PSYC 862-002: COGNITIVE BEHAVIORAL THERAPY WITH ADULTS II
Didactic Practicum

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Office Hours: Thu 1:00-2:00 (clinic), by appt

Course Description:
This course is designed to build on your initial instruction in cognitive-behavioral theory and therapy by furthering your understanding of and ability to apply this theory in therapy settings. The overall purpose is to develop your ability to integrate theory, principles, and applications of cognitive therapy and behavioral therapy for a variety of psychological problems. In addition, the literature regarding treatment of specific anxiety disorders and couples distress will be covered, and you will receive training in specific cognitive-behavioral techniques for these issues.

This course will utilize several modes of learning, including readings, lecture, discussion, example video/audiotapes, homework, role plays, and supervision of actual clinical cases. We will not use tests or other methods to grade you, and the grades will simply be “Satisfactory” or “No Credit.” This should not, however, give you the impression that you can “slide by” on readings or assignments. Each aspect of the coursework is essential to the development of your ability to apply cognitive-behavioral therapy. Class time will be split between didactic instruction and active group supervision of cases. Active participation in supervision of all cases (not just your own) is integral to the learning that will occur in this course.

As before, the course is not intended to convey that cognitive-behavioral therapy is the only acceptable therapy to practice. Rather, it is intended to further inform you of (a) the problems for which cognitive-behavioral therapy has been shown to be efficacious and/or effective, (b) the steps and techniques involved in conducting cognitive-behavioral therapy, particularly for anxiety disorders and couples’ distress, and (c) the flexibility of this therapy when it is based on a coherent case conceptualization.

Course Goals:
1. To further the development of your professional identity as a therapist.
2. To further your understanding of the principles and tenets of cognitive and behavioral theories with regard to mental health problems.
3. To further your ability to apply cognitive-behavioral therapy techniques in therapy settings.
4. To learn more cognitive-behavioral techniques for treating specific anxiety disorders and couples’ distress and to practice applying these techniques.
5. To further develop your ability to develop a comprehensive, cohesive cognitive-behavioral case conceptualization and to derive a treatment plan from that conceptualization.
6. To further your ability to implement a cognitive-behavioral treatment plan throughout the course of therapy, understanding how the case conceptualization drives all therapeutic activity.
7. To further your appreciation of how issues of diversity (e.g., age, race, ethnicity, culture, sexual orientation, etc.) can be incorporated into a cognitive-behavioral conceptualization.
8. To further your appreciation of the importance of the therapeutic relationship to cognitive-behavioral therapy.

Technology Usage:
Important announcements and study questions may be distributed by email, and you are required to check your Mason email account to receive these [and to keep your mailbox maintained so that messages will not be rejected for over quota]. Please note that email cannot be considered confidential, so no identifying information regarding clinical cases should be included in email.

Disabilities:
If you are a student with disability and you need academic accommodations, please see me and contact the Disability Resource Center (DRC) at 709-993-2474. All academic accommodations must be arranged through that office. Please note that accommodations MUST BE MADE BEFORE grades are assigned. I cannot adjust your grade after the fact.
<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
<th>Readings</th>
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| 1 1/26 | Exposure Therapy Theory Techniques | Abramowitz (2013)  
Craske et al. (2014) – review  
Abramowitz et al. (2011): Ch. 5-6 |
| 2 2/2 | Exposure Therapy Practice Panic Disorder CB Conceptualization | Goldstein & Chambless (1980): pp. 401-406  
Barlow (2008): Ch 1 |
| 3 2/9 | Panic Disorder CB Treatment Interoceptive Exposure | Craske & Barlow (2007) |
| 4 2/16 | Generalized Anxiety Disorder CB Conceptualization CB Treatment | Behar et al. (2009)  
van der Heiden & ten Broeke (2009)  
Barlow (2008): Ch. 5 - optional |
| 5 2/23 | Generalized Anxiety Disorder (cont) | Fracalanza et al. (2014)  
Intolerance of Uncertainty handout  
Zinbarg et al. (2006) - review |
| 6 3/2 | Social Anxiety Disorder CB Conceptualization CB Treatment | Barlow (2008): Ch. 3  
Golden (2011) |
| 7 3/9 | Substance Use Disorders Guest Lecturer: Patty Ferssizidis CBT for Substance Misuse Screening, Brief Intervention, and Referral to Treatment (SBIRT) | McHugh et al. (2010)  
Videos to watch prior to class:  
http://www2.jbsinternational.com/imc/sbirt/bt/story.html  
https://www.dropbox.com/sh/pgb66bkk07bopmd/AAB-C0Cmtxp9GJJaWsX6KTwg3ca?dl=0 (watch final video: “Urge Surfing”) |
| 8 3/23 | Obsessive Compulsive Disorder Behavioral Conceptualization Exposure/Response Prevention Imaginal Exposure | Barlow (2008): Ch. 4  
Steketee (1993): Ch. 9 |
| 9 3/30 | Obsessive Compulsive Disorder (cont) | Clark (2004): Ch. 2  
Grayson (2010) |
Cahill & Foa (2007)  
Ponniah & Hollon (2009) |
| 11 4/13 | Posttraumatic Stress Disorder Prolonged Exposure Therapy | Foa et al. (2007) |
| 12 4/20 | Posttraumatic Stress Disorder Cognitive Processing Therapy Minority Populations | Barlow (2008): Ch. 2  
Hinton et al. (2012) |
| 14 5/4 | Couples Distress Integrative Beh Coup Ther Other Approaches | Gurman (2008): Ch. 3-5  
Christensen et al. (2010) |
Reading List

Required Texts

Optional Text

Articles/Chapters/Workbooks


