Adult Practicum in Cognitive Behavioral Therapy

F,W,S 2010-11

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Learning Goals & Objectives:

Knowledge:
- Understanding diagnostic issues related to Axis I DSM diagnoses
- Understanding of Cognitive-Behavioral theory and research for depression and anxiety
- Understanding of Cognitive-Behavioral interventions and treatments for depression and anxiety

Assessment:
- Ability to administer a structured diagnostic interview (e.g., SCID)
- Ability to administer, score and interpret relevant psychometric tests
- Ability to provide integrative feedback to clients and collaborate in developing an appropriate treatment plan

Treatment:
- Ability to develop case conceptualizations that are consistent with cognitive-behavioral theory
- Ability to plan and conduct therapy sessions using CBT
- Gain independence as you become more skilled and knowledgeable in CBT
- Ability to evaluate client progress as therapy proceeds
- Ability to develop an effective therapeutic alliance and an appropriate professional stance.
- Ability to provide services in an ethical manner

Administrative:
- Ability to integrate diagnostic interview and self-report material in an assessment report
- Ability to summarize weekly progress in a case note
- Ability to effectively summarize work with a client in a termination report

Supervision:
- Ability to conceptualize and summarize weekly sessions for supervision
- Development of skills necessary to make effective use of supervision for personal development (e.g., openness to discussing difficult therapy experiences, willingness to try new approaches, openness to feedback, etc.)
- Ability to integrate readings into supervision meetings and on-going work with clients

Expectations of Students

Students are expected to attend and participate in weekly group training meetings, complete all assigned readings in advance of scheduled training meetings, meet weekly for individual supervision, prepare for sessions and supervision meetings, know and follow the APA ethics

code, know and follow all clinic policies and procedures outlined in the Clinic Manual. Students are expected to register for a full load of practicum credits (4 credits per term), maintain enrollment for one academic year, and carry a caseload that provides an average of 4 hours per week of face-to-face client contact.

<u>Required Texts & Materials</u>

Readings are an integral part of professional training in clinical psychology. They provide the foundational knowledge necessary to begin to practice and apply evidence-based interventions. Students will read from a variety of texts and treatment protocols relevant to the clinical services provided by the practicum. Students should acquire copies of the following materials, as they will be an important part of a resource library that enhances skill development and competency. Other resources may be added to this list in upcoming terms.

Ledley, D.R., Marx, B.P., & Heimberg, R.G. (2005 or 2010). Making Cognitive-Behavioral Therapy Work: Clinical Process for New Practitioners. Ed. The Guilford Press: New York.

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

Beck, J.S. (1995). Cognitive Therapy: Basics and Beyond. The Guilford Press: New York.

Beck, J.S. (2005). Cognitive Therapy for Challenging Problems: What to Do When the Basics Don't Work. New York: The Guilford Press.

Craske, M.G., & Barlow, D.H., (2007). Mastery of Anxiety and Panic: Therapist Guide (4th Ed.) New York: The Oxford Press.

Barlow, D.H., & Craske, M.G. (2007). Mastery of Anxiety and Panic: Workbook (4th Ed.) New York: The Oxford Press.

Padesky, C.A., Greeberger, D. (1995). Clinician's Guide to Mind Over Mood. New York: The Guilford Press.

Greenberger, D., & Padesky, C.A. (1995). Mind Over Mood: Change How You Feel by Changing the Way You Think. New York: The Guilford Press.

Tentative Practicum Schedule Fall 10'

Date	Topic
<u>Date</u>	<u>Topic</u>

9/30   Clinic Orientation: Review of Clinic Policies and Procedures

Reading:

    UO Psychology Clinic Manual, September 2010

10/7   Intakes and Assessment

Reading:

    Dobson, D. & Dobson, K.S. (2009). Myths About Cognitive-Behavioral Therapy (Ch. 12). In: Evidence-Based Practice of Cognitive-Behavioral Therapy. New York: The Guilford Press.

    Ledley, D.R., Marx, B.P., & Heimberg, R.G. (2005 or 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.

    Ledley, D.R., Marx, B.P., & Heimberg, R.G. (2005 or 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. (2005 or 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.

10/14   Feedback Sessions and Treatment Planning using the CBT Model

Reading:

    Ledley, D.R., Marx, B.P., & Heimberg, R.G. (2005 or 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. (2005 or 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.

