

COGNITIVE-BEHAVIORAL PSYCHOTHERAPY

PSCL 529a

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Week 1	Basic Issues in Psychotherapy
Week 2	Legal and Ethical Concerns in Psychotherapy
Week 3	Converging Themes in Psychotherapy
Week 4	Foundations of Behavior Therapy
Week 5	Behavioral Assessment
Week 6	Action and Emotion in Psychotherapy
Week 7	Strategies for Applied Clinical Research
Week 8	Relaxation Training, Meditation, Hypnosis
Week 9	Social Skills and Assertiveness Training
Week 10	Rational-Emotive Therapy
Week 11	Cognitive Therapy
Week 12	Constructive / Narrative Therapy
Week 13	Problem-Solving Therapy
Week 14	Class cancelled for Thanksgiving Holiday
Week 15	Student Presentations / Review Papers are Due

CLASS MEETINGS:

The seminar meets as a group for 2 hours each week. During many class meetings, the first hour will focus on a didactic presentation of information relevant to cognitive-

behavioral therapy. In some class meetings, the second hour will focus on either a role-played therapy simulation or a current case presentation given by one of the practicum students. All client material should remain anonymous and confidential.

PREFERRED PREREQUISITES:

I hope all students have already completed the following courses: PSCL 404: Learning Theory, PSCL 524: Advanced Psychopathology, and PSCL 527: Introduction to Intervention.

CLINICAL EXPERIENCE:

Students will be expected to carry 1-3 clients through the practicum, typically providing outpatient psychotherapy on a weekly basis. Depending on the student's level of proficiency and the treatment needs of clients, a student may be expected to carry up to 3 clients concurrently, at the instructor's discretion. Your supervisor will arrange for appropriate clients and supervision times. Except in unusual circumstances, you will be expected to accept all clients that are referred to you. Your work may involve individual or group psychotherapy sessions. The provision of clinical services must follow a calendar year, not an academic year. Thus, you should plan to meet with your client even when school is not in session.

CLINIC POLICIES:

All students will be expected to know and follow all policies described in the student handbook pertaining to the CWRU Psychotherapy Training Clinic. The Policy Manual includes several forms that are useful when seeing your clients. Also, you will be expected to follow the university policy on ethics.

DOCUMENTATION OF SERVICES:

Students will be expected to document the services provided by hand-writing weekly process notes and typing intake summaries, follow-up notes, and complete discharge summaries. All client papers will be due one month after terminating with a client. When clients are seen in the CWRU training clinic, all client papers will be retained by Dr. Overholser or the faculty coordinator of the training clinic. Your course grade will remain an Incomplete until all paperwork has been completed adequately.

INDIVIDUAL SUPERVISION:

Students will meet with a CBT supervisor on an individual basis for one hour each week. In addition, students may be observed through co-therapy, one-way mirror, or audiotape recordings. In many ways, the majority of your training will come from the individual supervision. The seminar meetings will provide a general theoretical background for cognitive and behavioral therapies, but your clinical experience and individual supervision should help tailor your learning to the unique needs of your client(s).

GROUP SUPERVISION:

During the second half of many class meetings, we will discuss a student's work with a current client. The student will be expected to give a short, informal presentation about the client and the treatment plan. The rest of the class will serve as consultants, exploring

ways to improve the diagnostic impression or refine the treatment. When presenting the case, the student should try to cover material from several domains: Identifying information, presenting problem, relevant history, social functioning, environmental factors, and case conceptualization. We should all keep in mind that the case conceptualization is best seen as a "work in progress" that will continue to be revised over the course of therapy. Constructive feedback from the class should help improve the quality of therapy that is provided to our clients.

REVIEW PAPER:

The seminar and practica are graded as pass/fail. However, in order to help me ensure that all students are learning at the same pace, students will be expected to write a review paper for the class. The review paper must be handed in, and present orally during the last class meeting of the semester. During fall semester, the topic should address any one of the specific forms of cognitive-behavioral therapy covered during the semester. During spring semester, the paper will focus on any one of the disorders covered during spring semester. The paper must include at least 20 pages of text, and at least 30 references, primarily journal articles published in the past five years.

