

CPSY 555 COGNITIVE BEHAVIOR THERAPY  
Fall 2006

Instructor: Greg Crosby MA, LPC, CGP.

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Dates of class:

October 7,14 (9-5:30)

Nov 4,18 (9-5:30)

**Course Description:**

Review of the history, theory and research on cognitive-behavioral methods in counseling and psychotherapy. Specific methods and applications are reviewed for children, adolescents and adults in mental and emotional disorders, personality disorders, and relationships and interpersonal functioning.

**Texts :**

Cognitive Therapy: Basics and Beyond by Judith Beck PhD

Undoing Perpetual Stress by Richard O'Connor PhD.

Eight journal articles will be passed out in class.

Bibliography will be passed out in class.

**Goals:**

To formulate a case conceptualization model to CBT.

To integrate a bio/psycho/social model of treatment to CBT.

To understand the importance of the therapeutic alliance into CBT.

To learn CBT methods and strategies.

To delineate similarities and differences in treatment applications with adults , teens and children.

To focus on relapse prevention.

**Content Outline Overview**

History of CBT: Tracing Eastern and Western Roots

Research on CBT

Cognitive and Behavioral Conceptualization

Case Conceptualization Model as a key to treatment.

Bio/Psycho /Social Model of CBT

Brain Science and CBT

Structure and format of sessions

Behavioral interventions from a bio/psycho /social model of CBT

Diaphragmatic breathing

Noting pleasantness

Pleasant activities

Sleep hygiene

Identifying triggers

Outline continued:

Behavioral interventions bio/psycho/social continued:

Social network mapping

Exercise

Cue control stimulus response

Desensitization

Cognitive Interventions

Identifying automatic thoughts and identifying schemas.

Responding to automatic thoughts

Exploring methods to enhance the automatic thought record.

Multiple intelligences and CBT

Homework guidelines in CBT

Mindfulness and CBT

Applications to other disorders for adults AXIS I and AXIS II

Applications with children and teens.

Relapse Prevention

Problems of CBT

Future of CBT

**Methods of evaluations:**

Write one 8-10 page CBT application paper.

Include case study or examples, delineate key CBT steps you perceive in the treatment process. Demonstrate different ways to use CBT: behavioral, cognitive and mindfulness. You can make this fun and creative if you wish. More information will be passed out in class regarding paper.

Grades are based on:

Attendance 20%

Paper 80%

**Grading :**

90-100 A

80-89 B

70-79 C

60-69 D

59-0 F

The standard grading scale of 90% or better being an A; 80% or better being a B will be used. Competent graduate level work is generally understood to be at a B level and exemplary graduate level work at an A level.

**Paper due: Dec. 8**

Deliver or mail paper to:

Greg Crosby

Counseling Psychology Dept.

Lewis and Clark College

**Readings:**

Oct. 7 and 14 Chapters 1-11 in Cognitive Therapy and chapters 1-7 in Chapters 1-5 Undoing Perpetual Stress

Nov 4 and 18 : Chapters 12-18 in Cognitive Therapy and chapters 6-11 Undoing Perpetual Stress.

**Diversity:**

Diversity is a key component in mental health treatment. Students will be taught how to skillfully and sensitively use CBT methods with diverse populations.

Notification to the school of any and all types of personal needs, physical, emotional and learning difficulties and /or needs related to American with Disabilities Act is the sole responsibility of the student . All reasonable efforts will be made to accommodate individual needs.