

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

**SW530: Seminar in Clinical Social Work: Cognitive Behavioral Therapy
Course Outline
Summer 2008**

Professor: David Dia, Ph.D., LCSW
Contact: 448-4431
Office Hours: By Appointment
Email: ddia@utk.edu

Day: Monday and Wednesday
Time: 1:00 to 4:00 p.m.
Room: 612E

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

Quizzes (3)	30%
Paper	20%
Comprehensive Final Examination	50%

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.

Quizzes

There will be three quizzes based on the readings and class lectures. The format will be short answer, multiple choice, and True/False. Students who miss a quiz will be given an essay assignment in place of the missed quiz. The essay will be due the next class. **Quizzes will be given July 14th, July 21st, and August 4th.**

Case Conceptualization Paper

Students will write a paper on a client detailing their conceptualizing of the case. Late papers will be reduced 1 letter grade. Specific instructions will be provided in class. **Due July 30th.**

Oral 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 skills and strategies. Please bring a VHS video tape to the exam. Specific details will be provided in class. **The examination will be given August 5th and 6th.**

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

July 7 -- Overview of CBT

- a. Evaluating CBT treatment
 - 1. Expert consensus guidelines/practice guidelines
 - 2. Meta-analyses
 - 3. Evidenced based practice
- 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.

July 9 through August 6th

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

July 9 – Depression

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

July 14 – Anxiety Disorders

Readings: Wright et al. book, Chapter 5 Working with automatic thoughts; Freeston, M., & Ladouceur, R. (1999). Exposure and response prevention for obsessive thoughts. *Cognitive and Behavioral Practice*, 6, 362-383.

Quiz I (Overview of CBT and Depression plus readings)

July 16 – Anxiety Disorders

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

July 21 -- ADHD

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

Quiz II (Anxiety Disorders plus readings)

July 23 – 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.

July 28 – 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 Guildford Press.

July 30 – Personality Disorders – Schema Focused Treatment

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

August 4 – 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

Quiz III (ADHD and Substance Abuse plus readings)

August 5th and 6th -- Oral Final Examination

Please remember to bring your videotape.

References

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* (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, Supplement 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

American Psychiatric Association (2003). Practice Guideline for the assessment and treatment of patients with suicidal behaviors.

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.

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

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.

Peruzzi, N., & Bongar, B. (1999). Assessing risk for completed suicide in patients with major depression: Psychologists' views of critical factors. *Professional Psychology: Research and Practice*, 30, 576-580.

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.

Dolgoff, R., Loewenberg, F. M., & Harrington, D. (2005). *Ethical decisions for social work practice* (7th 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 (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.