Sample topics for the fall semester review paper include:

- Empirical Support for Rational-Emotive Therapy
- Social Skills Training with Adolescent Inpatients
- Comparison of Relaxation Training vs. Self-Hypnosis
- Behavioral Assessment in Outpatient Psychotherapy Settings
- Ethical Dilemmas unique to Cognitive-Behavioral Therapy
- Single-Case Research Designs in Clinical Practice
- Exposure Therapy using various Exposure Modalities
- Token Economies in a Residential Treatment Setting
- Improving Compliance with Behavioral Assignments
- Historical Foundations of Systematic Desensitization
- Constructive / Narrative Therapy and Psycholinguistics
- Advantages / Disadvantages of Empirically Supported Therapies
- B.F. Skinner and his role in Contemporary Behavior Therapy
- Treatment Manuals in Modern Clinical Practice
- Therapeutic Relationship in Cognitive-Behavioral Therapy
- Cognitive-Behavioral Approaches to Client Resistance
- Stages of Change in Exposure-based Therapies
- The Assessment of Cognitive Biases

Required Text:

- 1) Goldfried, M., & Davison, G. (1994). Clinical Behavior Therapy, expanded edition. New York: Wiley.
- 2) Beck, J. (1995). Cognitive therapy: Basics and beyond. New York: Guilford.

- 3) Selected Journal Articles. Note: The syllabus includes Required Readings (indicated by ☑) and supplemental readings you can seek out if interested. Some of these readings will be available via electronic access or photocopied reprints. Others can be found in the CWRU libraries. If you click on the Hyperlink, it should open your internet browser or Adobe Acrobat Reader to access the reprint.

BASIC ISSUES IN PSYCHOTHERAPY

- ☑ American Psychological Association. (2002). Ethical principles of psychologists and code of conduct. *American Psychologist*, 57, (12) 1060-1073. [Note: This was reprinted in your graduate student handbook and is [available online at www.apa.org](http://www.apa.org)]
- ☑ American Psychological Association. (1993). Guidelines for providers of psychological services to ethnic, linguistic, and culturally diverse populations. *American Psychologist*, 48, 45-48. [Note: This was reprinted in your graduate student handbook]
- ☑ Ohio State Board of Psychology (1996). Ohio Psychology Law. [Note: This was reprinted in your graduate student handbook and is [available at the State Board of Psychology](#)]
- ☑ Overholser, J. (unpublished). [CWRU Psychology Clinical Training Facility Policies and Procedures](#). [Note: This was reprinted in your graduate student handbook]

Rosen, G., & Davison, G. (2003). Psychology should list Empirically Supported Principles of Change (ESPs) and not credential trademarked therapies or other treatment packages. *Behavior Modification*, 27, (3), 300-312.

Kovitz, B. (1998). To a beginning psychotherapist: How to conduct individual psychotherapy. *American Journal of Psychotherapy*, 52, (1) 103-115.

Glickauf-Hughes, C., & Chance, S. (1995). Answering clients' questions. *Psychotherapy*, 32, 375-379.

Strupp, H. (1996). Some salient lessons from research and practice. *Psychotherapy*, 33, 135-138.

Levine, J., Stolz, J., & Lacks, P. (1983). Preparing psychotherapy clients: Rationale and suggestions. *Professional Psychology: Research and Practice*, 14, 317-322.

DeGood, D. (1983). Reducing medical patients' reluctance to participate in psychological therapies: The initial session. *Professional Psychology: Research and Practice*, 14, 570-579.

Heitler, J. (1976). Preparatory techniques in initiating expressive psychotherapy with lower-class, unsophisticated patients. *Psychological Bulletin*, 83, 339-352.

