

**Clin Psych 462**  
**Cognitive therapy with children, adolescents, and families.**  
**Spring Quarter, 2011**

This is the third in a three quarter sequence of courses on cognitive-behavioral psychotherapy. This course examines how cognitive and behavioral models can be used in conceptualizing and treating behavioral and emotional disorders among youth. We will review vulnerability factors for child psychopathology and will examine how cognitive-behavioral models can be used to guide the development of treatment and prevention programs. We will analyze the ways in which biological, social, cognitive and behavioral factors interact in placing children at risk, and how this can be used to guide case formulation and treatment. Finally, we will review evidence for the efficacy and effectiveness of alternative interventions, as well as clinical issues related to the practice of psychotherapy with children, adolescents, and families. Our goal is for you to have a critical understanding of research on the developmental psychopathology of important childhood emotional disorders and their treatment. The course will use a seminar format, and will include lecture, discussion, speakers, and case presentations. With this in mind, you should read the assigned readings prior to class and be prepared to discuss them.

**Required Texts:**

Reinecke, M., Dattilio, F. & Freeman, A. (Eds.) (2003). Cognitive therapy with children and adolescents, (2<sup>nd</sup> Ed). New York: Guilford.

**Recommended Texts:**

Dodds, J. (1987). A child psychotherapy primer. New York: Human Sciences Press.

Weisz, J. & Kazdin, A. (Eds.) (2011). Evidence-based psychotherapies for children and adolescents (2<sup>nd</sup> Ed.) New York: Guilford Press.

**Grading:**

Grades will be based on three factors:

- 1) Class participation, presentations, and discussion (10%)
- 2) Take home mid-term exam covering readings and lectures (40%)
- 3) Final paper. This can take the form of a) a critical review or meta-analysis of a treatment approach or outcome area not addressed in class, or b) a research proposal in the form of an NIMH grant application (50%)

**Final Paper:**

You will be asked to prepare a review paper (suitable for submission to a journal such as Clinical Psychology Review or Annual Review of Clinical Psychology ) or a grant proposal (in NIH/NIMH RO1 format). The review paper or research proposal may be on any topic in the field of child psychopathology or CBT with children, adolescents, and families. The grant proposal should include a brief, critical review of the literature and a narrative describing the proposed research. You do not, however, have to prepare a budget or complete a human subjects protocol. Following NIMH guidelines, you will have a limited number of pages to identify your specific aims, review the background and significance of the literature, highlight preliminary studies you have done (or intend to do), and outline your research design, methods, and analytic strategies. NIH provides recommended pages limits for each of these sections. Although NIH now requires electronic submission (on eRA Commons), we'll review ours using paper submissions. Please provide four copies of your final paper (one for MAJR, and one for each of your classmates). Guidelines for the grant proposal may be found at: <http://grants.nih.gov/grants/funding/phs398/phs398.pdf>. Guidelines for grant reviews can be found at the Center for Scientific Review, at <http://www.cms.csr.nih.gov>. You may also find the CONSORT criteria helpful if you wish to propose an outcome study.

**Instructor:**

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**Lecture 1.****March 31, 2011****History and General Principles**

## Foundations of Clinical Child Psychology

1. Benjamin, L. (1996). Lightner Witmer's legacy to American psychology. American Psychologist, 51, 235-236.
2. McReynolds, P. (1996). Lightner Witmer: A centennial tribute. American Psychologist, 51, 237-240.
3. Routh, D. (1996). Lightner Witmer and the first 100 years of clinical psychology. American Psychologist, 51, 244-247.
4. Levy, D. (1968). Beginnings of the child guidance movement. American Journal of Orthopsychiatry, 38, 799-804.
5. Shakow, D. (1968). The development of orthopsychiatry: Contributions of Levy, Menninger, and Stevenson. American Journal of Orthopsychiatry, 38, 804-809.
6. Lazarus, A. (1991). A plague on Little Hans and Little Albert. Psychotherapy: Theory, Research, and Practice, 28, 444-447.

## General Principles

7. Reinecke, M. Dattilio, F., & Freeman, A. (2003). What makes for an effective treatment? In: M. Reinecke, F. Dattilio, & A. Freeman (Eds.). Cognitive therapy with children and adolescents. (2<sup>nd</sup> Ed.) New York: Guilford. **(Text)**
8. Kendall, P. (2006) Guiding theory for therapy with children and adolescents. In: P. Kendall (Ed.) Child and adolescent therapy: Cognitive-behavioral procedures (3<sup>rd</sup> Ed.) New York: Guilford. (pp. 3-30).
9. Kendall, P., Chu, B., Gifford, A., Hayes, C., & Nauta, M. (1998). Breathing life into a manual: Flexibility and creativity with manual-based treatments. Cognitive and Behavioral Practice, 5, 177-198.
10. Reinecke, M & Shirk, S. (2005). Psychotherapy with adolescents. In: G. Gabbard, J. Beck, & J. Holmes (Eds.) Oxford textbook of psychotherapy. Oxford, UK: Oxford University Press
11. Russ, S. & Freedheim, D. (2001). Psychotherapy with children. In: E. Walker & M. Roberts (Eds.) Handbook of clinical child psychology.
12. Bronfenbrenner, U. (1986). Ecology of the family as a context for human development research perspectives. Developmental Psychology, 22, 723-742.
13. Sameroff, A.J. & Seifer, R. (1983). Familial risk and child competence. Child Development, 54, 1254-1268.

