

PSY 542-50 & PSY 560-50
University of Indianapolis Athens Campus
COGNITIVE & COGNITIVE-BEHAVIORAL APPROACHES TO
TREATMENT & LAB
FALL SEMESTER 2004
SYLLABUS

INSTRUCTOR: Dr. Michalis Poulakis, Psy.D.

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appointment

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CLASS TIMES: Mon 6:00 pm – 9:30 pm

OFFICE HRS: W 12-2 R 12-2 and by

REQUIRED TEXTBOOK:

Beck, J. S. (1995). Cognitive Therapy: Basics and Beyond. New York: The Guilford Press.

Dobson, K. S. (Ed.). (2001). Handbook of Cognitive-Behavioral Therapies (2nd ed.). New York: The Guilford Press.

RECOMMENDED TEXTBOOKS:

Barlow, D. H. (Ed.). (2001). Clinical Handbook of Psychological Disorders. New York: The Guilford Press.

The recommended title is on reserve.

ADDITIONAL LECTURE RESOURCES: Texts, articles, and manuscripts will be available on reserve.

COURSE DESCRIPTION: This course covers the theories and applications of cognitive and cognitive-behavioral therapeutic approaches. We will explore a broad range of cognitive and cognitive-behavioral assessment and intervention strategies. Skill development in cognitive/cognitive-behavioral therapy includes demonstrations, role-playing, and videotapes.

COURSE OBJECTIVES: This course is designed to provide you with the opportunity to:

1. Observe and practice some of the major techniques of cognitive and cognitive-behavioral therapies;
2. Become familiar with the basic theoretical tenets of a broad range of cognitive and cognitive-behavioral therapeutic approaches; and
3. Appreciate the potential for the application of cognitive and cognitive-behavior principles and techniques to address diverse problems (e.g., mood disorders, panic, phobias, and anxiety states; substance use problems and relapse prevention; weight control; eating disorders; pain management).
4. The course will critically examine how they can adopt these theories and techniques in different cultures where different interpersonal dynamics and values may exist.

COURSE REQUIREMENTS: Attend class, participate in class discussions, engage in the different role-plays, have an open mind, complete assigned readings and homework assignments, and master testable information.

COURSE GRADES: Grades will be given for homework assignments, videos, course examinations and participation. The composite grade for the semester will be figured by applying the points shown below. The grading policy will be consistent with that established by the University. Incompletes will be given

only under the condition spelled out in the Academic Guide. These conditions usually involve an emergency, a health or other unavoidable problem during the semester, which makes it impossible to complete assignments. Incompletes are given only after consultation with the instructor. See the "Course Schedule" for scheduling information on assignments and examinations. *Assignments handed in late will not be accepted unless previously authorized by the course instructor.*

CLASS EXERCISES/HOMEWORK: You will be asked to practice several of the techniques discussed in the course using your classmates. The homework assignments will be focused on expanding and summarizing your knowledge of both the clinical applications and research evaluations of CBT approaches.

PARTICIPATION: This course relies on an interactive style of teaching. Class participation is strongly encouraged and welcomed. Class participation is weighted because students offer a wealth of knowledge to each other. Participation grades are based on whether or not required readings are completed prior to class and the frequency in which students talk in class about the required readings. The class will be more beneficial and fun if the students engage in dialectic conversations related to treatment issues.

VIDEOTAPE: The purpose of the videotape is to demonstrate your expertise on cognitive behavioral techniques. You will be assigned in pairs and the videotape will be an expansion of the role-plays that will take place during class time during the semester.

EXAMINATIONS & QUIZZES: There will be two examinations and three quizzes. Exams will be completed in class and will consist of short answer and essay questions. Quizzes will have the same format and last for 30 minutes. Class will resume after break following the midterm exam.

2 Examinations * 75	=	150
3 Quizzes * 30	=	90
3 Homework Assignments * 50	=	150
1 Videotape * 80	=	80
Participation	=	5
Total	=	475

Grades will be assigned according to the following scale:

A	96%-100%	C+	77%-79%
A-	90%-95%	C	73%-76%
B+	87%-89%	C-	70%-72%
B	83%-86%	F	<69%
B-	80%-82%		

ATTENDANCE POLICY: Due to the intensive nature of this course, it is very important to avoid absences. A significant number of absences could result in a not passing grade. Examinations or assignments that are missed due to an unexcused absence cannot be made up. Excused absences usually involve a health or other unavoidable problem during the semester, which makes it impossible to attend class. All withdrawals from the course are the sole responsibility of the student.

SCHOLASTIC DISHONESTY: Scholastic dishonesty includes, but is not limited to, cheating on tests, plagiarism, and collusion. I will not hesitate to apply the appropriate instructor options in the case of scholastic dishonesty. However, I expect the application of this provision will be unnecessary.

COURSE SCHEDULE

- Session 1 September 27th, Introduction to course; syllabus overview, class experiences with cognitive and cognitive-behavioral therapies, goals and expectations.
- Session 2 October 4th, Beck: Chapters 1, 2 & Dobson: Chapter 1
- Session 3 October 11th, Beck: Chapters 3, 4, 5 & Dobson: Chapters 2 & 3
- Session 4 October 18th, Beck: Chapters 6, 7, 8 **First Quiz Due**
- Session 5 October 25th, Beck: Chapters 9 & 11 **First Homework Due**
- Session 6 November 1st, Barlow: Chapter 6 – CT for Depression **Midterm Exam**
- Session 7 November 8th, Dobson: Chapters 6, 7, & 10
- Session 8 November 15th, Barlow: Chapter 1 – Panic Disorder & Agoraphobia **Second Quiz Due**
- Session 9 November 22nd, Barlow: Chapter 7 – Interpersonal Psychotherapy Beck: 12 & 14 **Second Homework Due**
- Session 10 November 29th, Beck: Chapters 15, 16 & 17 - **Third Quiz Due**
- Session 11 December 6th, Barlow: Chapters 8 & 9 – Eating Disorders & Alcoholism **Videos Due** and **Third Homework Due:** This homework will be an evaluation of your submitted videotape.
- Session 12 December 13th, **Final Exam** – Video Review Feedback TBA