**Evidence-Based Psychotherapy PGY-4**

**2019-2020**

**Time and location: Tuesdays 1:30-2:30 in VPH 3046**

**Course Directors:** Sonia Matwin, PhD ([sonia.matwin@vanderbilt.edu](mailto:sonia.matwin@vanderbilt.edu))

**Required Text:** Barlow DH. *Clinical Handbook of Psychological Disorders: A step-by-step treatment manual*. 5th ed. New York, NY: Guildford Press: 2014.

**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 build on your basic theoretical knowledge of cognitive-behavioral theory and treatment by illustrating more practical applications of CBT protocols in a variety of diagnostic populations. Required reading is noted below and 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 towards demonstrating CBT principles in action. At the end of this course, it is expected that participants will be able to:

* Described the cognitive-behavioral model and how it differs amongst disorders
* Discuss the research the demonstrates the efficacy/effectiveness of CBT and related evidence-based psychotherapies
* Conceptualize individual patients from a cognitive-behavioral perspective
* Utilize general CBT protocols and understand their theoretical underpinnings

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.

**Date Topic Reading**

7/30 CBT Review: Case Conceptualizations and Basic Concepts

8/6 Social Anxiety Ch 3

8/20 Social Anxiety : Clinical Illustrations

9/3 Panic Disorder Ch 1

9/17 Cultural Competence and Considerations

10/1 Bipolar Disorder Ch 10

10/15 OCD Ch 4

10/22 OCD: Clinical Illustrations

11/5 GAD Ch 5

11/12 GAD Clinical Illustration

11/19 CBT for ADHD

11/26 ADHD: Clinical Illustration

12/10 Depression Ch 7-9

12/17 Depression: Clinical Illustration

1/7 Somatization and Chronic Pain

1/14 Somatization and Chronic Pain

1/28 PTSD Ch 2

2/4 PTSD: Clinical Illustration

2/11 EMDR

3/3 Family Therapy Ch 16

3/10 Evidence Based Couples Therapy \*Additional readings to be provided

3/24 Compassion Focused Therapy \*Additional readings to be provided

3/31 Compassion Focused Therapy

4/7 Grief and Loss \*Additional readings to be provided

4/21 Sexualizing Patient \*Additional readings to be provided

4/28 Sexual Medicine

5/5 Substance Use \*Additional readings to be provided

5/12 Substance Use

5/19 Interpersonal Psychotherapy \*Additional readings to be provided

5/26 Interpersonal Psychotherapy

6/2 Evidence Based Couples Therapy

6/9 Review and Wrap-up

***\*Non-textbook required readings will be provided to residents***