Beck, J.S. (1995). Cognitive Conceptualization (Ch. 2). In: Cognitive Therapy: Basics and Beyond. The Guilford Press: New York.

Padesky, C.A., Greeberger, D. (1995). Setting Therapy Goals (Ch. 3). In: Clinician's Guide to Mind Over Mood. New York: The Guilford Press.

Beck, J.S. (2005). Challenges in Setting Goals (Ch. 7). In: Cognitive Therapy for Challenging Problems: What to Do When the Basics Don't Work. New York: The Guilford Press.

Craske, M.G., & Barlow, D.H., (2007). The Nature of Panic & Agoraphobia (Ch. 2). In: Mastery of Anxiety and Panic: Therapist Guide (4th Ed.) New York: The Oxford Press

Barlow, D.H., & Craske, M.G. (2007). The Nature of Panic & Agoraphobia (Ch. 1). In: Mastery of Anxiety and Panic: Workbook (4th Ed.) New York: The Oxford Press.

10/21   CBT: Initiating CBT Treatment for Depression and Anxiety Disorders

Reading:

Padesky, C.A., Greeberger, D. (1995). Using Mind Over Mood with Depression (Ch. 4). In: Clinician's Guide to Mind Over Mood. New York: The Guilford Press.

Padesky, C.A., Greeberger, D. (1995). Using Mind Over Mood with Anxiety (Ch. 5). In: Clinician's Guide to Mind Over Mood. New York: The Guilford Press.

Beck, J.S. (1995). The Structure of the First Therapy Session (Ch. 3). In: Cognitive Therapy: Basics and Beyond. The Guilford Press: New York.

Ledley, D.R., Marx, B.P., & Heimberg, R.G. (2005 or 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.

Beck, J.S. (2005). Developing and Using the Therapeutic Alliance (Ch. 4). In: Cognitive Therapy for Challenging Problems: What to Do When the Basics Don't Work. New York: The Guilford Press.

Beck, J.S. (2005). Challenges in Structuring the Session (Ch. 8). In: Cognitive Therapy for Challenging Problems: What to Do When the Basics Don't Work. New York: The Guilford Press.

Craske, M.G., & Barlow, D.H., (2007). Outline of Treatment Procedures and Basic Principles Underlying Treatment (Ch. 3). In: Mastery of Anxiety and Panic: Therapist Guide (4th Ed.) New York: The Oxford Press.

Craske, M.G., & Barlow, D.H., (2007). Introduction to the Program (Ch. 4). In: Mastery of Anxiety and Panic: Therapist Guide (4th Ed.) New York: The Oxford Press.

10/28   Suicidal Crises

Reading:

Ledley, D.R., Marx, B.P., & Heimberg, R.G. (2005 or 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.

McKay, M., Wood, J.C., & Brantley, J. (2007). Introduction & Basic Distress Tolerance Skills (Ch. 1). In: The Dialectical Behavior Therapy Skills Workbook. New Harbinger Publications.

11/4   CBT: Monitoring for Depression and Anxiety

Reading:

Martell, C.R., Dimidjian, S., & Herman-Dunn, R. (2010). Identifying the Ingredients of the Behavioral Antidepressant (Ch. 4). In: Behavioral Activation for Depression: A Clinician's Guide. New York: The Guilford Press.

Beck, J.S. (2005). Challenges in Solving Problems and In Homework (Ch. 9). In: Cognitive Therapy for Challenging Problems: What to Do When the Basics Don't Work. New York: The Guilford Press.

Craske, M.G., & Barlow, D.H., (2007). Learning to Record Panic and Anxiety (Ch. 5). In: Mastery of Anxiety and Panic: Therapist Guide (4th Ed.) New York: The Oxford Press.

Barlow, D.H., & Craske, M.G. (2007). Learning to Record Panic and Anxiety (Ch. 2). In: Mastery of Anxiety and Panic: Workbook (4th Ed.) New York: The Oxford Press.

Craske, M.G., & Barlow, D.H., (2007). Negative Cycles of Panic and Agoraphobia (Ch. 6). In: Mastery of Anxiety and Panic: Therapist Guide (4th Ed.) New York: The Oxford Press.

