Department of Psychology  
Lakehead University  

Psychology 5311 – Cognitive-Behaviour Therapy  
2017-2018 Winter Course Outline  
(revised February 17, 2018)

Instructor:        Ron Davis, Ph.D., C.Psych.  
Office:            Nursing Bldg, SN1010, 343-8646, ron.davis@lakeheadu.ca  
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:  
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 Tuesday 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 Major Depressive Disorder.  
• Mock CBT first interview according to Barlow (2014), to be videotaped and debriefed on Tuesday 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 one of the following Anxiety Disorders: Panic Disorder with Agoraphobia, Social Phobia, Posttraumatic Stress Disorder, or Obsessive-Compulsive 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 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 9
Topics: (1) course overview
Readings:

Meeting 2: January 16
Topics: (1) competency; (2) cognitive-behavioural case conceptualization.
Readings:
Beck (2011a) chapters 1, 2, 3, Appendices A and C.

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


- Also review the ACCS manual and training video available at https://www.accs-scale.co.uk/


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.


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)

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)

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:

Meeting 8: March 6
Topic: CBT for Generalized Anxiety Disorder
Readings:


**Meeting 9: March 13**

**Topic:** CBT for Obsessive-Compulsive Disorder

**Readings:**


And


**Meeting 10: March 20**

**Topic:** CBT for Social Anxiety Disorder

**Readings:**


   http://dx.doi.org.ezproxy.lakeheadu.ca/10.1016/j.brat.2017.06.001


   http://dx.doi.org.ezproxy.lakeheadu.ca/10.1016/j.janxdis.2017.01.001


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**Meeting 11: March 27**

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

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**Meeting 12: April 3**

Videotaping and debriefing of 2nd mock interview.

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