

# Psychology 610: Clinical Methods and Ethics I

## Fall 2009

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**Course Description:** This course provides first year graduate students with an opportunity to develop fundamental professional and ethical skills in evidence-based Clinical Psychology. Students will learn about ethical principles and codes of conduct in psychology and examine their application to practice and service provision. In addition, students will begin practicing basic helping skills that create contribute to empirically supported relationship factors central to effective treatment across modalities. Lastly, students will develop an understanding of the theory and practice of cognitive and cognitive-behavioral therapies, and begin to practice implementing strategies and techniques associated with these interventions. We will use a variety of learning strategies including reading, discussion of reading materials, videos, presentations, written exercises, and role-play activities.

**Course Requirements and Grading:** I expect students to attend all classes and complete all assigned readings prior to class meetings. In addition, I expect students to participate in class activities, come to class prepared to discuss the assigned readings, and complete assignments on time. Specific information about assignments will be presented in class. For each class meeting, there will be 2 attendance points and 5 participation points. Participating in class typically includes preparing at least 3 typed discussion topics based on the assigned readings for the class period, as well as raising and responding to discussion topics during the class. In addition, class participation may include engaging in role-play practices, discussion of videos, etc. Assignments and exercises completed outside of class will be worth 10 points each. There are no exams in the course. I will assign course grades based on the total points earned from the points possible.

- A 90-100%
- B 80-89%
- C 70-79%
- D 60-69%

**Readings:** The following books are required for the course. Additional readings will be made available on Blackboard.

Dobson, D. & Dobson, K.S. (2009). Evidence-Based Practice of Cognitive-Behavioral Therapy. New York: The Guilford Press.

Koocher, G.P., & Keith-Speigel, P. (2008). Ethics in Psychology and the Mental Health Professions: Standards and Cases 3rd Ed. New York: Oxford Press.

Ledley, D.R., Marx, B.P., & Heimberg, R.G. (2005). Making Cognitive-Behavioral Therapy Work: Clinical Process for New Practitioners. New York: The Guilford Press.

## **Tentative Class Schedule**

<b><u>Date</u></b>	<b><u>Topic</u></b>
9/30	<b>Course Introduction &amp; Characteristics of Effective Helping</b>
10/7	<b>Ethical Standards &amp; Decision Making</b> <b><u>Readings:</u></b> American Psychological Association (2002). Ethical principles of Psychologists and codes of conduct. 1-16.  Koocher, G.P., & Keith-Speigel, P. (2008). On Being Ethical (Ch. 1) In: Ethics in Psychology and the Mental Health Professions: Standards and Cases 3rd Ed. New York: Oxford Press.  Koocher, G.P., & Keith-Speigel, P. (2008). Making Ethical Decisions and Taking Action (Ch. 2) In: Ethics in Psychology and the Mental Health Professions: Standards and Cases 3rd Ed. New York: Oxford Press.
10/14	<b>Ethics in Clinical Psychology</b> <b><u>Readings:</u></b> Koocher, G.P., & Keith-Speigel, P. (2008). Enforcement of Ethical Conduct (Ch. 3) In: Ethics in Psychology and the Mental Health Professions: Standards and Cases 3rd Ed. New York: Oxford Press.  Koocher, G.P., & Keith-Speigel, P. (2008). Knowing Thyself: Understanding Competence and Credentials (Ch. 4) In: Ethics in Psychology and the Mental Health Professions: Standards and Cases 3rd Ed. New York: Oxford Press.  Ledley, D.R., Marx, B.P., & Heimberg, R.G. (2005). The Process of Supervision (Ch. 11). In: Making Cognitive-Behavioral Therapy Work: Clinical Process for New Practitioners. The Guilford Press: New York.
10/21	<b>Ethics in Clinical Psychology</b> <b><u>Readings:</u></b> Koocher, G.P., & Keith-Speigel, P. (2008). Psychotherapy I: Ethical Obligations of Psychotherapists (Ch. 5). In: Ethics in Psychology and the Mental Health Professions: Standards and Cases 3rd Ed. New York: Oxford Press.  Koocher, G.P., & Keith-Speigel, P. (2008). Privacy, Confidentiality, and Record-Keeping (Ch. 8). In: Ethics in Psychology and the Mental Health Professions: Standards and Cases 3rd Ed. New York: Oxford Press.
10/28	<b>Introduction to Cognitive and Cognitive Behavioral Theory and Treatments</b> <b><u>Readings:</u></b> Beck, J.S. (1995). Introduction (Ch. 1). In: Cognitive Therapy: Basics and Beyond. The Guilford Press: New York.  Beck, J.S. (1995). Cognitive Conceptualization (Ch. 2). In: Cognitive Therapy: Basics and Beyond. The Guilford Press: New York.

