

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

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

**Professor:** David Dia, Ph.D., LCSW  
**Contact:** 448-4431  
**Office Hours:** By Appointment  
**Email:** [ddia@utk.edu](mailto:ddia@utk.edu)

**Day:** Monday and Wednesday  
**Time:** 5:30 p.m. to 8:30 p.m.  
**Room:** 612E

**Required Text:** Ronen, T., & Freeman, A. (Eds.). (2007). *Cognitive behavioral therapy in clinical social work practice*. New York: Springer Publishing Company.

**Course Requirements/Grading**

Quizzes (3)	30%
Paper	20%
Comprehensive Final Examination	50%
Class Participation and Attendance	*See below

**Description of Course Requirements**

**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%.

**Quizzes**

There will be three quizzes based on the readings and class lectures. The format will be short answer, multiple choice, and True/False. **There will be no make up quizzes given.**

**Paper**

A 5 to 6 page paper will be due on June 27, 2007 and it will be written on a clinical practice question. Detailed instructions will be given out on the first day of class. **No late papers will be accepted.**

**Comprehensive Final Examination**

The final exam will cover the whole course. The format will be short answer, multiple choice, and True/False.

## Tentative Course Outline

<b>Date</b>	<b>Topic</b>	<b>Homework</b>
June 4	Introduction to Class CBT Model and Techniques	Butler et al. (2006). The empirical status of cognitive behavioral therapy: A review of the meta-analyses. <i>Clinical Psychology Review</i> , 26, 17-31. Chapters 2 and 5
June 6	Anxiety Disorders	Chapter 17
June 11	Depression and Suicide <b>Quiz 1:</b> Intro to CBT and Anxiety Disorders	Chapters 18 and 19
June 13	Substance Abuse	Chapter 22
June 18	Anger and Aggression <b>Quiz 2:</b> Depression and Substance Abuse	
June 20	CBT with Kids <ul style="list-style-type: none"><li>• ADHD</li><li>• Schools</li></ul>	Chapters 9, 12 and 13
June 25	Child Abuse and Adults Survivors <b>Quiz 3:</b> Anger and Kids	Chapters 11 and 21
June 27	Couple Therapy Family Therapy <b>Paper Due</b>	Chapters 14 and 15
July 2	Risk Management/Malpractice <b>Comprehensive Final Examination</b>	Reamer, F. (2000). The social work ethics audit: A risk management strategy. <i>Social Work</i> , 45, 355-366. Reamer, F. (2005). Documentation in Social Work: Evolving ethical and risk-management standards. <i>Social Work</i> , 50, 325-334.

### 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)

### 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**

Freeman, 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.

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 (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., Doebrock, 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.

Dolgoff, R., Loewenberg, F. M., & Harrington, D. (2005). *Ethical decisions for social work practice* (7<sup>th</sup> ed.). Belmont, CA: Brooks/Cole.

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.

Mosher, P. W., & Swire, J. D. (2002). The ethical and legal implications of Jaffe v Redmond and the HIPAA medical privacy rule for psychotherapy and general psychiatry. *Psychiatric Clinics of North America*, 25, 575-584.

Nelken, M. L. (2000). The limits of privilege: The developing scope of Federal psychotherapist-patient privilege Law. *The Review of Litigation*, 20.

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

Reamer, F. (2000). The social work ethics audit: A risk management strategy. *Social Work, 45*, 355-366.

Reamer, F. (2005). Documentation in Social Work: Evolving ethical and risk-management standards. *Social Work, 50*, 325-334.

Stahl, S. M. (2000). Essential psychopharmacology: Neuroscientific basis and practical applications (2<sup>nd</sup> 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. (2<sup>nd</sup> ed.). Roseville, CA: Prima Publishing.