

**Department of Psychology
Lakehead University**

**Psychology 5311 – Cognitive-Behaviour Therapy
2016-2017 Winter Course Outline
(revised February 21, 2017)**

Instructor: Ron Davis, Ph.D., C.Psych.
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Class: Tuesdays, 2:30-5:30pm, SN1002E
Office hours: by appointment

Course Description:

This course provides an overview of the science and practice of cognitive-behaviour therapy (CBT) for adults. Theoretical underpinnings, putative mechanisms of change, and therapeutic efficacy will be studied with reference to Major Depressive Disorder and the Anxiety Disorders. Participants will also become familiar with specific CBT therapeutic interventions and practice issues.

Required Course Materials:

1. Barlow, D.H. (Ed.). (2014). *Clinical handbook of psychological disorders: A step-by-step treatment manual*. (5th ed.). New York: The Guilford Press.
2. Beck, J.S. (2011). *Cognitive behavior therapy: Basics and beyond*. (2nd ed.). New York: The Guilford Press.
3. Beck, J.S. (2005). *Cognitive therapy for challenging problems: What to do when the basics don't work*. New York: The Guilford Press.
4. Additional journal articles are indicated below. These articles entail scientific studies or research reviews that bear upon our understanding of the topic under consideration. Articles are available through LU library online ejournals.
5. One SDHC flash memory card for video recording, Class 10, minimum capacity of 16 GB.

Evaluation

- Mock CBT first interview according to Beck (2011), to be videotaped and debriefed Tuesday February 14 with the course instructor, and contributing 25% towards final grade. Participants will be given a psychological report on the mock client 1 week prior to the interview. This mock client will meet diagnostic criteria for Major Depressive Disorder.
- Mock CBT first interview according to Barlow (2014), to be videotaped and debriefed on Tuesday April 4 with the course instructor, contributing 25% towards final grade. Participants will be given a psychological report on the mock client 1 week prior to the interview. This client will meet diagnostic criteria for one of the following Anxiety Disorders: Panic Disorder with Agoraphobia, Social Phobia, Posttraumatic Stress Disorder, or Obsessive-Compulsive Disorder.
- Final examination, Tuesday April 11 2:30-5:30pm, contributing 50% towards final grade.

Class Activities

Each meeting is divided into two parts. The first part involves a critical understanding of what the current science tells us (or not) about key elements of CBT. This part will be achieved through active class discussion of assigned readings. All participants are to read all articles and corresponding emails from assigned discussants (see below) before class, and come to class prepared to discuss the material. A participant will be assigned prior to class to act as discussant for each reading. The discussant will pose to the class a question that is relevant to the reading (e.g., theoretical, research, translation into clinical practice), the class will then discuss the question, and the discussant will conclude with their own perspective regarding the question. Each article will be discussed for approximately 10 minutes. Discussants will email their question to the course instructor and all participants not later than 1:00pm on the Monday before the class. Failure to do so will result in a 2-point reduction on the final grade. The email must include discussant's name, meeting number and date, complete reference for the reading to be discussed, the question, and a brief rationale (2-4 lines) as to why they believe the question to be relevant. Do not include your own perspective (i.e., answer) to the question. The latter you will reveal during the class discussion.

The second part of each class is devoted to CBT skill acquisition to be achieved through active role-play by all participants.

Meeting Schedule

Meeting 1: January 10

Topics: (1) course overview

Readings:

Padesky, C. A. (2003). *Constructing new core beliefs*. Newport Beach, CA: Center for Cognitive Therapy. [In-class videotape]

Beck, A. T., & Bredemeier, K. (2016). A Unified Model of Depression: Integrating Clinical, Cognitive, Biological, and Evolutionary Perspectives. *Clinical Psychological Science*, 4(4), 596-619. doi:10.1177/2167702616628523 [3]¹

Beck, A. T., & Haigh, E. A. (2014). Advances in cognitive theory and therapy: the generic cognitive model. *Annual Review of Clinical Psychology*, 10, 1-24. doi:10.1146/annurev-clinpsy-032813-153734 [2]

Mennin, D. S., Ellard, K. K., Fresco, D. M., & Gross, J. J. (2013). United we stand: Emphasizing commonalities across cognitive-behavioral therapies. *Behavior Therapy*, 44(2), 234-248. doi:http://dx.doi.org/10.1016/j.beth.2013.02.004 [1]

Meeting 2: January 17

Topics: (1) competency; (2) cognitive-behavioural case conceptualization.