LEGAL AND ETHICAL CONCERNS IN PSYCHOTHERAPY

- ☑ Overholser, J. C. & Fine, M. (1990). Defining the boundaries of professional competence: Managing subtle cases of clinical incompetence. *Professional Psychology: Research and Practice*, 21, 462-469. [[reprint is available on this CD](#)]
- ☑ Plante, T. (1999). Ten strategies for psychology trainees and practicing psychologists interested in avoiding ethical and legal perils. *Psychotherapy*, 36, (4) 398-403. [[click here for link to eJournals](#)]
- ☑ Tjeltveit, A. (2004). The good, the bad, the obligatory, and the virtuous: The ethical contexts of psychotherapy. *Journal of Psychotherapy Integration*, 14 (2), 149-167. [[This reprint is available via CWRU ejournals](#)]

Overholser, J.C. (1995). Treatment of suicidal patients: A risk-benefit analysis. *Behavioral Sciences and the Law*, 11, 81-92. [[reprint is available on this CD](#)]

Gutheil, T., & Hilliard, J. (2001). Legal, clinical, and risk-management aspects of patients' requests that therapists not keep notes or records. *American Journal of Psychotherapy*, 55, 157-165.

Roswell, V. (1988). Professional liability: Issues for behavior therapists in the 1980s and 1990s. *The Behavior Therapist*, 11, 163-171.

Haley, J. (1969). The art of being a failure as a therapist. *American Journal of Orthopsychiatry*, 39, 691-695.

Kovacs, A. (1974). The valley of the shadow. *Psychotherapy*, 11, 376-382.

Soisson, E., Van de Creek, L., & Knapp, S. (1977). Thorough record keeping: A good defense in a litigious era. *Professional Psychology: Research and Practice*, 18, 498-502.

DeKraai, M. & Sales, B. (1991). Liability in child therapy and research. *Journal of Consulting and Clinical Psychology*, 59, 853-860.

Buckley, P., Karasu, T., & Charles, E. (1979). Common mistakes in

psychotherapy. *American Journal of Psychotherapy*, 136, 1578-1580.

Binder, J., & Strupp, H. (1997). "Negative process": A recurrently discovered and underestimated facet of therapeutic process and outcome in the individual psychotherapy of adults. *Clinical Psychology: Science and Practice*, 4, 121-139.

CONVERGING THEMES IN PSYCHOTHERAPY

- ☑ Goldfried & Davison (1994) chapter 4
- ☑ Lampropoulous, G. and colleagues. (2002). How psychotherapy integration can complement the scientist-practitioner model. *Journal of Clinical Psychology*, 58, (10), 1227-1240. [[available through CWRU ejournals](#)]
- ☑ Bohart, A. (2002). How does the relationship facilitate productive client thinking? *Journal of Contemporary Psychotherapy*, 32, (1), 61-69. [[available through CWRU ejournals](#)]
- ☑ Bohart, A. (2000). The client is the most important common factor: Clients' self-healing capacities and psychotherapy. *Journal of Psychotherapy Integration*, 10, (2) 127-149. [[available through CWRU ejournals](#)]
- Overholser, J.C. (2003). Where has all the psyche gone? Searching for treatments that focus on psychological issues. *Journal of Contemporary Psychotherapy*, 33, (1), 49-61. [[This reprint is available via CWRU ejournals](#)]
- ☑ Overholser, J.C., & Silverman, E. (1999). Cognitive-behavioral treatment of depression: Part VII. Developing and utilizing the therapeutic relationship. *Journal of Contemporary Psychotherapy*, 28, (2) 199-212. [[Access a copy of the article via CWRU ejournals](#)]
- ☑ Overholser, J. (1993). Elements of the Socratic method. I. Systematic questioning. *Psychotherapy*, 30, (1) 67-74. [[reprint is available on this CD](#)]
- Graybar, S., & Leonard, L. (2005). In defense of listening. *American Journal of Psychotherapy*, 59 (1), 1-18.
- Goldfried, M. & Hayes, A. (1989). Can contributions from other orientations complement behavior therapy? *The Behavior Therapist*, 12, 57-60.
- Dolliver, R. (1991). The eighteen ideas which most influence my therapy. *Psychotherapy*, 28, 507-514.
- Karasu, T. (1986). The specificity versus nonspecificity dilemma: Toward identifying therapeutic change agents. *American Journal of Psychiatry*, 143,

687-695.

