**Cognitive Behavioral Therapy Course**

**PGY 3**

**Wednesday, 9-10 (July – June)**

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**Course Overview:**

CBT is the most substantially researched form of psychotherapy, with demonstrated effectiveness in a variety of conditions. This course is designed to teach you the basic theoretical concepts and how to employ the techniques of CBT. You will be required to participate by reading in advance of lectures, by role-playing, watching tapes of master clinicians, doing written homework and making and sharing tapes of your therapy sessions with patients. The goal is to give you the skills to competently provide CBT for depression, and to understand its use in other disorders.

**Course Objectives:**

1. Describe the cognitive model and understand how it differs for different disorders. Be familiar with the research that demonstrates the efficacy of CBT
2. Understand the commonly used techniques and procedures of therapy, and when they are indicated in treatment
3. Capably conceptualize individual patients using the ACT written conceptualization format
4. Treat at least 3 patients with CBT over the course of the year; demonstrate the use of collaborative empiricism, psychoeducation, session structuring, homework assignment and the therapeutic alliance with these patients
5. Demonstrate effective use of Socratic questioning and guided discovery, automatic thought records, and have knowledge about methods to use to change core beliefs
6. Show proficiency in the use of behavioral techniques including behavioral activation, activity scheduling, graded task assignment, graded exposure, relaxation training and coping cards
7. Use CBT techniques to improve treatment adherence and to help patients who have medical illnesses
8. Complete supportive therapy requirement started in Year 2, if not already completed

**Teaching Methods:**

1. Weekly didactic Sessions
2. Weekly supervision in group (twelve months) – 9 -10 on Tuesday at HUH,

2 – 3 on Wednesday for NW

1. Review of tapes from sessions and individual feedback (7 tapes)
2. Review of three written case conceptualizations and three optional conceptualization diagrams
3. CTAS pre and post lecture series

**Evaluation Methods:**

* + - 1. CTAS (pre and post)
      2. CTS (seven tapes)
      3. Review of 3 case conceptualizations (ACT format for #3)
      4. CTSC of supervision Sessions (Jan-June)

**Session text:** Learning Cognitive-Behavior Therapy

Wright, JH, Basco, MR, Thase, ME (2006)

APPI Press

Suggested texts:

Cognitive Therapy: Basics and Beyond Beck, J (1995) New York: Guilford Press

Cognitive Behavioral Therapy for Clinicians Sudak, D. (2006)Baltimore: Lippincott, Williams and Wilkins

Wright, J.H., Sudak, D.M., Turkington, D., Thase, M. High-Yield Cognitive-Behavior Therapy for Brief Sessions: An Illustrated Guide. Washington, DC: APPI Press, 2010.

Sudak, D.M. CBT and Medication – An Evidence Based Approach, Hoboken: John Wiley and Sons, 2012.

Cognitive-Behavioral Therapy for Severe Mental Illness: An Illustrated Guide. Wright, J.S., Kingdon, D.,Turkington, D., Basco, R. Washington, DC: APPI Press, 2008

Cognitive Therapy Worksheet Packet

Beck, J (1996)

**Website for patient workbooks:**

Look at [www.cci.health.wa.gov.au/resources/consumers.cfm](http://www.cci.health.wa.gov.au/resources/consumers.cfm)

[www.depression-primarycare.org/clinicians/toolkits/materials/forms/phq9](http://www.depression-primarycare.org/clinicians/toolkits/materials/forms/phq9)

for free downloadable materials

**YOU MUST PURCHASE THE TEXT BEFORE THE SERIES BEGINS**. The book is available from APPI Press. The workbook is available via The Beck Institute (610-664-3020).

Other Assigned Readings on CD ROM

**YOU MUST ALSO HAVE A RECORDER WITH AN ADEQUATE MICROPHONE TO TAPE PATIENT SESSIONS. Please** test this prior to the need to tape patient sessions.

**ASSIGNMENTS MUST BE COMPLETED PRIOR TO THE END OF THE DIDACTIC SERIES. RESIDENTS WITH OUTSTANDING WORK WILL BE REQUIRED TO REPEAT THE COURSE.**

**Course Outline:**

**PLEASE NOTE**: Readings should be done **before** the class; homework is for the week **after** the class.

Session 1: **Introduction to CBT 9 AM**

6/12/13

Reading: Chapter 1

Homework: **Learning Exercise 1-1**

Session will consist of an overview of CBT and the research supporting efficacy in particular disorders. Pretest (CTAS) will be administered.

Session 2: **Cognitive Conceptualization** **12 noon**

6/12/13

Reading: Chapter 3

ACT Case Conceptualization Form (www.academyofct.org)

CTS and Manual (05sudak3cogconcep,cogtherscale,ctherscalmanual)

Homework: **CCD self, Learning Exercise 3-1, be prepared to role play setting an agenda for 6/26.**

Session will teach cognitive case conceptualization.

Session 3: **Cognitive Conceptualization** **9 AM**

6/19/13

Session will consist of watching Padesky conceptualization video (No DMS).

