

Adult Practicum in Cognitive Behavioral Therapy

F,W,S 2011-12'

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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
- Understanding of the APA code of ethics

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
- Ability to increase independence in treatment planning and intervention with increasing skill and experience 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
- Ability to attend to and incorporate client diversity and cultural context into case formulation and intervention

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
- Ability to make effective use of supervision for personal development (e.g., openness to discussing difficult therapy experiences, awareness of self, willingness to try new approaches, openness to feedback, etc.)
- Ability to incorporate supervisory feedback into on-going clinical work
- 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 work up to carrying a caseload that provides an average of 4 hours per week of face-to-face client contact. Initially, students who are new to practicum will spend an additional 2-3 hours of training a week outside of weekly group meeting times to learn the SCID, clinic procedures, and CBT. Returning practicum students should also expect to spend some time outside of group training (1-2 hours per week) during the first few weeks assisting new trainees with clinic procedures and initial phases of client care. As students pick up cases, these outside training hours will convert to direct hours with clients.

Required Texts & Materials

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. (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.

Padesky, C.A. & Greenberger, 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.

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.

Craske, M.G., Antony, M.M. & Barlow, D.H. (2006). *Mastering Your Fears and Phobias: Therapist Guide (2nd Ed.)*. New York: The Oxford Press.

Antony, M.M., Craske, M.G. & Barlow, D.H. (2006). Mastering Your Fears and Phobias: Workbook (2nd Ed.). New York: The Oxford Press.

Kozak, M.J. & Foa, E.B. (1997). Mastery of Obsessive-Compulsive Disorder: A Cognitive-Behavioral Approach. Therapist Guide. New York: The Oxford Press.

Foa, E.B. & Kozak, M.J.(1997). Mastery of Obsessive-Compulsive Disorder: A Cognitive-Behavioral Approach. Workbook. New York: The Oxford Press.

Hope, D.A., Heimberg, R.G., & Turk, C.L. (2006). Managing Social Anxiety. A Cognitive-Behavioral Approach. Therapist Guide. New York: The Oxford Press.

Hope, D.A., Heimberg, R.G., Juster, H.R., & Turk, C.L. (2006). Managing Social Anxiety: A Cognitive-Behavioral Approach. Workbook. New York: The Oxford Press.

Zinbarg, R.E., Craske, M.G., & Barlow, D.H. (2006). Mastery of Your Anxiety and Worry: Therapist Guide (2nd Ed.) New York: The Oxford Press.

Craske, M.G. & Barlow, D.H. (2006). Mastery of Your Anxiety and Worry: Workbook (2nd Ed.) New York: The Oxford Press.

Tentative Practicum Schedule Fall 10'

<u>Date</u>	<u>Topic</u>
9/29	<p>Clinic Orientation: Review of Clinic Policies and Procedures</p> <p>UO Psychology Clinic Manual, September 2011</p> <p>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.</p> <p>Kush, F.R. (2000). Introductory cognitive therapy training issues. <i>Cognitive and Behavioral Practice</i>, 7, 21-29.</p> <p>Reilly, C.E. (2000). The role of emotion in cognitive therapy, cognitive therapists, and supervision. <i>Cognitive and Behavioral Practice</i>, 7, 343-345.</p>
10/6	<p>Assessment, Feedback, and Setting Goals</p> <p>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.</p> <p>Ledley, D.R., Marx, B.P., & Heimberg, R.G. (2010). Introducing Cognitive-Behavioral Process (Ch. 1). In: Making Cognitive-Behavioral Therapy</p>

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.

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.

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.

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.

10/13 Treatment Planning and CBT Case Conceptualizations for Depression and Panic

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. (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.

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

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

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.

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Suicidal Crises

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.

Bennett, B.E., Bricklin, P.M., Harris, E., Knapp, S., VandeCreek, L., Younggren, J.N. (2006). Assessing and treating patients who are potentially suicidal or dangerous to others. In: *Assessing and Managing Risk in Psychological Practice: An Individualized Approach*. Rockville: The Trust.

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.

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CBT: Initiating CBT Treatment for Depression and Panic Disorder

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.

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

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.

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.

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

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.

Huppert, J.D., Baker-Morisette, S.L. (2003). Beyond the manual: An insider's guide to panic control treatment. *Cognitive and Behavioral Practice*, 10, 2-13.

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CBT: Monitoring for Depression and Panic

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

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Solving

CBT: Behavioral interventions for Depression—Activity Scheduling and Problem

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.

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CBT: Behavioral Interventions—Panic Exposures

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.

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Thanksgiving Break: No Class

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.