Weinberger, J. (1995). Common factors aren't so common: The common factors dilemma. *Clinical Psychology: Science and Practice*, 2, 45-69.

Frances, A., & Clarkin, J. (1981). Differential therapeutics: A guide to treatment selection. *Hospital and Community Psychiatry*, 32, 537-546.

Arkowitz, H. (2002). Toward an integrative perspective on resistance to change. *Journal of Clinical Psychology*, 58, 219-227.

Safran, J., & Messer, S. (1997). Psychotherapy integration: A postmodern critique. *Clinical Psychology: Science and Practice*, 4, 140-152.

Millon, T. (2000). Toward a new model of integrative psychotherapy: Psychosynergy. *Journal of Integrative Psychotherapy*, 10, 37-53.

Brady, J. P. et al. (1980). Some views on effective principles of psychotherapy. *Cognitive Therapy and Research*, 4, 269-306.

Greenberg, L. & Safran, J. (1989). Emotion in psychotherapy. *American Psychologist*, 44, 19-29.

Rogers, C. (1940). The process of therapy. *Journal of Consulting Psychology*, 4, 161-164. (Reprinted in JCCP, 1992, 60, 163-164).

Rogers, C. (1957). The necessary and sufficient conditions of therapeutic personality change. *Journal of Consulting Psychology*, 21, 95-103. (Reprinted in JCCP 1992, 60, 827-832).

Eysenck, H. (1952). The effects of psychotherapy: An evaluation. *Journal of Consulting Psychology*, 16, 319-324.

Paul, G. (1967). Strategy of outcome research in psychotherapy. *Journal of Consulting Psychology*, 31, 109-118.

Smith, M. L., & Glass, G. (1977). Meta-analysis of psychotherapy outcome studies. *American Psychologist*, 32, 752-760.

Goldfried, M. (1982). On the history of therapeutic integration. *Behavior Therapy*, 13, 572-593.

Goldfried, M. (1980). Toward the delineation of therapeutic change principles. *American Psychologist*, 35, 991-999.

Frank, J. (1974). Therapeutic components of psychotherapy: A 25-year progress

report of research. *Journal of Nervous and Mental Disease*, 159, 325-342.

Karasu, T. B. (1989). New frontiers in psychotherapy. *Journal of Clinical Psychiatry*, 50, 46-52.

Stricker, G. (1994). Reflections on psychotherapy integration. *Clinical Psychology: Science and Practice*, 1, 3-12.

Jacobson, N. (1989). The therapist-client relationship in cognitive behavior therapy: Implications for treating depression. *Journal of Cognitive Psychotherapy*, 3, 85-96.

Sweet, A. (1984). The therapeutic relationship in behavior therapy. *Clinical Psychology Review*, 4, 253-272.

FOUNDATIONS OF BEHAVIOR THERAPY: Systematic Desensitization & Token Economies

- ☑ Goldfried & Davison (1994) chapter 6, 10
- ☑ Goldfried, M. (2003). Cognitive-behavior therapy: Reflections on the evolution of a therapeutic orientation. *Cognitive Therapy and Research*, 27, (1), 53-69. [[available through CWRU ejournals](#)]
- ☑ Blagys, M., & Hilsenroth, M. (2002). Distinctive activities of cognitive-behavioral therapy: A review of the comparative psychotherapy process literature. *Clinical Psychology Review*, 22, (5) 671-706. [[This reprint is available online at CWRU ejournals](#)]

Note: Read one of the following three historical articles
and be prepared to discuss it in class.