Readings:

Beck (2011) chapters 1, 2, 3, Appendices A and C.

Padesky, C. A. (1997). *Collaborative case conceptualization*. Newport Beach, CA: Center for Cognitive Therapy. [In-class videotape]

¹ Suggested order in which the collection of articles should be read.

1. Brown, G. K., Thase, M. E., Vittengl, J. R., Borman, P. D., Clark, L. A., & Jarrett, R. B. (2016). Assessing cognitive therapy skills comprehension, acquisition, and use by means of an independent observer version of the Skills of Cognitive Therapy (SoCT-IO). *Psychological Assessment, 28*(2), 205-213.
doi:10.1037/pas0000080 [4]
-Also see appendix in Jarrett, R. B., Vittengl, J. R., Clark, L. A., & Thase, M. E. (2011). Skills of Cognitive Therapy (SoCT): a new measure of patients' comprehension and use. *Psychological Assessment, 23*(3), 578-586.
doi:10.1037/a0022485
2. Creed, T. A., Frankel, S. A., German, R. E., Green, K. L., Jager-Hyman, S., Taylor, K. P., . . . Beck, A. T. (2016). Implementation of transdiagnostic cognitive therapy in community behavioral health: The Beck Community Initiative. *Journal of Consulting and Clinical Psychology, 84*(12), 1116-1126.
doi:10.1037/ccp0000105 [5]
3. Muse, K., McManus, F., Rakovshik, S., & Thwaites, R. (2016). Development and Psychometric Evaluation of the Assessment of Core CBT Skills (ACCS): An Observation-Based Tool for Assessing Cognitive Behavioral Therapy Competence. *Psychological Assessment*. doi:10.1037/pas0000372 [3]
-Also review the ACCS manual and training video available at <https://www.accs-scale.co.uk/>
4. Newman, C. (2010). Competency in conducting cognitive-behavioral therapy: Foundational, functional, and supervisory aspects. [1] *Psychotherapy Theory, Research, Practice, Training, 47*(1), 12-19.
5. Simons, A. D., Rozek, D. C., & Serrano, J. L. (2013). Wanted: Reliable and valid measures for the science of cognitive behavioral therapy dissemination and implementation. *Clinical Psychology: Science and Practice, 20*(2), 181-194.
doi:http://dx.doi.org/10.1111/cpsp.12033 [2]

Meeting 3: January 24

Topics: (1) case formulation continued; (2) the structure of therapy.

Readings:

Beck (2011) chapters 4, 5, 7, 19.

Beck (2005) chapters 7, 8.

Davis, R. (2001, unpublished). *Structuring of the first CBT session*. [In-class videotape].

6. Cronin, T. J., Lawrence, K. A., Taylor, K., Norton, P. J., & Kazantzis, N. (2015). Integrating between-session interventions (homework) in therapy: The importance of the therapeutic relationship and cognitive case conceptualization. *Journal of Clinical Psychology, 71*(5), 439-450.
doi:http://dx.doi.org/10.1002/jclp.22180 [3]

7. Haarhoff, B.A., Flett, R.A., & Gibson, K.L. (2011). Evaluating the content and quality of cognitive-behavioural therapy case conceptualizations. *New Zealand Journal of Psychology, 40*(3), 104-114. [2]

8. Haarhoff, B., Gibson, K., & Flett, R. (2011) Improving the quality of cognitive behavior therapy case conceptualization: The role of self-practice/self-reflection. *Behavioural and Cognitive Psychotherapy, 39*, 323-339. [5]

9. Nattrass, A., Kellett, S., Hardy, G. E., & Ricketts, T. (2015). The content, quality and impact of cognitive behavioural case formulation during treatment of obsessive compulsive disorder. *Behavioural and Cognitive Psychotherapy*, 43(5), 590-601. doi:<http://dx.doi.org/10.1017/S135246581400006X>. [1]
 10. Redhead, S., Johnstone, L., & Nightingale, J. (2015). Clients' experiences of formulation in cognitive behaviour therapy. *Psychology and Psychotherapy: Theory, Research and Practice*, 88(4), 453-467. doi:<http://dx.doi.org/10.1111/papt.12054> [4]
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Meeting 4: January 31

Topics: (1) behavioural techniques; (2) homework and compliance; (3) cognitive techniques: Socratic dialogue

Readings:

Beck (2011) chapters 6, **9, 10, 11**, 15, 17; Beck (2005) chapters 9,10 (bolded numbers are the chapters of focus for this meeting)

Dimidjian, S., Martell, C.R., Herman-Dunn, R., & Hubley, S. (2014). Behavioral activation for depression. In D.H. Barlow (Ed.), *Clinical handbook of psychological disorders: A step-by-step treatment manual* (5th ed., pp. 353-393). New York: The Guilford Press.

