

Psychology 610: Clinical Methods and Ethics I Fall 2012

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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.

Beck, J.S. (2011). Cognitive Behavior Therapy: Basics and Beyond 2nd Ed. 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 2nd Ed. New York: The Guilford Press.

Tentative Class Schedule

<u>Date</u>	<u>Topic</u>
9/26	Course Introduction
10/3	Ethical Standards & Decision Making <u>Readings:</u> 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.
10/10	Ethics in Clinical Psychology <u>Readings:</u> 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.
10/17	No Class Meeting
10/24	Ethics in Clinical Psychology <u>Readings:</u> 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-Speigel, 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.

10/31

Introduction to Cognitive and Cognitive Behavioral Theory and Treatments

Readings:

Beck, J.S. (2011). Introduction to Cognitive Behavior Therapy (Ch. 1). In: Cognitive Behavior Therapy: Basics and Beyond. 2nd Ed. The Guilford Press: New York.

Beck, J.S. (2011). Overview of Treatment (Ch. 2). In: Cognitive Behavior Therapy: Basics and Beyond. 2nd Ed. The Guilford Press: New York.

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.

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.

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

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

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Case Conceptualization and Feedback in CBT

Readings:

Beck, J.S. (2011). Cognitive Conceptualization (Ch. 3). In: Cognitive Behavior Therapy: Basics and Beyond. 2nd Ed. The Guilford Press: New York.

Beck, J.S. (2011). The Evaluation Session (Ch. 4). In: Cognitive Behavior Therapy: Basics and Beyond. 2nd Ed. 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.

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.

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

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Beginning Treatment in CBT

Readings:

Beck, J.S. (2011). Structure of the First Therapy Session (Ch. 5). In: Cognitive Behavior Therapy: Basics and Beyond. 2nd Ed. The Guilford Press: New York.

Beck, J.S. (2011). Session 2 and Beyond: Structure and Format (Ch. 7). In: Cognitive Behavior Therapy: Basics and Beyond. 2nd Ed. The Guilford Press: New York.

Beck, J.S. (2011). Problems with Structuring the Therapy Session (Ch. 8). In: Cognitive Behavior Therapy: Basics and Beyond. 2nd Ed. The Guilford Press: New York.

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.

Beck, J.S. (2011). Homework (Ch. 17). In: Cognitive Behavior Therapy: Basics and Beyond. 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.

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Initial Techniques in CBT

Readings:

Beck, J.S. (2011). Behavioral Activation (Ch. 6). In: Cognitive Behavior Therapy: Basics and Beyond. 2nd Ed. The Guilford Press: New York.

Beck, J.S. (2011). Identifying Automatic Thoughts (Ch. 9). In: Cognitive Behavior Therapy: Basics and Beyond. 2nd Ed. The Guilford Press: New York.

Beck, J.S. (2011). Identifying Emotions (Ch. 10). In: Cognitive Behavior Therapy: Basics and Beyond. 2nd Ed. The Guilford Press: New York.

Beck, J.S. (2011). Evaluating Automatic Thoughts (Ch. 11). In: Cognitive Behavior Therapy: Basics and Beyond. 2nd Ed. The Guilford Press: New York.

Beck, J.S. (2011). Responding to Automatic Thoughts (Ch. 12). In: Cognitive Behavior Therapy: Basics and Beyond. 2nd Ed. The Guilford Press: New York.

Beck, J.S. (2011). Additional Cognitive and Behavioral Techniques (Ch. 15). In: Cognitive Behavior Therapy: Basics and Beyond. 2nd Ed. The Guilford Press: New York.

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.

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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Later stages of CBT

Readings:

Beck, J.S. (2011). Identifying and Modifying Intermediate Beliefs (Ch. 13). In: Cognitive Behavior Therapy: Basics and Beyond. 2nd Ed. The Guilford Press: New York.

Beck, J.S. (2011). Imagery (Ch. 16). In: Cognitive Behavior Therapy: Basics and Beyond. 2nd Ed. The Guilford Press: New York.

Beck, J.S. (2011). Identifying and Modifying Core Beliefs (Ch. 14). In: Cognitive Behavior Therapy: Basics and Beyond. 2nd Ed. The Guilford Press: New York.

Beck, J.S. (2011). Termination and Relapse Prevention (Ch. 18). In: Cognitive Behavior Therapy: Basics and Beyond. 2nd Ed. The Guilford Press: New York.

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.