Watson, J. B. (1913). Psychology as the behaviorist views it. *Psychological Review*, 20, 158-177. [[available online at psychclassics.yorku.ca](#)]

Watson, J. B. & Raynor, R. (1920). Conditioned emotional reactions. *Journal of Experimental Psychology*, 2, 1-14. [[available online at psychclassics.yorku.ca](#)]

Jones, M. C. (1924). A laboratory study of fear: The case of Peter. *Pedagogical Seminary and Journal of Genetic Psychology*, 31, 308-315. [[available online at psychclassics.yorku.ca](#)]

Jones, M. C. (1924). The elimination of children's fears. *Journal of Experimental Psychology*, 7, 382-390.

- Watson, J. B. & Morgan, J. (1917). Emotional reactions and psychological experimentation. *American Journal of Psychology*, 28, 163-174.
- Goldfried, M., & Castonguay, L. (1993). Behavior therapy: Redefining strengths and limitations. *Behavior Therapy*, 24, 505-526.
- Russo, D. (1990). Requiem for the passing of the three-term contingency. *Behavior Therapy*, 21, 153-166.
- Kazdin, A. (1979). Fictions, factions, and functions of behavior therapy. *Behavior Therapy*, 10, 629-654.
- Wolpe, J. (1958). *Psychotherapy by reciprocal inhibition*. Stanford, CA: Stanford University Press.
- Thoresen, C. & Coates, T. (1978). What does it mean to be a behavior therapist? *The Counseling Psychologist*, 7, 3-21.
- Willis, J. & Giles, D. (1978). Behaviorism in the Twentieth Century: What we have here is a failure to communicate. *Behavior Therapy*, 9, 15-27.
- Skinner, B. F. (1963). Operant Behavior. *American Psychologist*, 18, 503-515.
- Skinner, B. F. (1987). Whatever happened to psychology as the science of behavior? *American Psychologist*, 42, 780-786.
- Skinner, B. F. (1990). Can psychology be a science of mind? *American Psychologist*, 45, 1206-1210.
- Williams, J. (1989). The art of being a behavioral chauvinist: And other interesting things. *The Behavior Therapist*, 12, 243-246.
- Deffenbacher, J. & Suinn, R. (1988). Systematic Desensitization and the reduction of anxiety. *Counseling Psychologist*, 16, 9-30.
- Premack, D. (1959). Toward empirical behavior laws: I. Positive reinforcement. *Psychological Review*, 66, 219-233.
- O'Leary, K.D., Poulos, R., & Devine, V. (1972). Tangible Reinforcers: Bonuses or bribes? *Journal of Consulting & Clinical Psychology*, 38, 1-8.
- Hersen, M. (1981). Complex problems require complex solutions. *Behavior Therapy*, 12, 15-29.
- Krijn, M., and colleagues. (2004). Virtual Reality Exposure Therapy of anxiety disorders: A review. *Clinical Psychology Review*, 24 (3), 259-281.

Stallard, P. (2002). Cognitive behaviour therapy with children and young people: A selective review of key issues. *Behavioural and Cognitive Psychotherapy*, 30, 297-309.

BEHAVIORAL ASSESSMENT

- ☑ Goldfried & Davison (1994) chapter 2, 3

Kazdin, A. (1993). Evaluation in clinical practice: Clinically sensitive and systematic methods of treatment delivery. *Behavior Therapy*, 24, 11-45.

Goldfried, M. & Kent, R. (1972). Traditional versus behavioral personality assessment: A comparison of methodological and theoretical assumptions. *Psychological Bulletin*, 77, 409-421.

Kazdin, A. (1977). Artifact, bias, and complexity of assessment: The ABCs of reliability. *Journal of Applied Behavior Analysis*, 10, 141-150.

ACTION AND EMOTION IN PSYCHOTHERAPY

- ☑ Goldfried & Davison (1994) chapter 7

- ☑ Beck (1995) chapter 14.

