**Cognitive Behavioral Therapy PGY-2**

**2018-2019**

**Time and location: Tuesdays 2:30-4pm in VPH 3080**

**Course Directors:** Sonia Matwin, PhD ([sonia.matwin@vumc.org](mailto:sonia.matwin@vumc.org)) & Dorsey Howard, MS (dorsey.m.howard@vumc.org)

**Required Text:** Beck. J.S. (2011). *Cognitive Behavior Therapy: Basics and Beyond*. Second Edition. New York: Guilford Press

**Course Overview and Objectives:** CBT is an extensively researched form of psychotherapy with demonstrated effectiveness in a variety of conditions. This course is designed to provide you a basic knowledge of cognitive-behavioral theory and treatment. Required reading is noted below and is from the text unless otherwise noted. Additional readings may be suggested by lecturers ad hoc. Course will include case presentations, role-plays, video excerpts of master clinicians, and other exercises geared toward demonstrating CBT principles in action. At the end of this course, it is expected that participants will be able to:

* Understand and explain the cognitive-behavioral model
* Conceptualize individual patients from a cognitive-behavioral perspective
* Describe basic cognitive behavioral principles and strategies

Residents are expected to come prepared having read course material and actively learn and participate. Cell phones are not to be used during class time, unless required to respond to urgent patient care.

**Evaluation:** Each resident will be required to develop and turn in a written CBT case conceptualization for a patient. This assignment will also include a summary of a research article relevant to some aspect of the patient (e.g., diversity, treatment adherence, presenting problem, barriers to treatment). Specific format and deadline for the assignment will be provided and reviewed in class.

**Date Topic Lecturer Reading**

1/15/19 Clinic Introduction and Orientation Matwin None

1/29/19 History and Basic Principles of CBT Howard Chs. 1 & 2

2/5/19 Assessment and Case Formulation Howard Ch. 3

2/12/19 Structuring Sessions Howard Chs. 5 & 7

3/5/19 Psychoeducation Howard None

3/26/19 Behavioral Strategies I: Activation Howard Ch. 6

4/2/19 Behavioral Strategies II: Exposure Howard Ch. 15

4/9/19 Identifying Automatic Thoughts Howard Ch. 9

4/23/19 Challenging Automatic Thoughts Howard Ch. 12

4/30/19 Identifying Assumptions and Core Beliefs Howard Ch. 13

5/7/19 Challenging Core Beliefs Howard Ch. 14

5/14/19 Reviewing Patient Progress Howard None

5/21/19 Cultural Competence and Considerations Howard \****Articles***

5/28/19 Revising Case Formulations Howard Ch. 19

6/11/19 Troubleshooting CBT MatwinChs. 20 & 21

6/25/19 Review and Wrap Up Howard None

***\*Non-textbook required readings are as below and will be provided to residents:***

Pratto, F., & Stewart, A. L. (2012). Group dominance and the half‐blindness of privilege. *Journal of Social Issues*, *68*(1), 28-45.

Sarno, E. L., Mohr, J. J., Jackson, S. D., & Fassinger, R. E. (2015). When Identities Collide: Conflicts in Allegiances Among LGB People of Color.

Sue, S. (2006). Cultural competence: From philosophy to research and practice. *Journal of Community Psychology, 34,* 237-245.