

**Department of Psychology
Lakehead University**

**Psychology 5311 – Cognitive-Behaviour Therapy
2018-2019 Winter Course Outline
(revised February 23, 2019)**

Instructor: Ron Davis, Ph.D., C.Psych.
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Class: Wednesday 2:30-5:30pm, room SN1002E lab
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 disorders of mood and anxiety. 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. (2011a). *Cognitive behavior therapy: Basics and beyond*. (2nd ed.). New York: The Guilford Press.
3. Beck, J.S. (2011b). *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 (2011a), to be videotaped and debriefed on Wednesday February 13 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 a Mood Disorder.
- Mock CBT first interview according to Barlow (2014), to be videotaped and debriefed on Wednesday April 3 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 an Anxiety Disorder.
- Final examination, Tuesday, April 10, 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 10 minutes. Discussants will email their question to the course instructor and all participants not later than 1:00pm on the Tuesday 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 9

Topics: (1) course overview

Readings:

- 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 16

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

Readings:

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

1. 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]

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

2. Muse, K., McManus, F., Rakovshik, S., & Thwaites, R. (2017). Development and psychometric evaluation of the assessment of core CBT skills (ACCS): An observation-based tool for assessing cognitive behavioral therapy competence. *Psychological Assessment*, 29(5), 542-555.
doi:<http://dx.doi.org.ezproxy.lakeheadu.ca/10.1037/pas0000372>. [3]
-Also review the ACCS manual and training video available at <https://www.accs-scale.co.uk/>
3. Newman, C. (2010). Competency in conducting cognitive-behavioral therapy: Foundational, functional, and supervisory aspects. *Psychotherapy Theory, Research, Practice, Training*, 47(1), 12-19. [1]
4. Rozek, D. C., Serrano, J. L., Marriott, B. R., Scott, K. S., Hickman, L. B., Brothers, B. M., . . . Simons, A. D. (2018). Cognitive Behavioural Therapy Competency: Pilot Data from a Comparison of Multiple Perspectives. *Behavioural and Cognitive Psychotherapy*, 46(2), 244-250. doi:10.1017/S1352465817000662 [4]
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 23

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

Readings:

Beck (2011a) chapters 4, **5**, 7, 19. (bolded = critical ch. for today)

Beck (2011b) chapters 7, 8.

6. Abel, A., Hayes, A. M., Henley, W., & Kuyken, W. (2016). Sudden gains in cognitive-behavior therapy for treatment-resistant depression: Processes of change. *Journal of Consulting and Clinical Psychology*, 84(8), 726-737.
doi:<http://dx.doi.org.ezproxy.lakeheadu.ca/10.1037/ccp0000101> [4]
7. Easden, M. H., & Fletcher, R. B. (2018). Therapist competence in case conceptualization and outcome in CBT for depression. *Psychotherapy Research*, 1-19. doi:10.1080/10503307.2018.1540895 [3]
8. Easden, M. H., & Kazantzis, N. (2017). Case conceptualization research in cognitive behavior therapy: A state of the science review. *Journal of Clinical Psychology*. doi:<http://dx.doi.org/10.1002/jclp.22516> [1]
9. Kuyken, W., Beshai, S., Dudley, R., Abel, A., Gorg, N., Gower, P., . . . Padesky, C. A. (2016). Assessing Competence in Collaborative Case Conceptualization: Development and Preliminary Psychometric Properties of the Collaborative Case Conceptualization Rating Scale (CCC-RS). *Behavioural and Cognitive Psychotherapy*, 44(2), 179-192. doi:10.1017/S1352465814000691 [2]
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> [5]

Meeting 4: January 30

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

Readings:

Beck (2011a) chapters 6, **9, 10, 11**, 15, 17; Beck (2011b) 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. Conklin, L. R., Strunk, D. R., & Cooper, A. A. (2018). Therapist Behaviors as Predictors of Immediate Homework Engagement in Cognitive Therapy for Depression. *Cognitive Therapy and Research*, 42(1), 16-23.
doi:10.1007/s10608-017-9873-6
<http://dx.doi.org.ezproxy.lakeheadu.ca/10.1007/s10608-017-9873-6> [3]
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> [2]
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 [4]
14. Kazantzis, N., Luong, H. K., Usatoff, A. S., Impala, T., Yew, R. Y., & Hofmann, S. G. (2018). The Processes of Cognitive Behavioral Therapy: A Review of Meta-Analyses. *Cognitive Therapy and Research*, 42(4), 349-357.
doi:10.1007/s10608-018-9920-y. [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]

Meeting 5: February 6

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

Readings:

Beck (2011a) chapters **12, 13, 14**; Beck (2011b) 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.