- ☑ Tompkins, M. (2002). Guidelines for enhancing homework compliance. *Journal of Clinical Psychology*, 58, (5) 565-576. [[available through CWRU ejournals](#)]

Overholser, J.C. (2004). Contemporary psychotherapy: Moving beyond a therapeutic dialogue. *Journal of Contemporary Psychotherapy*, 34 (4), 365-374. [[this reprint is available via CWRU ejournals](#)]

Esterling, B., L'Abate, L., Murray, E., & Pennebaker, J. (1999). Empirical foundations for writing in prevention and psychotherapy: Mental and physical health outcomes. *Clinical Psychology Review*, 19, (1), 79-96.

L'Abate, L. (1991). The use of writing in psychotherapy. *American Journal of Psychotherapy*, 45, 87-98.

STRATEGIES FOR APPLIED CLINICAL RESEARCH

Go to Smith Library and find a recent article using a single-case research design.

Look in Behavior Therapy, Behavior Research and Therapy, Journal of Behaviour Therapy and Experimental Psychiatry, or Journal of Applied Behavior Analysis.

Be prepared to share your findings with the class.

- ☑ Overholser, J. (1991). Prompting and fading in the treatment of compulsive checking. *Journal of Behavior Therapy and Experimental Psychiatry*, 22, (4) 271-279. [[reprint is available on this CD](#)]
- ☑ Stricker, G. (2002). What is a scientist-practitioner anyway? *Journal of Clinical Psychology*, 58, (10), 1277-1283. [[available through CWRU ejournals](#)]
- ☑ Morgan, D., & Morgan, R. (2001). Single-participant research design: Bringing science to managed care. *American Psychologist*, 56, (2) 119-127. [[This reprint is available online](#)]
- ☑ Rosen, G., & Davison, G. (2003). Psychology should list Empirically Supported Principles of Change (ESPs) and not credential trademarked therapies or other treatment packages. *Behavior Modification*, 27 (3), 300-312. [[This article is available via CWRU eJournals](#)].

Lundervold, D., & Belwood, M. (2000). The best kept secret in counseling: Single-case (n=1) experimental designs. *Journal of Counseling & Development*, 78, 92-102.

Blampied, N. (1999). A legacy neglected: Restating the case for single-case research in cognitive-behaviour therapy. *Behaviour Change*, 16, 89-104.

Hilliard, R. (1993). Single-case methodology in psychotherapy process and outcome research. *Journal of Consulting and Clinical Psychology*, 61, 373-380.

Spence, D. (2001). Dangers of anecdotal reports. *Journal of Clinical Psychology*, 57, 37-41.

Martens, B., Eckert, T., Bradley, T., & Ardoin, S. (1999). Identifying effective treatments from a brief experimental analysis: Using single-case design elements to aid decision making. *School Psychology Quarterly*, 14, 163-181.

Task Force on Promotion and Dissemination of Psychological Procedures. (1995). Training in and dissemination of empirically-validated psychological treatments: Report and recommendations. *The Clinical Psychologist*, 48, 3-23.

Chambless, D., & Hollon, S. (1998). Defining empirically supported therapies. *Journal of Consulting and Clinical Psychology*, 66, 7-18.

Goldfried, M., & Wolfe, B. (1996). Psychotherapy practice and research:

Repairing a strained alliance. *American Psychologist*, 51, 1007-1016.

Jacobson, N., & Truax, P. (1991). Clinical significance: A statistical approach to defining meaningful change in psychotherapy research. *Journal of Consulting and Clinical Psychology*, 59, 12-19.

Marten, P. & Heimberg, R. (1995). Toward an integration of independent practice and clinical research. *Professional Psychology: Research and Practice*, 26, 48-53.

Speer, D., & Greenbaum, P. (1995). Five methods for computing significant individual client change and improvement rates: Support for an individual growth curve approach. *Journal of Consulting and Clinical Psychology*, 63, 1044-1048.

