**Cognitive Behavioral Therapy PGY-3**

**2019-2020**

**Time and location: Tuesdays 2:30-4pm in VPH 3046**

**Course Director:** Sonia Matwin, PhD (sonia.matwin@vanderbilt.edu)

**Required Texts:**

Beck, J. S. (2011). *Cognitive Behavior Therapy: Basics and Beyond* (2nd ed.). New York, NY, US: Guilford Press.

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

1. Wright JH, Sudak DM, Turkington D & Thase, ME (2010). Promoting Adherence (Chapter 5)*. In High-yield Cognitive Behavior Therapy for Brief Sessions*. Washington, DC: American Psychiatric Publishing, Inc. (pp. 81-97).
2. Hayes SC, Villatte M, Levin M, Hildebrandt M (2011). Open, aware, and active: Contextual approaches as an emerging trend in the behavioral and cognitive therapies. *Annual Review of Clinical Psychology, 7*, 141-168.
3. Wright JH, Brown, GK, Thase ME, & Basco MR.(2017). *Learning Cognitive-Behavior Therapy: An illustrated guide.* 2nd Edition. Arlington, VA: American Psychiatric Publishing, Inc.
4. Linehan, M. (1993). *Cognitive-behavioral treatment of borderline personality disorder*. New York: Guilford Press.
5. Luoma, J. B., Hayes, S. C., & Walser, R. D. (2007). Learning ACT: An Acceptance & Commitment Therapy Skills-Training Manual for Therapists. Oakland, CA: New Harbinger & Reno, NV: Context 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. Where clinical illustrations are noted, this refers to case presentations, role-plays, video excerpts of master clinicians, or 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
* Discuss variations of traditional cognitive behavioral therapy: acceptance/mindfulness-based CBT; DBT

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 responsible for video recording all psychotherapy sessions, which will be viewed and discussed in weekly supervision. In addition, each resident will be responsible for submitting a video recording of a CBT session, along with a corresponding patient case conceptualization write-up. These will be evaluated based on the Beck Institute’s standardized Cognitive Therapy Rating Scale (CTRS; 1980 J.E. Young & A.T. Beck). Residents will be provided the opportunity to submit two recordings and write-ups over the PGY3 training cycle (mid-year and end of year) should they want to obtain additional feedback; however, only one submission is required for course completion. Specific format and deadline for the papers will be provided and reviewed in class. Lastly, each resident will be required to select a patient to present in class using a case conceptualization format. This presentation will also include 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 papers will be provided and reviewed in class.

**Date Topic Lecturer**

7/30/19 CBT review: Assessment and Case Formulation Jacquart

8/6/19 Acceptance and Commitment Therapy Matwin

8/20/19 Acceptance and Commitment Therapy Matwin

9/3/19 Acceptance and Commitment Therapy Matwin

9/17/19 Acceptance and Commitment Therapy Matwin

10/1/19 Acceptance and Commitment Therapy Matwin

10/15/19 Motivational Interviewing Matwin/Stewart/Jacquart

10/22/19 Motivational Interviewing Matwin/Stewart/Jacquart

11/5/19 Overview of DBT Vaughn

11/12/19 Basic Principles in DBT: Functional Analysis Vaughn

11/19/19 DBT Skills: Core Mindfulness Mohumba

11/26/19 DBT Skills: Distress Tolerance Mohumba

12/10/19 DBT skills: Interpersonal Effectiveness Mohumba

12/17/19 DBT skills: Emotion Regulation Mohumba

1/7/20 Eating Disorders Stewart

1/14/20 Eating Disorders Stewart

1/28/20 DBT: Therapy Interfering Behaviors Matwin

2/4/20 CBT for Insomnia Kreth

2/11/20 CBT for Insomnia Kreth

3/3/20 Considerations for Treating Young Children & Adolescents Cyperski

3/10/20 Counseling Considerations for LGBTQ Cyperski

3/24/20 CBT for Behavior Change Stewart

3/31/20 Brief Therapeutic Interventions in Psychopharm Jacobs

4/7/20 Group Therapy Beck

4/21/20 CBT for Psychosis Sheffield

4/28/20 CBT for Psychosis: Clinical Illustrations Sheffield

5/5/20— Case Presentations Residents

6/9/20