Barlow, D.H., & Craske, (2007). M.G. Negative Cycles of Panic and Agoraphobia (Ch. 3). In: Mastery of Anxiety and Panic: Workbook (4th Ed.) New York: The Oxford Press.

11/11   CBT: Behavioral interventions for Depression—Activity Scheduling

and Problem Solving

Reading:

> 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.

> Martell, C.R., Dimidjian, S., & Herman-Dunn, R. (2010). Activity Scheduling and Structuring (Ch. 5). In: Behavioral Activation for Depression: A Clinician's Guide. New York: The Guilford Press.

> Martell, C.R., Dimidjian, S., & Herman-Dunn, R. (2010). Solving Problems and Countering Avoidance (Ch. 6). In: Behavioral Activation for Depression: A Clinician's Guide. New York: The Guilford Press.

> Martell, C.R., Dimidjian, S., & Herman-Dunn, R. (2010). Troubleshooting Problems with Activation (Ch. 8). In: Behavioral Activation for Depression: A Clinician's Guide. New York: The Guilford Press.

11/18   CBT: Behavioral Interventions—Panic Exposures

Reading:

> Craske, M.G., & Barlow, D.H., (2007). Panic Attacks are Not Harmful (Ch. 7). In: Mastery of Anxiety and Panic: Therapist Guide (4th Ed.) New York: The Oxford Press.

> Barlow, D.H., & Craske, M.G. (2007). Panic Attacks are Not Harmful (Ch. 4). In: Mastery of Anxiety and Panic: Workbook (4th Ed.) New York: The Oxford Press.

> Craske, M.G., & Barlow, D.H., (2007). Breathing Skills (Ch. 9). In: Mastery of Anxiety and Panic: Therapist Guide (4th Ed.) New York: The Oxford Press.

> Barlow, D.H., & Craske, M.G. (2007). Breathing Skills (Ch. 6). In: Mastery of Anxiety and Panic: Workbook (4th Ed.) New York: The Oxford Press.

> Craske, M.G., & Barlow, D.H., (2007). Thinking Skills (Ch. 10). In: Mastery of Anxiety and Panic: Therapist Guide (4th Ed.) New York: The Oxford Press.

> Barlow, D.H., & Craske, M.G. (2007). Thinking Skills (Ch. 7). In: Mastery of Anxiety and Panic: Workbook (4th Ed.) New York: The Oxford Press.

> Craske, M.G., & Barlow, D.H., (2007). Facing Physical Symptoms (Ch. 13). In: Mastery of Anxiety and Panic: Therapist Guide (4th Ed.) New York: The Oxford Press.

Barlow, D.H., & Craske, M.G. (2007). Facing Physical Symptoms (Ch. 10). In: Mastery of Anxiety and Panic: Workbook (4th Ed.) New York: The Oxford Press.

11/25   Thanksgiving Break: No Class

12/2   CBT: Behavioral Interventions—Panic with Agoraphobia Exposures

Reading:

Craske, M.G., & Barlow, D.H., (2007). Establishing a Hierarchy of Agoraphobia Situations (Ch. 8). In: Mastery of Anxiety and Panic: Therapist Guide (4th Ed.) New York: The Oxford Press.

Barlow, D.H., & Craske, M.G. (2007). Establishing a Hierarchy of Agoraphobia Situations (Ch. 5). In: Mastery of Anxiety and Panic: Workbook (4th Ed.) New York: The Oxford Press.

Craske, M.G., & Barlow, D.H., (2007). Facing Agoraphobia Situations (Ch. 11). In: Mastery of Anxiety and Panic: Therapist Guide (4th Ed.) New York: The Oxford Press.

Barlow, D.H., & Craske, M.G. (2007). Facing Agoraphobia Situations (Ch. 8). In: Mastery of Anxiety and Panic: Workbook (4th Ed.) New York: The Oxford Press.

Craske, M.G., & Barlow, D.H., (2007). Involving Others (Ch. 12). In: Mastery of Anxiety and Panic: Therapist Guide (4th Ed.) New York: The Oxford Press.

Barlow, D.H., & Craske, M.G. (2007). Involving Others (Ch. 9). In: Mastery of Anxiety and Panic: Workbook (4th Ed.) New York: The Oxford Press.