Session 4: **The Therapeutic Relationship and Structure of CBT 12 noon**

6/19/13

Reading: Chapter 2 and Chapter 4

BDI-2 – 05Sudak3Beck

“Coping with Depression” – 05Sudak3copdepression

Homework: **Learning Exercise 4-1**

1. The Relationship in CBT

a. therapist’s stance

b. collaborative empiricism – what facilitates and sabotages it

c. helping patients to become their own therapists

d. modifications of “standard CBT” for challenging patients

2. Structure

a. advantages and disadvantages

b. remaining empathic but getting the job done

c. procedures that CBT uses to structure therapy

1. setting goals

2. agenda setting

3. feedback

4. mood check

5. bridging between sessions

6. homework

Session 5: **Structuring 2 9 AM**

6/26/13

Reading: Chapter 4

Homework: **Learning Exercise 4-2, Prepare to role play socializing a patient to the cognitive model. Make list of topics that you would need to educate patients about in therapy, points you want to teach and resources for teaching.**

**Prepare a goal list and agenda from a patient encounter, choose one patient to begin to conceptualize in terms of treatment planning. Bring patient information to Session 7 .**

Goal and Agenda setting practice

1. Role play agenda and goal setting

Psychoeducation in CBT

1. Readings
2. Handouts
3. Mini didactics

Session 6: **Socializing patients to the Cognitive Model 12 noon**

6/26/13

Reading: Optional – Basics Chapter 3-5

Homework:

**Hand in goal list and agenda (from 6/26)**

Session will consist of observed resident role play of explaining the cognitive model to a patient.

**No class 7/3/13.**

Session 7: **Treatment Planning**

7/10/13

Reading: B&B Chapter 16 (optional)

Cognitive Therapy of Depression (ATB) Chapter 6 – 05Sudak3chap6

Wright & Beck article – 05Sudak3cogtherdeptheoryprac

Homework: **Complete brief treatment plan for one patient**

Session will consist of discussion of treatment planning and demonstrating treatment planning with resident patient examples.

Session 8: **Behavioral Methods 1**

7/17/13

Readings: Chapter 6

Lewinsohn– 05Sudak3behapprochdep

Homework: **Learning Exercise 6-1, 6-2**

**Hand in patient treatment plan (from 7/10)**

**Tape a patient to whom you explain the cognitive model**

**Exchange tape with a fellow resident for feedback (written, cc to DMS)**

Behavioral theories of depression

1. Helplessness
2. Lack of pleasurable activities
3. Inertia and procrastination
4. skill deficits
5. perpetuation of negative cognitions

Behavioral Procedures

1. Self monitoring
2. Behavioral Activation

a. Mastery and Pleasure ratings

b. Pleasant event scheduling

c. Using activity scheduling in conjunction with thought recording, cognitive restructuring and medications

3. Graded Task Assignment

a. How to choose a task

b. Successful implementation

c. Breaking tasks into smaller pieces

d. Debriefing

Session 9: **Behavioral Methods 2**

7/24/13

Readings: Chapter 7

Homework: **Learning Exercises 7-1, 7-2, 7-3**

**Hand in tape feedback (7/17)**

**Do one behavioral activation and one exposure set up role play in triads – hand in feedback**

Behavioral Procedures

Exposure

Setting Hierarchies

Implementing In vivo and imaginal exposure

Controlled Breathing and progressive muscle relaxation

Session 10**: Automatic Thoughts 1**

7/31/13

Readings: Chapter 5, 05Sudak3cogtech

Thought Record

Homework: **Learning Exercise 5-1**

**Hand in BA and exposure role play feedback**

**Be prepared to role play eliciting AT’s**

**LAST DATE TO HAND IN SUPPORTIVE THERAPY**

Eliciting Automatic Thoughts

1. Guided Discovery
2. Images
3. Role play
4. emotions
5. “hot cognitions”
6. checklists and thought records

Problems in Automatic Thought Recording

1. Thoughts expressed as questions
2. Thoughts expressed as feelings
3. Irretrievable thoughts
4. Deciding which thoughts to work with
5. Realistic Automatic thoughts

Session 11: **Video demonstration of thought recording (no DMS)**

**8/7/13.**

Session 12: **Automatic Thoughts 2**

8/14/13

Readings: Chapter 5

Homework**: Learning Exercise 5-2**

**Employ thought record (first three columns) with one patient this week. Bring to Session 9/11/13. Begin conceptualization #1 (due 9/25/13).**

Focused Practice with eliciting AT’s: role-play

Discussion of problems encountered in therapy session

What are common cognitive errors and definitions of these errors?

