

Course Syllabus

Title: Cognitive Behavioral Psychotherapy – PSY 6340/7340: Section 001

Tuesdays and Thursdays: 9:30-10:45am

Instructor: Jon Elhai, Ph.D.

Learning Objectives:

1. Students should specify the primary features of cognitive-behavior therapy (CBT), and the evidence to support them

class. Please complete these tasks honestly with the knowledge that I will not see these private events during

you to self-disclose to the class. You will have control of what you choose to or not to self-disclose.

Guidelines: Here is a list of questions I would like you to keep in mind in advance of a discussion we may have about a particular assignment. Please be prepared to discuss your experience along the lines of these questions:

1. What you found helpful about the intervention, if anything;

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<p>Feb 11</p>	<p>-Beck book (cont'd)</p> <p>-Gula, R. (2007). Nonsense: Red herrings, straw men, and sacred cows: How we abuse logic in our everyday language. Mt. Jackson, Virginia: Axios Press.</p> <p>-Persons, J. B. (2008). Cognitive theories and their clinical implications. <i>The case formulation approach to cognitive behavior therapy</i> (Chapter 2). New York: Guilford.</p> <p>-Barlow book – Chapter 6 (Depression)</p>	<p>Discuss HW, Cognitive Restructuring, Cognitive Therapy for Depression, Roleplay Thought Records, Logical Fallacies</p>	<p>Thought record (2/12)</p>	<p>Discuss Logical Fallacies for Thursday's class this week</p>
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Mar 11	-Moher, D., Schultz, K. F., Altman, D. G., & the CONSORT Group. (2001). The CONSORT statement:	Testing CBTs, Randomized	Midterm (3/14)	
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Apr 8	-Ferster, C.B. (1973). A functional analysis of depression. <small>Journal of Experimental Psychology: Applied, 29, 957-970</small>	Discuss HW, Behavioral Activation		Practice progressive muscle relaxation daily; track SUDS
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<p>Apr 15</p>	<p>-Bishop, S. R., Lau, M., et al. (2004). Mindfulness: A proposed operational definition. <i>Clinical Psychology: Science and Practice</i>, 11, 230-242.</p> <p>-Hayes, A. M., & Feldman, G. (2004). Clarifying the construct of mindfulness in the context of emotion regulation and the process of change in therapy. <i>Clinical Psychology: Science and Practice</i>, 11, 255-262.</p> <p>-Teasdale, J. D., Segal, Z. V., Williams, J. M. G., Ridgeway, V. A., Soulsby, J. M., Lau, M. A. (2000). Prevention of relapse/recurrence in major depression by mindfulness-based cognitive therapy. <i>Journal of Consulting & Clinical Psychology</i>, 68, 615-623.</p> <p>-Baer, R. A (2003). Mindfulness training as a clinical intervention: A conceptual and empirical review. <i>Clinical Psychology: Science and Practice</i>, 10, 125-143.</p> <p>-Dimidjian, S. & Linehan, M. M. (2003). Defining an agenda for future research on the clinical application of</p>	<p>Discuss HW, Mindfulness-based CBT</p> <p>Acceptance and Commitment Therapy</p>	<p>Relaxation record (4/16)</p> <p>Behavioral Experiment (4/18)</p>	
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evaluation in acceptance and commitment

