

## CBT & Clinical Disorders

<b>Instructor:</b> Dr. Bita Sharifzadeh, OPQ # 10884-07	<b>Class Instruction:</b> Online at student's own pace.
<b>Email for existing clients:</b> info.elite@dbn.life	

### Course Syllabus

Please verify that the course satisfies the requirements that you require to receive your psychotherapy permit. Students can expect to devote 2 hours of personal time (e.g. course readings, exam prep, research) for every 1 hour of lecture time.

#### Course Description

The Cognitive Behaviour Therapy and Clinical Disorders course (15 hrs or 1 credit) is designed for students wishing to enrich their knowledge of Cognitive Behavior Therapy (CBT). Students will review the theory and principles of CBT, as well as evidence-based techniques for specific clinical disorders.

#### Learning Objectives

By the end of this course, students will achieve the following outcomes:

- 1- Describe the theory and origins of CBT.
- 2- Conceptualize each clinical disorder in the frame of CBT.
- 3- Apply tools and techniques to modify clients' automatic thoughts, activate positive behaviours, and challenge their rules, assumptions, and core beliefs.

## **Course Overview**

Each lecture will cover a different clinical disorder and highlight evidence-based cognitive and behavioral techniques used in treatment. These specific mental health disorders include Anxiety, Depression, Posttraumatic Stress Disorder, Obsessive Compulsive Disorder and the treatment of phobias. This course also includes a review of the basic components of CBT and an in depth review of cognitive and behavioral techniques.

## **Required Texts**

Barlow, D.H. (Ed.) (2021). *Clinical handbook of psychological disorders* (6th edition). Guilford Publications.

Beck, J. S. (2021). *Cognitive behavior therapy: Basics and beyond*. New York, NY: The Guilford Press.

Clark, A.D. & Beck, A.T. (2011). *Cognitive therapy of anxiety disorders*. Guilford Publications.

## **Suggested Texts**

Chapman, A. L., Association, A. P., & Farmer, R. F. (2016). *Behavioral Interventions in Cognitive Behavior Therapy: Practical Guidance for Putting Theory Into Action, Second Edition*. Washington, DC: American Psychological Association.

Knaus, W. J. (2016). *The cognitive behavioral workbook for anxiety: a step-by-step program*. Sydney: Read How You Want.

Kennerley, Helen, et al. *An Introduction to Cognitive Behaviour Therapy: Skills & Applications*. SAGE Publications, 2017.

Leahy, R. L. (2017) *Cognitive Therapy Techniques (2nd Ed.) A Practitioner's Guide*: New York, NY: Guilford Press

Riggenbach, J. (2013). *The Cbt Toolbox: A Workbook for Clients and Clinicians*. Eau Clair, WI: Premier Publishing and Media.

White, J. R., & Freeman, A. (2006). *Cognitive-behavioral group therapy for specific problems and populations*. Washington, DC: American Psychological Association.

## **Course Evaluation**

The course is pass/fail, with a passing grade being 70%.

**-Assignment (30%):** The assignment includes 3 exercises where your understanding of the cognitive model, as well as CBT applications of interventions, will be assessed. Assignment instructions and rubric will be posted on the DBN Elite website.

**-Final Exam (70%):** The final exam will consist of 35 multiple choice questions that assess your knowledge of CBT. The questions will reflect the course in its entirety.

## Class Schedule

<i>Lecture Number</i>	<i>Topics Covered</i>	<i>Reading(s)</i>
1	<b><i>Brief Overview of Cognitive Behavioural Therapy</i></b> <ul style="list-style-type: none"> <li>- Features and strategies of CBT</li> <li>- CBT limitations</li> <li>- CBT in application</li> </ul>	Beck, J. S. Chapter 15. Leahy, R. L. Chapter 9 Kennerley, Helen, et al. Chapter 9
2	<b><i>Review of Cognitive &amp; Behavioural Techniques</i></b> <ul style="list-style-type: none"> <li>- Automatic thoughts</li> <li>- Cognitive distortions</li> <li>- Mental imagery</li> <li>- Recurrent thoughts</li> <li>- Controlling behaviors</li> <li>- Behavior change</li> <li>- Mood and emotions</li> <li>- Cognitive change</li> </ul>	Beck, J. S. Chapter 15. Leahy, R. L. Chapter 9
3	<b><i>CBT and Depression</i></b> <ul style="list-style-type: none"> <li>- Overview of Depressive Disorders</li> <li>- Conceptualization of Depression</li> <li>- Interventions</li> <li>- Cognitive Techniques</li> <li>- Behavioral Techniques</li> <li>- Difficulties</li> </ul>	Barlow, D.H. Chapter 7

4	<p><b><i>CBT and Anxiety Disorders</i></b></p> <ul style="list-style-type: none"> <li>- Overview of Anxiety Disorders</li> <li>- Conceptualization of Anxiety</li> <li>- Interventions</li> <li>- Cognitive Techniques</li> <li>- Behavioral Techniques</li> <li>- Difficulties</li> </ul>	Clark, D.A., & Beck, A. T. Chapter 2 & 8-10
5	<p><b><i>CBT and Obsessive Compulsive Disorder</i></b></p> <ul style="list-style-type: none"> <li>- Overview of OCD</li> <li>- Conceptualization of OCD</li> <li>- Interventions</li> <li>- Difficulties</li> <li>- Mindful Thought Relocation Techniques (MTRT)</li> </ul>	Barlow, D.H., Chapter 4.
6	<p><b><i>CBT and Posttraumatic Stress Disorder</i></b></p> <ul style="list-style-type: none"> <li>- Overview of PTSD</li> <li>- Conceptualization of PTSD</li> <li>- Interventions</li> <li>- Difficulties</li> </ul>	Barlow, D.H. Chapter 2  Clark, D.A., & Beck, A. T. Chapter 12
7	<p><b><i>CBT and Phobias</i></b></p> <ul style="list-style-type: none"> <li>- Overview of Phobias</li> <li>- Conceptualization of Phobias</li> <li>- Interventions</li> <li>- Difficulties</li> </ul>	Barlow, D.H. Chapter 1  Clark, D.A., & Beck, A. T. Chapter 8

## Hour Breakdown

### *In-Class*

<b>Task</b>	<b>Number of Hours</b>
Lecture Time	5 hours
Lecture Readings	8.5 hours
Final Exam	1.5 hours
<b>TOTAL IN-CLASS TIME</b>	<b>15 HOURS</b>

### *Outside of Class*

<b>Task</b>	<b>Number of Hours</b>
Assignment	10 hours
Textbook Readings	15 hours
Final Exam Prep	5 hours
<b>TOTAL OUT OF CLASS TIME</b>	<b>30 HOURS</b>
<b>TOTAL COURSE</b>	<b>45 HOURS</b>