11. Cammin-Nowak, S., Helbig-Lang, S., Lang, T., Gloster, A. T., Fehm, L., Gerlach, A. L., . . . Wittchen, H. (2013). Specificity of homework compliance effects on treatment outcome in CBT: Evidence from a controlled trial on panic disorder and agoraphobia. *Journal of Clinical Psychology*, 69(6), 616-629. doi:<http://dx.doi.org/10.1002/jclp.21975> [2]
 12. Conklin, L. R., & Strunk, D. R. (2015). A session-to-session examination of homework engagement in cognitive therapy for depression: Do patients experience immediate benefits? *Behaviour Research and Therapy*, 72, 56-62. doi:<http://dx.doi.org/10.1016/j.brat.2015.06.011> [4]
 13. Decker, S. E., Kiluk, B. D., Frankforter, T., Babuscio, T., Nich, C., & Carroll, K. M. (2016). Just showing up is not enough: Homework adherence and outcome in cognitive-behavioral therapy for cocaine dependence. *Journal of Consulting and Clinical Psychology*, 84(10), 907-912. doi:10.1037/ccp0000126 [3]
 14. Kazantzis, N., Whittington, C., & Dattilio, F. (2010). Meta-analysis of homework effects in cognitive and behavioral therapy: A replication and extension. *Clinical Psychology – Science and Practice*, 17(2), 144-156. [1]
 15. Kazantzis, N., Whittington, C., Zelencich, L., Kyrios, M., Norton, P. J., & Hofmann, S. G. (2016). Quantity and quality of homework compliance: A meta-analysis of relations with outcome in cognitive behavior therapy. *Behavior Therapy*, 47(5), 755-772. Retrieved from <http://ezproxy.lakeheadu.ca/login?url=http://search.proquest.com/docview/1795490523?accountid=11956> [5]
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Meeting 5: February 7

Topics: (1) CBT for depression; (2) Cognitive techniques: thought records, intermediate and core beliefs.

Readings:

Beck (2011) chapters **12, 13, 14**; Beck (2005) chapters 11, 12, 13 (bolded numbers are the chapters of focus for this meeting)

Young, J.E., Rygh, J.L., Weinberger, A.D., & Beck, A.T. (2014). Cognitive therapy for depression. In D.H. Barlow (Ed.), *Clinical handbook of psychological disorders: A step-by-step treatment manual* (5th ed., pp. 275-331). New York: The Guilford Press.

Padesky, C. A. (1996). *Testing automatic thoughts with thought records*. Newport Beach, CA: Center for Cognitive Therapy.[In-class videotape]

Class devoted to full role play in preparation for 1st mock interview next week.

Meeting 6: February 14

Videotaping and debriefing of 1st mock interview.

Meeting 7: February 28

Topic: CBT for Panic Disorder and Agoraphobia

Readings:

Craske, M.G., & Barlow, D.H. (2014). Panic disorder and agoraphobia. In D.H. Barlow (Ed.), *Clinical handbook of psychological disorders: A step-by-step treatment manual* (5th ed., pp. 1-61). New York: The Guilford Press.

Padesky, C. A. (1996). *Cognitive therapy for panic disorder*. Newport Beach, CA: Center for Cognitive Therapy.[In-class videotape]

16. Craske, M. G., Farchione, T. J., Allen, L. B., Barrios, V., Stoyanova, M., & Rose, R. (2007). Cognitive behavioral therapy for panic disorder and comorbidity: More of the same or less of more? *Behaviour Research and Therapy*, 45(6), 1095-1109. [3]

17. Fentz, H. N., Arendt, M., O'Toole, M. S., Hoffart, A., & Hougaard, E. (2014). The mediational role of panic self-efficacy in cognitive behavioral therapy for panic disorder: A systematic review and meta-analysis. *Behaviour Research and Therapy*, 60, 23-33. doi:http://dx.doi.org/10.1016/j.brat.2014.06.003 [5]