Attribution theory

No class 8/21, 8/28, 9/4

Session 13: **Automatic Thoughts 3**

9/11/13

Reading: Chapter 5

Homework: **Bring thought record from a therapy session with first three columns completed (8/14/13)**

**Identify 5 cognitive errors you make this week**

**Employ 5 column thought record with patient this week (bring next week) Learning exercise 5-3**

Modifying Automatic Thoughts

1. Socratic questioning
2. identifying errors
3. examining evidence
4. developing rational alternatives
5. testing new thinking

Role- play Modifying Automatic Thoughts

Session 14: **Automatic Thoughts 4**

9/18/13

Readings: Chapter 5

Homework: **Bring 5 column thought record with patient this week (9/11/13)**

**Learning Exercise 5-4, 5-5**

**Case conceptualization #1 due 9/25/13**

**Obtain permission to tape at least one patient in CBT**.

Discuss Audiotaping

Discussion of employing 5 column thought record with patient

Other methods of dealing with dysfunctional thinking

1. Thought stopping
2. cognitive rehearsal
3. distraction
4. coping cards
5. mindfulness
6. behavioral techniques
7. problem solving

8. distress tolerance

**OBTAIN TAPES AND TAPE RECORDER: TEST SYSTEM IN THERAPY SETTING FOR RECORDING VOLUME**

Session 15**: Core Beliefs 1**

9/25/13

Readings: Chapter 8

Homework: **Hand in conceptualization # 1 today, Begin work on conceptualization**

**#2 (due 10/30/13). Prepare to role play explaining the concept of core beliefs**

**Learning Exercise 8-1, 8-2, 8-3**

Overview of core beliefs

1. role in relation to psychopathology
2. typical adaptive and maladaptive beliefs
3. methods for identifying and modifying CB’s

**PRITE 10/2 AND 10/9**

Session 16: **Core Beliefs 2**

10/16/13

Readings: Chapter 8

Homework**: Tape #1 due, Learning Exercise 8-4, 8-5, 8-6**

Role-play explaining the concept of Core Beliefs

Modifying beliefs

1. Keeping a list of CB’s
2. evidence gathering (lifetime)
3. Advantage/disadvantage analysis
4. rational alternatives
5. coping cards

Session 17: **Termination, relapse prevention and homework**

10/23/13

Homework: **Tape #2 due,**

Termination and relapse prevention procedures

Role of homework, types of homework, typical problems

Session 18: **CBT and medication adherence**

10/30/13

Homework: **Tape #3 due; Case Conceptualization #2 due**

**Work on Conceptualization (ACT Format) DUE 12/11/13**

Principles of CBT used to facilitate medication adherence

1. Education
2. Self monitoring
3. Problem solving

Addressing beliefs about medication, physicians, illness

Session 19: **CBT & Depression**

11/6/13

Session 20: **CBT & Panic Disorder**

11/13/13

Readings: Salkovskis Chapter 15 &3, Barlow and Craske articles, handouts on breathing and focused cognitive therapy for panic disorder

05Sudak3socphobia,breathing exercises,chap3cogbehav,panicdisordchap5

Homework: **Make Tape #4 and self rate it with CTS and turn in both,**

**Practice Breathing retraining**

Model for anxiety disorders in CBT

Strategies for dealing with anxiety

1. Cognitive Techniques

2. Behavioral Techniques

a. exposure

b. anxiety hierarchies

c. interoceptive exposure

d. relaxation

e.e & rp

f. relaxation/ progressive muscle relaxation

g. diaphragmatic breathing

**No class 11/20 and 11/27**

Session 21: **CBT and Suicidal Patients**

12/4/13

Readings: Salkovskis Chapter 12 O5Sudak3cbtchap12suicide

Cognitive therapy of Depression Chapter 10 & 12 (ATB), 05Sudak3cbtchap12, 05Sudak3suicidechecklist

Session will focus on specific CBT techniques to use with suicidal patients.

Session 22: **Combining CBT and Medication**

12/11/13

Readings: Wright and Thase Article 05Sudak3chap7, chap19

Homework: **Tape #5 due; Conceptualization (ACT Format) DUE TODAY**

**Semester break 12/18/13 – 2/7/14**

Session 23: **Review of key principles and “stuck points” in implementation of CBT**

2/12/14

Homework: **Tape #6 due** - **exchange with another resident to rate on CTS**

Session 24: **CBT & Personality Disorders**

2/19/14

Readings: Salkovskis, Chapter 8 & 9,05Sudak3schemacontent, schema, pbq

Jeff Young Handouts & PBQ, 05Sudak3chap9, BeckBeliefs,chap8cogther

Homework**: Tape # 6 rating due**

Session will review principles & modifications of CBT for personality disorders.

Session 25: **CBT & Psychosis**

2/26/14

Readings: Kingdon, Bellack, Alford articles 05Sudak3lesson18cbtsz, chap8,cogtherdelbel

Homework: None

Session will review principles and modifications of CBT for psychosis, including a discussion of the therapeutic alliance, the concept of “normalization”, and challenging delusions/ hallucinations.

**No class 3/5/14; 3/12/14**

Session 26: **CBT & Bipolar Disorder**

3/19/14

Readings: Wright & Beck article, Rush & Basco h/o 05sudak3cogthermilieu

Homework**: Tape #7**

Session will review principles and modification of CBT for bipolar disorder, including education, symptom monitoring, adherence, mood graphs.

Session 27: **CBT and PTSD**

3/26/14

Session 28: **Resistance**

4/2/14

Session discussing resistance as conceptualized in CBT

Readings: None

Session 29: **Mindfulness and CBT**

4/9/14

Session 30: **CBT with couples**

4/16/14

Post test and evaluation