

Cognitive Behavioural Therapy and Anxiety Disorders

Instructor: Dr. Bitá Sharifzadeh, OPQ # 10884-07 Email: info.elite@dbn.life	Class Instruction: Online pre-recorded lectures at student's own pace
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Course Syllabus

Problem & Need:

The Cognitive Behavioural Therapy and Anxiety Disorders course is intended for students who wish to broaden their knowledge on using CBT with this specific clinical disorder. Though CBT's techniques taught in introduction courses can be adapted, this course draws a direct link to various techniques to treat different anxiety disorders. This knowledge will serve as a jumping off point for students to apply both adapted cognitive and behavioral techniques in their practice.

Students will then learn to conceptualize anxiety and apply this understanding to different treatment techniques. Finally, students will learn about the potential treatment difficulties and ways to prepare for such.

Length of Activity and Course Format:

The course is 2 hours and will be available online on the [DBN Elite website](#). The course must be completed within 6 months of purchasing it

Trainer:

Dr. Bitá is a Clinical Psychologist with over 20 years of experience in treating individuals, couples, and families. She holds a doctoral degree in Clinical Psychology from Concordia University as well as a postdoctoral degree in Psychopharmacology from Alliant University. Her specialties include the treatment of depression, anxiety, trauma, and OCD, amongst others. Her preferred modalities are CBT, mindfulness, and sensorimotor psychotherapy.

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Course Objectives

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

1. Identify the features and strategies that characterize the cognitive behavioral therapy model.
2. Conceptualize anxiety in relation to CBT.
3. Apply the model's therapeutic techniques to cases of anxiety disorders.
4. Recognize the limitations of CBT and successfully apply alternative strategies when necessary.

Course Evaluation

The course is pass/fail, no numeric grade will be provided.

-Final Exam (100%): The course evaluation will be a cumulative exam that consists of 20 multiple-choice questions and true or false. The final exam will be available to you once you have completed the lecture.

Content

<i>Topics Covered</i>	<i>Required Reading(s)</i>
<i>Overview of Anxiety Disorders</i> -Common symptoms -Generalized Anxiety Disorder -Social Anxiety Disorder -Panic Disorder	Clark J.S. & Beck. A.T. Chapter 2
<i>Conceptualization of Anxiety</i> -The Cognitive Model of Anxiety -Central Tenets of the Cognitive Model of Anxiety	
<i>Interventions</i> -Cognitive Therapy Objectives -Modification of biased appraisals -Normalization -Strengthening personal efficacy -Adapted approach to safety	Beck, J. S. Chapter 15. Clark J.S. & Beck. A.T. Chapter 8-10

<p>Cognitive Techniques</p> <ul style="list-style-type: none">-Psychoeducation-Self-monitoring-Cognitive restructuring-Decatastrophizing <p>Behavioral Techniques</p> <ul style="list-style-type: none">-Relaxation training-Mindfulness skills-Engaging in actions-Exposure <p>Therapeutic Difficulties & Solutions</p>	<p>Clark J.S. & Beck. A.T. Chapter 8-10</p> <p>Beck, J. S. Chapter 15.</p>
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Required Readings

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.

Recommended Readings

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

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.

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.