18. Gloster, A.T., Wittchen, H.-U., Einsle, F., Lang, T., Helbig-Lang, S., Fydrich, T., et al., (2011). Psychological treatment for panic disorder with agoraphobia. A randomized controlled trial to examine the role of therapist guided exposure in situ in CBT. *Journal of Consulting and Clinical Psychology*, 79(3), 406-420. [2]

19. Meca, J., Rosa-Alcazar, A., Marin-Martinez, F., & Gomez-Conesa, A. (2010). Psychological treatment of panic disorder with or without agoraphobia: A meta-analysis. *Clinical Psychology Review*, 30(1), 37-50. [1]

20. Weck, F., Grikscheit, F., Hofling, V., Kordt, A., Hamm, A. O., Gerlach, A. L., . . . Lang, T. (2016). The role of treatment delivery factors in exposure-based cognitive behavioral therapy for panic disorder with agoraphobia. *Journal of Anxiety Disorders*, 42, 10-18. doi:10.1016/j.janxdis.2016.05.007 [4]

Meeting 8: March 7

Topic: CBT for Obsessive-Compulsive Disorder

Readings:

- Franklin, M.E., & Foa, E.B. (2014). Obsessive-Compulsive Disorder. In D.H. Barlow (Ed.), *Clinical handbook of psychological disorders: A step-by-step treatment manual* (5th ed., pp. 155-205). New York: The Guilford Press.
- Craske, M.G. (1991). Client video tape 1. *Mastery of your anxiety and panic* (2nd Ed.). Graywind Publications Inc. [In-class videotape]
21. Jordan, C., Reid, A. M., Guzick, A. G., Simmons, J., & Sulkowski, M. L. (2016). When Exposures Go Right: Effective Exposure-Based Treatment for Obsessive–Compulsive Disorder. *Journal of Contemporary Psychotherapy*, 47(1), 31-39. doi:10.1007/s10879-016-9339-2 [4]
22. McKay, D., Sookman, D., Neziroglu, F., Wilhelm, S., Stein, D. J., Kyrios, M, Veale, D. (2015). Efficacy of cognitive-behavioral therapy for obsessive–compulsive disorder. *Psychiatry Research*, 225, 236-246. doi:http://dx.doi.org/10.1016/j.psychres.2014.11.058 [1]
23. Simpson, H.B., Maher, M.J., Wang, Y., Bao, Y., Foa, E.B., & Franklin, M. (2011). Patient adherence predicts outcome from cognitive behavioral therapy in obsessive-compulsive disorder. *Journal of Consulting and Clinical Psychology*, 79, 247-252. [3]
24. Simpson, H. B., Foa, E. B., Liebowitz, M. R., Huppert, J. D., Cahill, S., Maher, M. J., . . . Campeas, R. (2013). Cognitive-behavioral therapy vs risperidone for augmenting serotonin reuptake inhibitors in obsessive-compulsive disorder: A randomized clinical trial. *JAMA Psychiatry*, 70(11), 1190-1198. doi:http://dx.doi.org/10.1001/jamapsychiatry.2013.1932 [2a]
- and
24. Ressler KJ, Rothbaum BO. Augmenting Obsessive-Compulsive Disorder Treatment: From Brain to Mind. *JAMA Psychiatry*. 2013;70(11):1129-1131. <http://dx.doi/10.1001/jamapsychiatry.2013.2116>. [2b]
25. Wilhelm, S., Berman, N. C., Keshaviah, A., Schwartz, R. A., & Steketee, G. (2015). Mechanisms of change in cognitive therapy for obsessive compulsive disorder: Role of maladaptive beliefs and schemas. *Behaviour Research and Therapy*, 65, 5-10. doi:http://dx.doi.org/10.1016/j.brat.2014.12.006 [5]

Meeting 9: March 14

Topic: CBT for Social Anxiety Disorder

Readings:

