

Syllabus

Treatment Planning and Intervention with Adults Counseling Psychology 524 Fall, 2006 September 9 – December 14 5:30-8:45

Instructor: Gordon Lindbloom
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Office Hours

Tuesday	3:00-4:00
Wednesday	2:00-4:00
Thursday	3:00-4:00

Please Note: The office staff keeps my appointment schedule so that everyone has regular and equal access to scheduling times. Please contact the office at (503) 768-6060, between 9:00 and 5:30, to schedule regular appointments. If those times do not work for you, leave a message with the office staff about times you can come or have a scheduled telephone appointment and I will do my best to work out a satisfactory way for us to have the discussion you need.

Catalogue Course Description

Contemporary approaches to assessment, treatment planning, and intervention based in biopsychosocial systems and empirically supported interventions. Major areas include mood disorders, anxiety disorders, psychotic disorders, personality disorders, substance abuse and addictive disorders including eating disorders and gambling. Emphasis on multicultural and ecological contexts in planning and conducting multi-faceted interventions for change.

Learning Objectives: Students completing this course with satisfactory evaluation will be able to . . .

1. Demonstrate how to use information from multiple assessment strategies and diagnostic work-ups to create treatment plans that are client-centered, individualized, and culturally sound.
2. Describe and explain the major elements of intervention (treatment) planning strategies.
3. Create basic treatment plans using evidence-based interventions for depression, anxiety disorders, substance abuse, and other common presenting problems.
4. Construct means of evaluating client progress.
5. Find, evaluate, and present critical concepts and data on diagnosis and treatment of a special type of clinical issue or disorder.

6. Identify and use information about the personal, social, and cultural context of a client's life to formulate client-centered treatment plans.
7. Describe and give examples of ways to integrate client's values, positive personal goals, religious and spiritual consciousness and commitments into treatment planning.

Requirements for Credit:

Regular attendance and active participation in class sessions and workgroups.

Complete individual and group treatment planning exercises as assigned.

Contribute to the completion of a small group research project demonstrating a successful search for best quality resources on a clinical problem. Topics will be chosen with guidance from the instructor. A guide for this project in information literacy will be provided.

Complete one individual review of best practices in working with a client problem which is not a major focus of attention in the regular class sessions. (A guide will be provided.)

Complete an experimental personal change intervention project. A guide will be provided.

Complete two exams with satisfactory scores.

Evaluation Criteria:

Exams I and II	50% of grade
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These exams will use multiple forms of questions. Points will be assigned for correct answers in each type of question. Total points will be placed on a curve and grades assigned based on general levels of exceptional mastery, competent mastery, minimal mastery, and insufficient mastery.

Group Research Project	10%
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Personal Change Project	10%
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Best Practices Report	20% of grade
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Attendance, Participation and Group Work	10% of grade
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Grades	A	Exceptional
	B	Competent and Sound
	C	Minimal Competence
	D	Insufficient evidence of minimum mastery
	F	Failure to demonstrate learning

Notes on attendance and academic integrity.

Being present in class and participating actively in all of the learning activities of this course is critical to successful accomplishment of the learning objectives. Enrollment in this graduate degree class is a commitment to its purposes and objectives in your professional development. One absence for extenuating personal or family circumstances, (illness, accident, and other uncontrollable events) will be excused. Absences for discretionary activities such as vacations, elective travel or pre-planned personal events will not be excused. Absences that do not meet criteria for being excused may result in a reduction of grade or credit or both.

Academic integrity means doing authentic work for this class, work that is your own and is specifically for this class. Plagiarized work or submitting papers that were previously prepared for other classes do not meet this standard of integrity. Any such materials submitted for this class will not receive credit and their submission will be considered as a possible breach of professional ethics.

Texts:

DSM-IV TR (2000) Washington, D.C. American Psychiatric Association.

Greenberger, D. and C. Padesky (1995). Mind Over Mood: A Cognitive Therapy Manual for Clients. New York, Guilford.

Hersen, M. and M. Biaggio, Eds. (2000). Effective Brief Therapies: A Clinician's Guide. San Diego, CA, Academic Press.

Young, J. E. (1999). Cognitive Therapy for Personality Disorders: A Schema-Focused Approach. Sarasota, FL, Professional Resource Press.

Schedule of Topics and Reading Assignments

Class No.	Date	Topics	Readings	Notes
1	3/2	Diagnosis, Assessment, and Treatment Planning Evidence-Based Treatments & Relationship Factors Basic Interventions Adjustment Disorders and Depression	DSM (DSM-IV TR) Hersen & Biaggio; Effective Brief Therapies Greenberger & Padesky; Mind over Mood Cognitive Therapy for Personality Disorders	Abbreviations of Text titles DSM EBT MOM CT-PD
2	3/9	Depression Anxiety Disorders - Intro	EBT 2 MOM 2-5, 10 DSM Review Criteria for Mood Disorders, pp. 345-428	
3	3/16	Anxiety Disorders	EBT 4,5,7,9 MOM 6-8,11 DSM Review Anxiety Disorders, pp 429-484	
4	3/23	Anxiety Disorders Cont. Relationship Issues Attention Deficit Disorder	EBT 6-8-21, 15, EBT 21 Readings on ADD in Adults, Workbook	
5	4/6	Exam 1, part A, part B Addictive Disorders Alcoholism Drug Abuse Gambling Schizophrenia & Psychotic Disorders	EBT 3, MOM 12 Other TBA EBT 16 DSM Review Criteria, pp. 191-296 DSM Review Criteria, pp 297-344	
6	4/13	Eating Disorders Insomnia Somatization Impulse Control Disorders/Trichitilomania	EBT 14 15 10 17 Other TBA DSM Review Criteria for Disorders Listed here	
7	4/20	Best Practices Reports Due Personality Disorders	EBT 18,19 CT-PD Complete Book	
		Exam II, Part A, Part B Due Date TBA		

Bibliography

Alford, B. A. and A. T. Beck (1997). The Integrative Power of Cognitive Therapy. New York, Guilford.

