Course Description:
This course provides an overview of the science and practice of cognitive-behaviour therapy (CBT) for adults. Theoretical underpinnings, putative mechanisms of change, and therapeutic efficacy will be studied with reference to Major Depressive Disorder and the Anxiety Disorders. Participants will also become familiar with specific CBT therapeutic interventions and practice issues.

Required Texts:

Additional journal articles are indicated below. These articles entail scientific studies or research reviews that bear upon our understanding of the topic under consideration. Articles are available through LU library online ejournals.

Evaluation
- Mock CBT first interview according to Beck (2011), to be videotaped and debriefed Tuesday February 10 with the course instructor, and contributing 25% towards final grade. Participants will be given a psychological report on the mock client 1 week prior to the interview. This mock client will meet diagnostic criteria for Major Depressive Disorder.
- Mock CBT first interview according to Barlow (2014), to be videotaped and debriefed on Tuesday March 31 with the course instructor, contributing 25% towards final grade. Participants will be given a psychological report on the mock client 1 week prior to the interview. This client will meet diagnostic criteria for one of the following Anxiety Disorders: Panic Disorder with Agoraphobia, Social Phobia, Posttraumatic Stress Disorder, or Obsessive-Compulsive Disorder.
- Final examination, Tuesday April 7 2:30-5:30pm, contributing 50% towards final grade.

Class Activities
Each meeting is divided into two parts. The first part involves a critical understanding of what the current science tells us (or not) about key elements of CBT. This part will be achieved through active class discussion of assigned readings. All participants are to
read all articles and corresponding emails from assigned discussants (see below) before class, and come to class prepared to discuss the material. A participant will be assigned prior to class to act as discussant for each reading. The discussant will pose to the class a question that is relevant to the reading (e.g., theoretical, research, translation into clinical practice), the class will then discuss the question, and the discussant will conclude with their own perspective regarding the question. Each article will be discussed for approximately 10 minutes. Discussants will email their question to the course instructor and all participants not later than 1:00pm on the Monday before the class. Failure to do so will result in a 2-point reduction on the final grade. The email must include discussant’s name, meeting number and date, complete reference for the reading to be discussed, the question, and a brief rationale (2-4 lines) as to why they believe the question to be relevant. Do not include your own perspective (i.e., answer) to the question. The latter you will reveal during the class discussion.

The second part of each class is devoted to CBT skill acquisition to be achieved through active role-play by all participants.

**Meeting Schedule**

**Meeting 1: January 6**
Topics: (1) course overview
Readings:

**Meeting 2: January 13**
Topics: (1) competency; (2) cognitive-behavioural case conceptualization.
Readings:
Beck (2011) chapters 1, 2, 3, Appendices A and C.


**Meeting 3: January 20**

Topics: (1) case formulation continued; (2) the structure of therapy.

Readings:


**Meeting 4: January 27**

Topics: (1) behavioural techniques; (2) homework and compliance; (3) cognitive techniques: Socratic dialogue

Readings:
Beck (2011) chapters 6, 9, 10, 11, 15, 17 (bolded numbers are the chapters of focus for this meeting)


**Meeting 5: February 3**

Topics: (1) CBT for depression; (2) Cognitive techniques: thought records, intermediate and core beliefs.

Readings:


Class devoted to full role play in preparation for 1st mock interview next week.

**Meeting 6: February 10**

Videotaping and debriefing of 1st mock interview.

**Meeting 7: February 24**

Topic: CBT for Panic Disorder and Agoraphobia

Readings:


**Meeting 8: March 3**

**Topic:** CBT for Obsessive-Compulsive Disorder

**Readings:**


and


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**Meeting 9: March 10**

Topic: CBT for Social Anxiety Disorder

Readings:


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**Meeting 10: March 17**

Topic: CBT for Posttraumatic Stress Disorder

Readings:


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**Meeting 11: March 24**
Class devoted to full role play in preparation 2nd mock interview next week.

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**Meeting 12: March 31**
Videotaping and debriefing of 2nd mock interview.