduction to the principles of CBT
 - 1. Therapeutic Relationship
 - 2. Cognitive Procedures
 - 3. Behavioral Procedures
- c. Readings:
 - Article: 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.
 - Wright et al. book: Chapter 1 – Basic principles of cognitive-behavioral therapy and Chapter 2 – The therapeutic relationship: Collaborative empiricism in action.

January 28 – April 21

The remaining classes will follow this general outline:

- a. Assessment
- b. Cognitive conceptualization of the disorder/problem
- c. Cognitive and Behavioral Procedures
- d. Instructor demonstration
- e. Small group role plays

January 28 – Depression

Readings: Wright et al. book, Chapter 3 Assessment and formulation and Chapter 4 Structuring and educating

February 4 – Panic Disorder

Readings: Wright et al. book, Chapter 5 Working with automatic thoughts

February 11 – Generalized Anxiety Disorder

Readings: Wright et al. book Chapter 6 Behavioral Methods I

February 18 – Social Anxiety Disorder

Readings: Wright et al. book, Chapter 7 Behavioral Methods II

February 25 – Obsessive Compulsive Disorder

Readings: Freeston, M., & Ladouceur, R. (1999). Exposure and response prevention for obsessive thoughts. *Cognitive and Behavioral Practice, 6*, 362-383.

March 3 – Post-traumatic Stress Disorder

Readings: 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*.

March 10 – ADHD

Readings: 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*

and

Braswell, L., & Bloomquist, M. L. (1991). An ecological-developmental model of cognitive-behavioral therapy for ADHD children and adolescents: Overview (pp. 104-125). In *Cognitive-behavioral therapy with ADHD children*. New York: Guilford Press.

March 17 – Spring Break

March 24 – Substance Abuse

Readings: Nay, W. R., Ross, G. R. (1993). Cognitive-behavioral intervention for adolescent drug use (pp. 315-343). In A. J. Finch, Nelson III, W. M., & Ott, E. S. (Eds.). *Cognitive-behavioral procedures with children and adolescents*. Needham Heights, MA: Allyn and Bacon.

March 31 – Anger and Aggression

Readings: Feindler, E. L. (1991). Cognitive strategies in anger control interventions for children and adolescents (pp. 66-97). In P. Kendall (Ed.). *Child & Adolescent Therapy: Cognitive-behavioral procedures*. New York: The Guilford Press.

April 7 – Personality Disorders – Schema Focused Treatment

Readings: Wright et al. book, Chapter 8 Modifying schemas and Chapter 9 Common problems and pitfalls

April 14 – Complex cases (e.g., multiple diagnoses, chronic conditions)

Readings: Wright et al. Chapters 10 Treating chronic, severe, or complex disorders and Chapter 11 Building competence in cognitive behavioral therapy

April 21 – The Third Wave of Behavioral Therapy (Acceptance and Commitment Therapy and Dialectic Behavioral Therapy)

Readings: Study for and work on notebooks for the final.

April 28, 29, 30 – Oral Final Examinations

References and Resources

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.

In-Albon, T., & Schneider, S. (2007). Psychotherapy of childhood anxiety disorders: A meta-analysis. *Psychotherapy and Psychosomatics, 76*, 15-24.

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* (2nd 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* (2nd 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.

Bondy, B. (2002). Pathophysiology of depression and mechanisms of treatment. *Dialogues in Clinical Neuroscience, 4*, 7-20.

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* (2nd 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.

COUPLES THERAPY

Markman, H., Stanley, S., & Blumberg, S. (1994). *Fighting for your marriage*. San Francisco: Jossey-Bass Inc.

Notarius, C., & Markman, H. (1993). *We can work it out: How to solve conflicts, save your marriage and strengthen your love for each other*. New York: The Berkley Publishing Group.

General Articles or Books

Ballenger, J. C. (2001). Overview of different pharmacotherapies for attaining remission in generalized anxiety disorders. *Journal of Clinical Psychiatry*, *62*, 11-19.

Haden, S. C., & Scarpa, A. (2007). The noradrenergic system and its involvement in aggressive behaviors. *Aggression and Violent Behavior*, *12*, 1-15.

Gater R, Tansella M, Korten A, et al. (1998). Sex differences in the prevalence and detection of depressive and anxiety disorders in general health care settings. *Archives of General Psychiatry*, *55*, 405-413.

Gorman, J. M., Kent, J.M., Sullivan, G. M., & Coplan, J. (2000). Neuroanatomical hypothesis of panic disorder, revised. *American Journal of Psychiatry*, *157*, 493-505.

O'Hare, T. (2005). Evidence-based practices for social workers: An interdisciplinary approach.

Stahl, S. M. (2000). *Essential psychopharmacology: Neuroscientific basis and practical applications* (2nd ed.). New York: Cambridge University 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*. (2nd ed.). Roseville, CA: Prima Publishing.