## Lecture 2.

April 7, 2011

### Depression

14. Curry, J. & Reinecke, M. (2003). Modular therapy for adolescents with major depression. In: M. Reinecke, F. Dattilio, & A. Freeman (Eds.). Cognitive therapy with children and adolescents (2<sup>nd</sup> Ed.) New York: Guilford. (Text)
15. Shirk, S., Burwell, R. & Harter, S. (2003). Strategies to modify low self-esteem in adolescents. In: M. Reinecke, F. Dattilio, & A. Freeman (Eds.). Cognitive therapy with children and adolescents.(2<sup>nd</sup> Ed.) New York: Guilford. (Text)
16. Reinecke, M. & Ginsburg, G. (2007). Cognitive-behavioral treatment of depression during childhood and adolescence. In: Abela, J. & Hankin, B. (Eds.) Handbook of depression in children and adolescents. New York: Guilford. (pp.179-206).
17. Klein, J., Jacobs, R., & Reinecke, M. (2007). Cognitive-behavioral therapy for adolescent depression: A meta-analytic investigation of changes in effect size estimates. Journal of the American Academy of Child and Adolescent Psychiatry, 46: 1403-1413.
18. Lewinsohn, P., Clarke, G., Rohde, P., Hops, H., & Seeley, J. (1996). A course in coping: A cognitive-behavioral approach to the treatment of adolescent depression. In: E. Hibbs & P. Jensen (Eds.) Psychosocial treatments for child and adolescent disorders: Empirically based strategies for clinical practice. Washington, D.C.: American Psychological Association.
19. Brent, D., Roth, C., Holder, D., Kolko, D., Birmaher, B., Johnson, B., & Schweers, J. (1996). Psychosocial intervention for treating adolescent suicidal depression: A comparison of three psychosocial interventions. In: E. Hibbs & P. Jensen (Eds.) Psychosocial treatments for child and adolescent disorders: Empirically based strategies for clinical practice. Washington, D.C.: American Psychological Association.
20. Stark, K., Swearer, S., Kurowski, C., Sommer, D., & Bowen, B. (1996). Targeting the child and the family: A holistic approach to treating child and adolescent depressive disorders. In: E. Hibbs & P. Jensen (Eds.) Psychosocial treatments for child and adolescent disorders: Empirically based strategies for clinical practice. Washington, D.C.: American Psychological Association.

## Lecture 3.

April 14, 2011

### Suicide

21. Spirito, A. & Esposito-Smythers, C. (2006). Attempted and completed suicide in adolescence. Annual Review of Clinical Psychology, 2, 237-266.
22. Rotheram-Borus, M., Goldstein, A., & Elkavich, A. (2002). Treatment of suicidality: A family intervention for adolescent suicide attempters. In S. Hofmann & M. Tompson (Eds.) Treating chronic and severe mental disorders: A handbook of empirically supported interventions. New York: Guilford.
23. Lewinsohn, P., Rohde, P., & Seeley, J. (1996). Adolescent suicidal ideation and attempts: Prevalence, risk factors, and clinical implications. Clinical Psychology: Science & Practice, 3, 25-46.
24. Gratz, K. (2003). Risk factors for and functions of deliberate self-harm: An empirical and conceptual review. Clinical Psychology: Science & Practice, 10, 192-205.

**Lecture 4.**  
**April 21, 2011**  
**Trauma and PTSD**

25. Terr, L. (1991). Childhood traumas: An outline and overview. American Journal of Psychiatry, *148*, 10-20.
26. Chu, A. & Lieberman, A. (2010). Clinical implications of traumatic stress from birth to age five. Annual Review of Clinical Psychology, *6*, 469-494.
27. Deblinger, E., Behl, L., & Glickman, A. (2006). Treating children who have experienced sexual abuse. In: P. Kendall(Ed.) Child and adolescent therapy: Cognitive-behavioral procedures (3<sup>rd</sup> Ed.). New York: Guilford Press. (pp. 383-416).
28. Deblinger, E., Mannarino, A., Cohen, J., & Steer, R. (2006). A follow-up study of a multisite, randomized, controlled trial for children with sexual abuse-related PTSD symptoms. Journal of the American Academy of Child and Adolescent Psychiatry, *45*, 1474-1484.