RELAXATION TRAINING, MEDITATION, HYPNOSIS

- ☑ Goldfried & Davison (1994) chapter 5
- ☑ Overholser, J. (1990). Passive relaxation training with guided imagery: A transcript for clinical use. *Phobia Practice and Research Journal*, 3, 107-122. [\[reprint is available on this CD\]](#)
- ☑ Overholser, J. (1991). The use of guided imagery in psychotherapy: Modules for use with passive relaxation training. *Journal of Contemporary Psychotherapy*, 21, 159-172. [\[reprint is available on this CD\]](#)
- ☑ Kabat-Zinn, J. (2003). Mindfulness-based interventions in context: Past, present, and future. *Clinical Psychology: Science and Practice*, 10, (2), 144-156. [\[available through CWRU ejournals\]](#)

Overholser, J. (1993). Somatic visualization: Passive relaxation through parallel processes. *Anxiety Disorders Practice Journal*, 1, 43-57.

Jacobson, E. (1924). The technic of progressive relaxation. *Journal of Nervous and Mental Disease*, 60, 568-578.

Jacobson, E. (1925). Progressive relaxation. *American Journal of Psychology*, 36, 73-87. (Reprinted in *American Journal of Psychology*, 1987, 100, 523-537).

Jacobson, E. (1977). The origins and development of progressive relaxation. *Journal of Behavior Therapy and Experimental Psychiatry*, 8, 119-123.

Ferguson, J., Marquis, J., & Taylor, C.B. (1977). A script for deep muscle relaxation. *Diseases of the Nervous System*, 38, 703-708.

Luthe, W. (1962). Autogenic training: Method, research and application in psychiatry. *Diseases of the Nervous System*, 23, 383-392.

Luthe, W. (1963). Autogenic training: Method, research and application in medicine. *American Journal of Psychotherapy*, 17, 174-195.

Benson, H., Beary, J., & Carol, M. (1974). The relaxation response. *Psychiatry*, 37, 37-46.

Bernstein, D., & Borkovec, T. (1973 / 2000). *Progressive relaxation training*. Champaign, IL: Research Press.

SOCIAL SKILLS AND ASSERTIVENESS TRAINING

- ☑ Overholser, J.C. (1995). Cognitive-behavioral treatment of depression: Part II. Techniques for improving social functioning. *Journal of Contemporary Psychotherapy*, 25, (3) 205-222. [[reprint is available on this CD](#)]

Brady, J.P. (1984). Social skills training for psychiatric patients, I: Concepts, methods, & clinical results. *American Journal of Psychiatry*, 141, 333-340.

Brady, J.P. (1984). Social skills training for psychiatric patients, II: Clinical outcome studies. *American Journal of Psychiatry*, 141, 491-498.

Lange, A., Rimm, D., & Loxley, J. (1975). Cognitive-behavior assertion training procedures. *Counseling Psychologist*, 5, 37-41.

RATIONAL-EMOTIVE THERAPY

- ☑ Goldfried & Davison (1994) chapter 8
- ☑ Overholser, J.C. (2003). Rational-Emotive Behavior Therapy: An interview with Albert Ellis. *Journal of Contemporary Psychotherapy*, 33, (3) 187-204. [[This reprint is available via CWRU ejournals](#)]
- ☑ Ellis, A. (2004). Why Rational Emotive Behavior Therapy is the most comprehensive and effective form of behavior therapy. *Journal of Rational-Emotive and Cognitive-Behavioral Therapy*, 22 (2), 85-92. [[this reprint is available via CWRU ejournals](#)]

Ellis, A. (2003). Similarities and differences between Rational Emotive Behavior Therapy and Cognitive Therapy. *Journal of Cognitive Psychotherapy*, 17 (3), 225-240.

Ellis, A. (1991). The revised ABC's of Rational-Emotive Therapy (RET). *Journal of Rational-Emotive and Cognitive-Behavior Therapy*, 9, 139-172.

Ellis, A. (1993). Reflections on Rational-Emotive Therapy. *Journal of Consulting and Clinical Psychology*, 61, 199-201.