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

Meeting 6: February 13

Videotaping and debriefing of 1st mock interview.

Meeting 7: February 27

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.
16. Chambless, D. L., Milrod, B., Porter, E., Gallop, R., McCarthy, K. S., Graf, E., . . . Barber, J. P. (2017). Prediction and moderation of improvement in cognitive-behavioral and psychodynamic psychotherapy for panic disorder. *Journal of Consulting and Clinical Psychology, 85*(8), 803-813. doi:10.1037/ccp0000224 [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]
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Meeting 8: March 6

Topic: CBT for Generalized Anxiety Disorder

Readings:

- Roemer, L., & Orsillo, S.M. (2014). An acceptance-based behavioral therapy for generalized anxiety disorder. In D.H. Barlow (Ed.), *Clinical handbook of psychological disorders: A step-by-step treatment manual* (5th ed., pp. 206-236). New York: The Guilford Press.
21. Aviram, A., Westra, H. A., Constantino, M. J., & Antony, M. M. (2016). Responsive management of early resistance in cognitive-behavioral therapy for generalized anxiety disorder. *Journal of Consulting and Clinical Psychology, 84*(9), 783-794. doi:10.1037/ccp0000100 [3]
22. Cuijpers, P., Sijbrandij, M., Koole, S., Huibers, M., Berking, M., & Andersson, G. (2014). Psychological treatment of generalized anxiety disorder: a meta-analysis. *Clinical Psychology Review, 34*(2), 130-140. doi:10.1016/j.cpr.2014.01.002 [1]

23. Hara, K. M., Aviram, A., Constantino, M. J., Westra, H. A., & Antony, M. M. (2017). Therapist empathy, homework compliance, and outcome in cognitive behavioral therapy for generalized anxiety disorder: partitioning within- and between-therapist effects. *Cognitive Behaviour Therapy*, 46(5), 375-390. doi:10.1080/16506073.2016.1253605 [4]
24. Millstein, D. J., Orsillo, S. M., Hayes-Skelton, S. A., & Roemer, L. (2015). Interpersonal Problems, Mindfulness, and Therapy Outcome in an Acceptance-Based Behavior Therapy for Generalized Anxiety Disorder. *Cognitive Behaviour Therapy*, 44(6), 491-501. doi:10.1080/16506073.2015.1060255 [5]
25. Westra, H. A., Constantino, M. J., & Antony, M. M. (2016). Integrating motivational interviewing with cognitive-behavioral therapy for severe generalized anxiety disorder: An allegiance-controlled randomized clinical trial. *Journal of Consulting and Clinical Psychology*, 84(9), 768-782. doi:10.1037/ccp0000098 [2]

Meeting 9: March 13

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.
26. Jordan, C., Reid, A. M., Guzik, 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]
27. 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]
28. 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]
29. 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

29. Ressler KJ, Rothbaum BO. Augmenting Obsessive-Compulsive Disorder Treatment: From Brain to Mind. *JAMA Psychiatry*. 2013;70(11):1129-1131. <http://dx.doi.org/10.1001/jamapsychiatry.2013.2116>. [2b]
30. 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 10: March 20

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.
31. 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]
32. Goldin, P. R., Morrison, A. S., Jazaieri, H., Heimberg, R. G., & Gross, J. J. (2017). Trajectories of social anxiety, cognitive reappraisal, and mindfulness during an RCT of CBGT versus MBSR for social anxiety disorder. *Behaviour Research and Therapy*, 97, 1-13. [2]
<http://dx.doi.org.ezproxy.lakeheadu.ca/10.1016/j.brat.2017.06.001>
33. 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]
34. Thurston, M. D., Goldin, P., Heimberg, R., & Gross, J. J. (2017). Self-views in social anxiety disorder: The impact of CBT versus MBSR. *Journal of Anxiety Disorders*, 47, 83-90. doi:10.1016/j.janxdis.2017.01.00 [3]
<http://dx.doi.org.ezproxy.lakeheadu.ca/10.1016/j.janxdis.2017.01.001>
35. 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*, 24(2), 245-255. doi:10.1016/j.cbpra.2016.03.007. [5]

Meeting 11: March 27

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

Meeting 12: April 3

Videotaping and debriefing of 2nd mock interview.

Final Examination: April 10, 2:30-5:30pm, TBD