Antony, M. M., and Barlow, David H. (2002). Handbook of Assessment and Treatment Planning for Psychological Disorders.

Association, A. P. (2000). Diagnostic and Statistical Manual of Mental Disorders. Washington, D.C., American Psychiatric Association.

Barlow, D. H., Ed. (2001). Clinical Handbook of Psychological Disorders.

Carnes, P. J. and K. M. Adams, Eds. (2002). Clinical Management of Sex Addiction.

Connors, G. J., Donovan, Dennis M., & DiClemente, Carlo C. (2001). Substance Abuse Treatment and the Stages of Change: Selecting and Planning Interventions. New York, Guilford Press.

Denning, P. (2000). Practicing Harm Reduction Psychotherapy. New York, Guilford.

Enright, R. D. and R. P. Fitzgibbons (2000). Helping Clients Forgive: An Empirical Guide for Resolving Anger and Restoring Hope. Washington, D.C., American Psychological Association.

Foy, D. W. (1992). Treating PTSD: Cognitive-Behavioral Strategies. North Tonawanda, NY, MHS.

Greenberger, D. and C. Padesky (1995). Mind Over Mood: A Cognitive Therapy Manual for Clients. New York, Guilford.

Hanna, F. J. (2001). Therapy with Difficult Clients: Using the precursors model to awaken change. Washington, D.C., American Psychological Association.

Hersen, M. and M. Biaggio, Eds. (2000). Effective Brief Therapies: A Clinician's Guide. San Diego, CA, Academic Press.

Jongsma, A. E. and L. M. Peterson (1995). The Complete Psychotherapy Treatment Planner. New York, John Wiley & Sons.

Lawson, G. W., Lawson, Ann W., & Rivers, P. Clayton. (2001). Essentials of Chemical Dependency Counseling. Gaithersburg, Maryland, Aspen Publishers, Inc.

Leahy, R. L. (2001). Overcoming Resistance in Cognitive Therapy. New York, Guilford.

Margolis, R. D., & Zweben, Joan E. (1998). Treating Patients with Alcohol and Other Drug Problems: An Integrated Approach. Washington, D.C., American Psychological Association.

Margolis, R. D. and J. E. Zweben (1998). Treating patients with alcohol and other drug problems : an integrated approach. Washington, DC, American Psychological Association.

Marlatt, G. A., & VandenBox, Gary R. (eds.) (1997). Addictive Behaviors: Readings on Etiology, Prevention, and Treatment. Washington, D.C., American Psychological Association.

Maruish, M. E. (2002). Essentials of Treatment Planning. New York, John Wiley & Sons.

Miller, W. R., & C'de Baca (2001). Quantum Change: When Epiphanies and Sudden Insights Transform Ordinary Lives. New York, Guilford.

Miller, W. R., and Rollnick, Stephen (2002). Motivational Interviewing: Preparing People for Change. New York, Guilford.

Miller, W. R., Andrews, Nicole R., Wilbourne, Paula, & Melanie e. Bennett (1998). A Wealth of Alternatives: Effective Treatments for Alcohol Problems. Treating Addictive Behaviors. W. R. a. H. Miller, Nick. New York, Plenum: 203-216.

Miller, W. R. a. H., Nick, Ed. (1998). Treating Addictive Behaviors. Applied Clinical Psychology. New York, Plenum.

Ogles, B. M., M. J. Lambert, et al. (2002). Essentials of Outcome Assessment. New York, John Wiley & Sons.

Roberts, A. R. (2002?). Crisis Intervention.

Rosenthal, R. N., and Westreich, Laurence (1999). Treatment of Persons with Dual Diagnoses of Substance Use Disorder and Other Psychological Problems. Addictions: A Comprehensive Guidebook. B. S. McCrady, & Epstein, Elizabeth. New York, Oxford University Press: 439-476.

Segal, Z. V., J. M. G. Williams, et al. (2002). Mindfulness-based cognitive therapy for depression: a new approach to preventing relapse. New York, Guilford Press.

Sperry, L. (1999). Cognitive Behavior Therapy of DSM-IV Personality Disorders. Philadelphia, PA, Brunner/Mazel.

Valesquez, M. M. e. a. (2001?). Group Treatment for Substance Abuse.

Wampold, B. E. (2001). The Great Psychotherapy Debate: Models, Methods, and Findings. Mahwah, New Jersey, Lawrence Erlbaum Associates, Publishers.

Wells, A. (2000). Emotional Disorders and Metacognition: Innovative Cognitive Therapy. New York, John Wiley and Sons.

Wessler, R., Hankin, Sheenah, & Stern, Johnathan (2002?). Succeeding with Difficult Clients.

Wiger, D. E. and D. K. Kuntley (2002). Essentials of Interviewing. New York, John Wiley & Sons.

Wiger, D. E. and K. B. Solberg Tracking Mental Health Outcomes: A Therapist's Guide to Measuring Client Progress, Analyzing Data, and Improving Your Practice.

Wilson, J. P., Friedman, Matthew J., and Lindy, Jacob D., Ed. (2001). Treating Psychological Trauma and PTSD. New York, Guilford.

Woody, S. (2002). Treatment Planning in Psychotherapy: Taking the Guesswork Out of Clinical Care. New York, Guilford.

Young, J. E. (1999). Cognitive Therapy for Personality Disorders: A Schema-Focused Approach. Sarasota, FL, Professional Resource Press.