**Lecture 5.**  
**April 28, 2011**  
**Principles of Behavior Modification with Children**

29. Harris, S. (1983). Behavior therapy with children. In M. Hersen, A. Kazdin, & A. Bellack (Eds.). The clinical psychology handbook. New York: Pergamon Press (pp. 525-541).

**Lecture 6.** **Midterm Exam**  
**May 5, 2011**  
**Marital & Family Therapy**

30. Epstein, N. & Schlesinger, S. (2003). Treatment of family problems. In: M. Reinecke, F. Dattilio, & A. Freeman (Eds.). Cognitive therapy with children and adolescents. (2<sup>nd</sup> Ed.) New York: Guilford. **(Text)**
31. Gottman, J. (1993). The roles of conflict engagement, escalation and avoidance in marital interaction: A longitudinal view of five types of couples. Journal of Consulting and Clinical Psychology, *61*, 6-15.
32. Jacobson, N. et al. (1989). Marital therapy and spouse involvement in the treatment of depression, agoraphobia, and alcoholism. Journal of Consulting and Clinical Psychology, *57*, 5-10.
33. Jacobson, N. (1989). The maintenance of treatment gains following social learning-based marital therapy. Behavior Therapy, *20*, 325-336.
34. Jacobson, N. & Addis, M. (1993). Research on couples and couple therapy: What do we know? Where are we going? Journal of Consulting and Clinical Psychology, *61*, 85-93.

## Lecture 7.

May 12, 2011

### Externalizing Behavior Problems

#### Oppositional-Defiant Disorder and Conduct Disorder

35. Pardini, D. & Lochman, J. (2003). Treatments for oppositional defiant disorder. In: M. Reinecke, F. Dattilio, & A. Freeman (Eds.). Cognitive therapy with children and adolescents. (2<sup>nd</sup> Ed.) New York: Guilford. (Text)
36. Lochman, J., Magee, T., & Pardini, D. (2003) Cognitive-behavioral interventions for children with conduct problems. In: M. Reinecke & D. Clark (Eds.) Cognitive therapy across the lifespan. Cambridge, UK: Cambridge University Press.
37. Loeber, R., Burke, J., & Pardini, D. (2009). Development and etiology of disruptive and delinquent behavior. Annual Review of Clinical Psychology, *5*, 291-310.
38. Widom, C.S. (1989). The cycle of violence. Science, *244*, 160-166.
39. Frick, P. & Morris, A. (2004). Temperament and developmental pathways to conduct problems. Journal of Clinical Child and Adolescent Psychology, *33*, 54-68.
40. Eyberg, S., Nelson, M., & Boggs, S. (2008). Evidence-based psychosocial treatments for children and adolescents with disruptive behavior. Journal of Clinical Child and Adolescent Psychology, *37*, 215-237.
41. Kazdin, A. (1996). Problem-solving and parent management in treating aggressive and antisocial behavior. In: E. Hibbs & P. Jensen (Eds.) Psychosocial treatments for child and adolescent disorders: Empirically based strategies for clinical practice. Washington, D.C.: American Psychological Association.
42. Webster-Stratton, C. (1996). Early interventions with videotape modeling: Programs for families of children with oppositional defiant disorder or conduct disorder. In: E. Hibbs & P. Jensen (Eds.) Psychosocial treatments for child and adolescent disorders: Empirically based strategies for clinical practice. Washington, D.C.: American Psychological Association.

#### Attention-Deficit – Hyperactivity Disorder

43. Zimetkin, A. & Ernst, M. (1999). Current Concepts: Problems in the management of Attention-Deficit Hyperactivity Disorder. New England Journal of Medicine, *340* (1), 40-46.
44. Anastopoulos, A., Barkley, R., & Shelton, T. (1996). Family-based treatment: Psychosocial intervention for children and adolescents with Attention Deficit-Hyperactivity Disorder. In: E. Hibbs & P. Jensen (Eds.) Psychosocial treatments for child and adolescent disorders: Empirically based strategies for clinical practice. Washington, D.C.: American Psychological Association.
45. Hinshaw, S. (1996) Enhancing social competence: Integrating self-management strategies with behavioral procedures for children with ADHD. In: E. Hibbs & P. Jensen (Eds.) Psychosocial treatments for child and adolescent disorders: Empirically based strategies for clinical practice. Washington, D.C.: American Psychological Association.
46. Pelham, W. & Hoza, B. (1996). Intensive treatment: A summer treatment program for children with ADHD. In: E. Hibbs & P. Jensen (Eds.) Psychosocial treatments for child and adolescent disorders: Empirically based strategies for clinical practice. Washington, D.C.: American Psychological Association.