Ellis, A. (1995). Thinking processes involved in irrational beliefs and their disturbed consequences. *Journal of Cognitive Psychotherapy*, 9, 105-116.

Bernard, M. (1995). It's time for Rational Emotive Behavior Therapy: Current theory and practice, research recommendations, and predictions. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, 13, 9-27.

DiGiuseppe, R. (1996). The nature of irrational and rational beliefs: Progress in Rational Emotive Behavior Theory. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, 14, 5-28.

Cautela, J., & Baron, M. (1977). Covert conditioning: Assumptions and procedures. *Journal of Mental Imagery*, 1, 53-64.

Cautela, J. (1977). Covert conditioning: A theoretical analysis. *Behavior Modification*, 1, 351-368.

Ellis, A. (1958). Rational Psychotherapy. *Journal of General Psychology*, 59, 35-49.

COGNITIVE THERAPY

Beck, J. (1995). *Cognitive therapy: Basics and beyond*.

Overholser, J.C. (1995). Cognitive-behavioral treatment of depression: Part III. Reducing cognitive biases. *Journal of Contemporary Psychotherapy*, 25, (4) 311-329. [[reprint is available on this CD](#)]

Beck, A. T. (1970). Cognitive therapy: Nature and relation to behavior therapy. *Behavior Therapy*, 1, 184-200.

Hollon, S. & Kriss, M. (1984). Cognitive factors in clinical research and practice. *Clinical Psychology Review*, 4, 35-76.

Beck, A.T., Rush, A.J., Shaw, B., & Emery, G. (1979). *Cognitive therapy of depression*. New York: Guilford.

Beck, A.T., & Emery, G. (1985). *Anxiety disorders and phobias: A cognitive perspective*. New York: Basic Books.

Beck, A.T., Wright, F., Newman, C., & Liese, B. (1993). *Cognitive therapy of substance abuse*. New York: Guilford.

CONSTRUCTIVE / NARRATIVE THERAPY

- ☑ Messer, S. (2000). Applying the visions of reality to a case of brief therapy. *Journal of Psychotherapy Integration, 10*, (1) 55-70. [[available through CWRU ejournals](#)]

Meichenbaum, D. & Defenbacher, J. (1988). Stress inoculation training. *The Counseling Psychologist, 16*, 69-90.

Meichenbaum, D. (1993). Changing conceptions of cognitive behavior-modification: Retrospect and prospect. *Journal of Consulting and Clinical Psychology, 61*, 202-204.

PROBLEM-SOLVING AND SOLUTION FOCUSED THERAPIES

- ☑ Goldfried & Davison (1994) chapter 9
- ☑ Nezu, A., & Nezu, C. (2001). Problem solving therapy. *Journal of Psychotherapy Integration, 11*, (2), 187-205. [[available through CWRU ejournals](#)]
- ☑ Overholser, J.C. (1996). Cognitive-behavioral treatment of depression: Part IV. Improving problem-solving skills. *Journal of Contemporary Psychotherapy, 26*, (1) 43-57. [[reprint is available on this CD](#)]

Nezu, A. (2004). Problem solving and behavior therapy revisited. *Behavior Therapy, 35* (1) 1-33.

Platt, J., Taube, D., Metzger, D., & Duome, M. (1988). Training in Interpersonal Problem Solving (TIPS). *Journal of Cognitive Psychotherapy, 2*, 5-34.

Nezu, A., & Nezu, C. (1993). Identifying and selecting target problems for clinical interventions: A problem-solving model. *Psychological Assessment, 5*, 254-263.

Nezu, A. (1987). A problem-solving formulation of depression: A literature review and proposal of a pluralistic model. *Clinical Psychology Review, 7*,

121-144.

D'Zurilla, T. & Goldfried, M. (1971). Problem solving and behavior modification. *Journal of Abnormal Psychology*, 78, 107-126.

D'Zurilla, T. (1986). *Problem-solving therapy: A social competence approach to clinical intervention*. New York: Springer.