Ledley, D.R., Marx, B.P., & Heimberg, R.G. (2005). Introducing Cognitive-Behavioral Process (Ch. 1). In: Making Cognitive-Behavioral Therapy Work: Clinical Process for New Practitioners. The Guilford Press: New York.

Dobson, D. & Dobson, K.S. (2009). Introduction and Context of Cognitive-Behavioral Interventions (Ch. 1). In: Evidence-Based Practice of Cognitive-Behavioral Therapy. New York: The Guilford Press.

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### **Initial Interactions and Assessment in CBT**

#### **Readings:**

Ledley, D.R., Marx, B.P., & Heimberg, R.G. (2005). Initial Interactions with Clients (Ch. 2). In: Making Cognitive-Behavioral Therapy Work: Clinical Process for New Practitioners. The Guilford Press: New York.

Ledley, D.R., Marx, B.P., & Heimberg, R.G. (2005). The Process of Assessment (Ch. 3). In: Making Cognitive-Behavioral Therapy Work: Clinical Process for New Practitioners. The Guilford Press: New York.

Dobson, D. & Dobson, K.S. (2009). Assessment for Cognitive-Behavioral Therapy (Ch. 2). In: Evidence-Based Practice of Cognitive-Behavioral Therapy. New York: The Guilford Press.

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### **Case Conceptualization and Feedback in CBT**

#### **Readings:**

Ledley, D.R., Marx, B.P., & Heimberg, R.G. (2005). Conceptualizing the Case and Planning Treatment (Ch. 4). In: Making Cognitive-Behavioral Therapy Work: Clinical Process for New Practitioners. The Guilford Press: New York.

Ledley, D.R., Marx, B.P., & Heimberg, R.G. (2005). Giving Feedback to Clients and Writing the Assessment Report (Ch. 5). In: Making Cognitive-Behavioral Therapy Work: Clinical Process for New Practitioners. The Guilford Press: New York.

Dobson, D. & Dobson, K.S. (2009). Integration and Case Formulation (Ch. 3). In: Evidence-Based Practice of Cognitive-Behavioral Therapy. New York: The Guilford Press.

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### **Beginning Treatment in CBT**

#### **Readings:**

Ledley, D.R., Marx, B.P., & Heimberg, R.G. (2005). Starting the Cognitive-Behavioral Treatment Process (Ch. 6). In: Making Cognitive-Behavioral Therapy Work: Clinical Process for New Practitioners. The Guilford Press: New York.

Ledley, D.R., Marx, B.P., & Heimberg, R.G. (2005). Dealing with Initial Challenges in Cognitive-Behavioral Therapy (Ch. 7). In: Making Cognitive-Behavioral Therapy Work: Clinical Process for New Practitioners. The Guilford Press: New York.

Dobson, D. & Dobson, K.S. (2009). Beginning Treatment: Planning for Therapy and Building Alliance (Ch. 4). In: Evidence-Based Practice of Cognitive-Behavioral Therapy. New York: The Guilford Press.

Dobson, D. & Dobson, K.S. (2009). Beginning Treatment: Basic Skills (Ch. 5). In: Evidence-Based Practice of Cognitive-Behavioral Therapy. New York: The Guilford Press.

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### **Core Techniques in CBT**

#### **Readings:**

Dobson, D. & Dobson, K.S. (2009). Behavior Change Elements in Cognitive-Behavioral Therapy (Ch. 6). In: Evidence-Based Practice of Cognitive-Behavioral Therapy. New York: The Guilford Press.

Dobson, D. & Dobson, K.S. (2009). Cognitive Restructuring Interventions (Ch. 7). In: Evidence-Based Practice of Cognitive-Behavioral Therapy. New York: The Guilford Press.

Dobson, D. & Dobson, K.S. (2009). Assessing and Modifying Core Beliefs and Schemas (Ch. 8). In: Evidence-Based Practice of Cognitive-Behavioral Therapy. New York: The Guilford Press.

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### **Clinical Challenges and Termination in CBT**

#### **Readings:**

Ledley, D.R., Marx, B.P., & Heimberg, R.G. (2005). Managing Client Noncompliance in Cognitive-Behavioral Therapy (Ch. 9). In: Making Cognitive-Behavioral Therapy Work: Clinical Process for New Practitioners. The Guilford Press: New York.

Ledley, D.R., Marx, B.P., & Heimberg, R.G. (2005). Terminating Therapy (Ch. 10). In: Making Cognitive-Behavioral Therapy Work: Clinical Process for New Practitioners. The Guilford Press: New York.

Dobson, D. & Dobson, K.S. (2009). Completion of Treatment and Prevention of Relapse (Ch. 9). In: Evidence-Based Practice of Cognitive-Behavioral Therapy. New York: The Guilford Press.

Dobson, D. & Dobson, K.S. (2009). Challenges in Conducting Cognitive-Behavioral Therapy (Ch. 10). In: Evidence-Based Practice of Cognitive-Behavioral Therapy. New York: The Guilford Press.