**Lecture 8. Final Papers Due Today**  
**May 16, 2011**  
**Pediatric Bipolar Disorder**  
**Guest Lecture: Jason Washburn, PhD**

*Note the changed date...We'll be meeting on Monday*

**Lecture 9.**  
**Anxiety Disorders**  
**May 26, 2011**

47. Albano, A. (2003). Treatment of social anxiety disorder. In: M. Reinecke, F. Dattilio, & A. Freeman (Eds.). Cognitive therapy with children and adolescents. (2<sup>nd</sup> Ed.) New York: Guilford. **(Text)**
48. Franklin, M., Rynn, M., Foa, E., & March, J. (2003). Treatment of obsessive-compulsive disorder. In: M. Reinecke, F. Dattilio, & A. Freeman (Eds.). Cognitive therapy with children and adolescents. (2<sup>nd</sup> Ed.) New York: Guilford. **(Text)**
49. Davis, T. May, A., & Whiting, S. (2011). Evidence-based treatment of anxiety and phobia in children and adolescents: Current status and effects on emotional response. Clinical Psychology Review, 31, in press.
50. Rapee, R., Schniering, C., & Hudson, J. (2009). Anxiety disorders during childhood and adolescence: Origins and treatment. Annual Review of Clinical Psychology, 5, 311-341.
51. McLeod, B., Wood, J., & Weisz, J. (2007). Examining the association between parenting and child anxiety: A meta-analysis. Clinical Psychology Review, 27, 155-172.
52. Hadwin, J., Garner, M., & Perez-Olivas, G. (2006). The development of information processing biases in childhood anxiety: A review and exploration of its origins in parenting. Clinical Psychology Review, 26, 876-894.
53. Turner, C. (2006). Cognitive-behavioral theory and therapy for obsessive-compulsive disorder in children and adolescents: Current status and future directions. Clinical Psychology Review, 26, 912-938.
54. Piacentini, J., Bergman, R., & Aikins, J. (2003). Cognitive-behavioral interventions in childhood anxiety disorders. In: M. Reinecke & D. Clark (Eds.). Cognitive therapy across the lifespan. Cambridge, UK: Cambridge University Press.
55. Kendall, P., Robin, J., Hedtke, K., Suveg, G., Flannery-Schroeder, E., & Gosch, E. (2005). Considering CBT with anxious youth? Think exposures. Cognitive and Behavioral Practice, 12, 136-148.
56. Pediatric OCD Treatment Study (POTS) Team. (2004). Cognitive-behavior therapy, sertraline, and their combination for children and adolescents with obsessive-compulsive disorder. Journal of the American Medical Association, 292, 1969-1976.
57. Siqueland, L. & Diamond, G. (1998). Engaging parents in cognitive-behavioral treatment for children with anxiety disorders. Cognitive and Behavioral Practice, 5, 81-102.

**Lecture 10.**  
**Vulnerability and Prevention**  
**June 2, 2011**

58. Munoz, R., Cuijpers, P., Smit, F., Barrera, A., & Leykin, Y. (2010). Prevention of major depression. Annual Review of Clinical Psychology, 6, 181-212.
59. Bane, M.J. & Ellwood, D.T. (1989). One fifth of the nation's children: Why are they poor? Science, 245, 1047-1053.
60. Garcia-Coll, C. et al. (1996). An integrative model for the study of developmental competencies in minority children. Child Development, 67, 1891-1914
61. Pollitt, E. (1994). Poverty and child development: Relevance of research in developing countries to the United States. Child Development, 65, 283-295.
62. Brown, J. & Pollitt, E. (1996). Malnutrition, poverty, and intellectual development. Scientific American, 274, 38-43.
63. Vaughn, B., Egeland, B., & Sroufe, L.A. (1979). Individual differences in infant-mother attachment at twelve and eighteen months: Stability and change in families under stress. Child Development, 50, 971-975.
64. Sroufe, L.A., Egeland, B., & Kreutzer, T.(1990). The fate of early experience following developmental change: Longitudinal approaches to individual adaptation in childhood. Child Development, 61, 1363-1373.
65. Garbarino, James (1997). Growing up in a socially toxic environment. In D. Cicchetti & S.L. Toth (Eds.), Rochester Symposium on Developmental Psychopathology-Developmental Perspectives on Trauma: Theory, Research, and Intervention. Vol. 8, p. 141-154.
66. Radke-Yarrow, M. & Sherman, T. (1990) Hard Growing – Children who survive. In Rolf, et al. (Eds.) Risk and protective factors in the development of psychopathology. New York: Cambridge.