

PSY 6840/7840
Cognitive Behavior Therapy Practicum
Fall 2012/Spring 2013

Instructor:

Office:

Class Hours:

Office Hours:

Email:

Phone: \

It is expected that each student has read and thoroughly understands the APA Ethical Guidelines and the clinic manual.

Objectivvivers:

Attendance and Class Preparation Policy:

No Show, Cancellation, and Late Arrival Policy:

Requirements and Grading:

Client: Madeline

Date:

TREATMENT PLAN

Client: John Smith

Therapist: Laura Seligman

Date: January 1, 2004

Treatment Goal (defined in operational terms): Reduce panic attacks from 3/week to 0.

Conceptualization: *Although initially uncued, John's panic attacks are now triggered by driving. He has developed agoraphobic avoidance that is negatively reinforced by the cessation of the physiological sx's of panic and the reduction in the affective experience of anxiety. In addition, John believes that the panic attacks are signs that he is going crazy. He believes that going crazy while driving will result in his losing control of the car and/pr perhaps intentionally hurting others. Although the agoraphobic avoidance also serves to address this fear, John also attempts to avoid the physical experience of the panic attacks themselves in order to avoid the negative consequence. John's wife may be inadvertently positively reinforcing John's avoidance behavior by providing attention and assistance contingent on the attacks. This may serve a function in the marriage as John reports that his symptoms have in some ways brought the couple closer together.*

Treatment Plan: *1) Interoceptive exposure to panic sx's (most salient is tachycardia and feeling of suffocation) to address avoidance of panic sx's, 2) Develop hierarchy involving driving situations (e.g., sitting in car, driving with therapist, driving with wife, driving alone) to address agoraphobic avoidance, 3) Further assessment/ psychoeducation with couple to address the function the panic may serve for the couple and to enlist wife's help in treatment (i.e., providing attention/assistance for attempts at addressing sx's vs. expressing sx's).*

Possible Obstacles: *Closeness that has developed between John and his wife may make them reluctant to address sx's or improvements may lead to strain in marriage. Will need to discuss with both John and wife and have them develop goals in this area (perhaps to work on something else together) and complete problem-solving activities to arrive at a plan to reach these goals.*