

## Cognitive Behavioural Therapy and Depression

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

#### **Problem & Need:**

The Cognitive Behavioural Therapy and Depression 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 Depression. 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 Depression 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 1.5 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.

# DBN Elite™

## **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 depression in relation to CBT.
3. Apply the model's therapeutic techniques to cases of depression.
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**

<b><i>Topics Covered</i></b>	<b><i>Required Reading(s)</i></b>
<b><i>Overview of Depressive Disorders</i></b> -Reactive Dysphoria -Grief -Clinical Depression	Barlow (2021): Chapter 7
<b><i>Conceptualization of Depression</i></b> -Cognitive Triad of Depression -Cognitive Distortions	
<b><i>Interventions</i></b> -CBT therapists' role -Therapeutic relationship & goal setting -Role of feedback	Beck, J. S. Chapter 15.
<b><i>Cognitive Techniques</i></b> -Eliciting automatic thoughts	

<ul style="list-style-type: none"><li>-Imagery</li><li>-Role Play</li><li>-Daily Record of Dysfunctional Thoughts</li><li>-Empirical Thinking &amp; Reattribution</li></ul> <p><b>Behavioral Techniques</b></p> <ul style="list-style-type: none"><li>-Cognitive Rehearsal</li><li>-Self-reliance training</li><li>-Role Playing</li><li>-Diversion Techniques</li><li>-Scheduling Activities</li></ul> <p><b>Therapeutic Difficulties &amp; Solutions</b></p>	<p>Barlow, D.H. Chapter 7.</p> <p>Beck, J. S. Chapter 15.</p>
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## **Required Readings**

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.

## **Recommended Readings**

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.