

# Psychology 610: Clinical Methods and Ethics I

## Fall 2011

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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 professional practice in Clinical Psychology. In addition, students will begin practicing basic helping skills that are associated with 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 and apply the material in the assigned readings, and complete assignments on time. For each class meeting, there will be 1 attendance point and 3 participation points. Class participation may include applying concepts from the reading to class discussion and activities, engaging in role-play practices, discussion of videos, etc. Weekly assignments completed outside of class will also be included. Specific information about assignments will be presented in class. There are no exams in the course. I will assign course grades based on the total points earned from attendance, participation, and assignments.

- 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. (2010). Making Cognitive-Behavioral Therapy Work: Clinical Process for New Practitioners 2<sup>nd</sup> Ed. New York: The Guilford Press.

## **Tentative Class Schedule**

Date  
9/28

Topic  
**Course Introduction**

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**Ethical Standards & Decision Making**

**Readings:**

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.

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**Ethics in Clinical Psychology**

**Readings:**

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.

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.

Ledley, D.R., Marx, B.P., & Heimberg, R.G. (2010). The Process of Supervision (Ch. 11). In: Making Cognitive-Behavioral Therapy Work: Clinical Process for New Practitioners. 2nd Ed. The Guilford Press: New York.

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**Ethics in Clinical Psychology**

**Readings:**

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.

Koocher, G.P., & Keith-Speigel, P. (2008). Multiple-Role Relationships I: Boundaries, Risks, and Doing Business (Ch. 10). In: Ethics in Psychology and the Mental Health Professions: Standards and Cases 3rd Ed. New York: Oxford Press.

Koocher, G.P., & Keith-Spiegel, P. (2008). Multiple-Role Relationships II: Close Encounters (Ch. 11). In: *Ethics in Psychology and the Mental Health Professions: Standards and Cases 3rd Ed.* New York: Oxford Press.

Rosenberg, A., & Heimberg, R.G., (2009). Ethical issues in mentoring doctoral students in Clinical Psychology. *Cognitive and Behavioral Practice*, 16, 181-190.

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

### **Readings:**

Ledley, D.R., Marx, B.P., & Heimberg, R.G. (2010). Introducing Cognitive-Behavioral Process (Ch. 1). In: *Making Cognitive-Behavioral Therapy Work: Clinical Process for New Practitioners*. 2nd Ed. 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.

Ledley, D.R., Marx, B.P., & Heimberg, R.G. (2010). Initial Interactions with Clients (Ch. 2). In: *Making Cognitive-Behavioral Therapy Work: Clinical Process for New Practitioners*. 2nd Ed. The Guilford Press: New York.

Ledley, D.R., Marx, B.P., & Heimberg, R.G. (2010). The Process of Assessment (Ch. 3). In: *Making Cognitive-Behavioral Therapy Work: Clinical Process for New Practitioners*. 2nd Ed. 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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## **Introduction to Cognitive and Cognitive Behavioral Theory and Treatments**

### **Readings:**

Beck, J.S. (1995). Introduction (Ch. 1). In: *Cognitive Therapy: Basics and Beyond*. The Guilford Press: New York.

Kush, F.R. (2000). Introductory cognitive therapy training issues. *Cognitive and Behavioral Practice*, 7, 21-29.

Reilly, (2000). The role of emotion in cognitive therapy, cognitive therapists, and supervision. *Cognitive and Behavioral Practice*, 7, 343-345.

Haman, K.L., & Hollon, S.D. (2009). Ethical considerations for Cognitive-Behavioral therapists in psychotherapy research trials. *Cognitive and Behavioral Practice*, 16, 153-163.

Dobson, D. & Dobson, K.S. (2009). The Research Context of Cognitive-Behavioral Therapy (Ch. 11). In: *Evidence-Based Practice of Cognitive-Behavioral Therapy*. New York: The Guilford Press.

## Case Conceptualization and Feedback in CBT

### Readings:

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. (2010). Conceptualizing the Case and Planning Treatment (Ch. 4). In: Making Cognitive-Behavioral Therapy Work: Clinical Process for New Practitioners. 2nd Ed. The Guilford Press: New York.

Ledley, D.R., Marx, B.P., & Heimberg, R.G. (2010). Giving Feedback to Clients and Writing the Assessment Report (Ch. 5). In: Making Cognitive-Behavioral Therapy Work: Clinical Process for New Practitioners. 2nd Ed. 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.

Addis, M.E., & Carpenter, R.M. (2000). The treatment rationale in cognitive behavior therapy: Psychological mechanisms and clinical guidelines. *Cognitive and Behavioral Practice*, 7, 147-156.

Overholser, J.C. (2003). Cognitive-Behavioral treatment of depression: A three-stage model to guide treatment planning. *Cognitive and Behavioral Practice*, 10, 31-39.

## Beginning Treatment in CBT

### Readings:

Ledley, D.R., Marx, B.P., & Heimberg, R.G. (2010). Starting the Cognitive-Behavioral Treatment Process (Ch. 6). In: Making Cognitive-Behavioral Therapy Work: Clinical Process for New Practitioners. 2nd Ed. The Guilford Press: New York.

Ledley, D.R., Marx, B.P., & Heimberg, R.G. (2010). Dealing with Initial Challenges in Cognitive-Behavioral Therapy (Ch. 7). In: Making Cognitive-Behavioral Therapy Work: Clinical Process for New Practitioners. 2nd Ed. 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.

Otto, M.W. (2000). Stories and metaphors in Cognitive-Behavior therapy. *Cognitive and Behavioral Practice*, 7, 166-172.

Aubuchon-Endsley, N.L., & Callahan, J.L. (2009). The hour of departure: Predicting attrition in the training clinic from role expectancies. *Training and Education in Professional Psychology*, 3, 120-126.

Gottlieb, M.C., Younggren, J.N., & Murch, K.B. (2009). Boundary management for cognitive behavioral therapies. *Cognitive and Behavioral Practice*, 16, 164-171.

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## **Initial Techniques in CBT**

### **Readings:**

Ledley, D.R., Marx, B.P., & Heimberg, R.G. (2010). The Next Sessions: Teaching the Core Techniques (Ch. 8). In: *Making Cognitive-Behavioral Therapy Work: Clinical Process for New Practitioners*. 2nd Ed. The Guilford Press: New York.

Ledley, D.R., Marx, B.P., & Heimberg, R.G. (2010). Managing Client Noncompliance in Cognitive-Behavioral Therapy (Ch. 9). In: *Making Cognitive-Behavioral Therapy Work: Clinical Process for New Practitioners*. 2nd Ed. The Guilford Press: New York.

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.

Kimerling, R.E., Zeiss, A.M., & Zeiss, R.A. (2000). Therapist emotional reactions to patients: Building a learning-based language. *Cognitive and Behavioral Practice*, 7, 312-321.

Olatunji, B.O., Deacon, B.J., & Abramowitz, J.S. (2009). The cruelest cure? Ethical issues in the implementation of exposure-based treatments. *Cognitive and Behavioral Practice*, 16, 172-180.

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## **Later stages of CBT**

### **Readings:**

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.

Ledley, D.R., Marx, B.P., & Heimberg, R.G. (2010). Terminating Therapy (Ch. 10). In: *Making Cognitive-Behavioral Therapy Work: Clinical Process for New Practitioners*. 2nd Ed. 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.