- Heimberg, R.G., & Magee, L. (2014). Social Anxiety Disorder. In D.H. Barlow (Ed.), *Clinical handbook of psychological disorders: A step-by-step treatment manual* (5th ed., pp. 113-154). New York: The Guilford Press.
- Craske, M.G. (1991). Client video tape 2. *Mastery of your anxiety and panic* (2nd ed.). Graywind Publications Inc. [In-class videotape]
26. Craske, M. G., Niles, A. N., Burklund, L. J., Wolitzky-Taylor, K., Vilardaga, J. C. P., Arch, J. J., . . . Lieberman, M. D. (2014). Randomized controlled trial of cognitive behavioral therapy and acceptance and commitment therapy for social phobia: Outcomes and moderators. *Journal of Consulting and Clinical Psychology*, 82(6), 1034-1048. doi: <http://dx.doi.org/10.1037/a0037212> [2]
27. Ginzburg, D. M., Bohn, C., Höfling, V., Weck, F., Clark, D. M., & Stangier, U. (2012). Treatment specific competence predicts outcome in cognitive therapy for social

- anxiety disorder. *Behaviour Research and Therapy*, 50(12), 747-752. doi: <http://dx.doi.org/10.1016/j.brat.2012.09.001>. [3]
28. Goldin, P. R., Ziv, M., Jazaieri, H., Werner, K., Kraemer, H., Heimberg, R. G., & Gross, J. J. (2012). Cognitive reappraisal self-efficacy mediates the effects of individual cognitive-behavioral therapy for social anxiety disorder. *Journal of Consulting and Clinical Psychology*, 80(6), 1034-1040. doi: <http://dx.doi.org/10.1037/a0028555> [4]
29. Stangier, U., Schramm, E., Heidenreich, T., Berger, M., & Clark, D.M. (2011) Cognitive therapy vs interpersonal psychotherapy in social anxiety disorder: A randomized controlled trial. *Archives of General Psychiatry*, 68, 692-700. [1]
30. Warnock-Parkes, E., Wild, J., Stott, R., Grey, N., Ehlers, A., & Clark, D. M. (2016). Seeing Is Believing: Using Video Feedback in Cognitive Therapy for Social Anxiety Disorder. *Cognitive and Behavioral Practice*. doi:10.1016/j.cbpra.2016.03.00727. [5]
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Meeting 10: March 21

Topic: CBT for Posttraumatic Stress Disorder

Readings:

- Monson, C.M., Resick, P.A., & Rizvi, S.L. (2014). Posttraumatic Stress Disorder. In D.H. Barlow (Ed.), *Clinical handbook of psychological disorders: A step-by-step treatment manual* (5th ed., pp. 62-113). New York: The Guilford Press.
31. Kleim, B., Grey, N., Wild, J., Nussbeck, F. W., Stott, R., Hackmann, A., Clark, D.M., & Ehlers, A. (2013). Cognitive change predicts symptom reduction with cognitive therapy for posttraumatic stress disorder. *Journal of Consulting and Clinical Psychology*, 81(3), 383-393. doi:<http://dx.doi.org/10.1037/a0031290> [5]
32. McLaughlin, A. A., Keller, S. M., Feeny, N. C., Youngstrom, E. A., & Zoellner, L. A. (2014). Patterns of therapeutic alliance: Rupture–repair episodes in prolonged exposure for posttraumatic stress disorder. *Journal of Consulting and Clinical Psychology*, 82(1), 112-121. doi:<http://dx.doi.org/10.1037/a0034696> [1]
33. Murray, H., Merritt, C., & Grey, N. (2016). Clients' Experiences of Returning to the Trauma Site during PTSD Treatment: An Exploratory Study. *Behavioural and Cognitive Psychotherapy*, 44(4), 420-430. doi:10.1017/S1352465815000338 [2]
34. Schumm, J. A., Dickstein, B. D., Walter, K. H., Owens, G. P., & Chard, K. M. (2015). Changes in posttraumatic cognitions predict changes in posttraumatic stress disorder symptoms during cognitive processing therapy. *Journal of Consulting and Clinical Psychology*, 83(6), 1161-1166. doi:<http://dx.doi.org/10.1037/ccp0000040> [4]
35. Wolf, E. J., Lunney, C. A., & Schnurr, P. P. (2016). The influence of the dissociative subtype of posttraumatic stress disorder on treatment efficacy in female veterans and active duty service members. *Journal of Consulting and Clinical Psychology*, 84(1), 95-100. doi:<http://dx.doi.org/10.1037/ccp0000036> [3]
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Meeting 11: March 28

Class devoted to full role play in preparation 2nd mock interview next week.

Meeting 12: April 4

Videotaping and debriefing of 2nd mock interview.

Final Examination: April 11, 2:30-5:30pm, TBD