

PSYCHOL 9321B – Cognitive-Behavioural Therapy

Course Outline: Winter 2019

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Extension:	TBD
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Course Description

Cognitive-behavioural therapies (CBT) have robust empirical support for the treatment of a range of disorders and presenting problems across the lifespan. This course provides an in-depth review of CBT, including history, theory, research, and practical implementation. Through a combination of didactic lectures, training demonstrations, discussion, and hands-on exercises, students will learn how to critically use research to guide their practice as well as session-by-session techniques. Assignments aim to provide students with practical opportunities for developing clinical writing samples, and tangible ways of applying coursework to their own clinical work and research interests. Enrollment is limited and restricted to clinical psychology students. Preference will be given to more senior students. Half course; one term.

Course Materials/Textbooks

Dobson, D., & Dobson, K.S. (2016). *Evidence-based practice of cognitive-behavioral therapy* (2nd ed.). New York: Guilford Press.

Hayes, S.C., & Hoffman, S.G. (Eds.). (2018). *Process-Based CBT: The Science and Core Clinical Competencies of Cognitive Behavioral Therapy*. New Harbinger Publications.

A full list of required readings for the course will be made available to you.

Methods of Evaluation

Final course grades will be based on the following:

1. Clinical term paper (30%; due during the final exam period)
 - a. Drawing on your own clinical work, this paper will consist of three parts:
 - i. Case conceptualization (10%)
 - ii. Treatment plan (10%)
 - iii. Treatment summary (10%)
2. Midterm paper (20%)

- a. For this assignment, students will be required to answer four open-ended essay prompts (500 words each) related to their (1) clinical work experience, (2) theoretical orientation, (3) experience and training in work with diverse populations, and (4) research interests. Essays should be based on a cognitive-behavioural perspective, and specific prompts (drawn from the Association of Psychology Postdoctoral and Internship Centers (APPIC)) will be provided at the start of the term.
3. CBT Practical Enrichment Exercises (20%; date = to be determined)
 - a. Students will be required to complete four brief (1-2 pages maximum) assignments designed to facilitate understanding of CBT principles and their applications to your own clinical work. These assignments may include identifying measures you would use to track clinical response for a particular presenting problem, developing a sample behaviour plan, and locating sample videos to use for providing psychoeducation to a patient and/or their family. Specific assignments and their due dates will be provided at the start of the term.
 4. Clinical case conference presentation (20%; date = to be assigned)
 - a. Each student will lead one clinical case conference presentation, wherein students present a sample case drawing on their own clinical work from a cognitive-behavioural perspective. Didactic training in leading a clinical case conference, often a required part of residency performance, will be provided prior to student presentations.
 5. Class participation (10%)
 - a. Participation will be rated according to preparation for each class meeting (i.e., having read the assigned readings beforehand) and active engagement each week (i.e., asking thoughtful questions for student presentations, participating in hands-on skills exercises, etc).

Statement on Academic Offences

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site:

http://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_grad.pdf

All required papers may be subject to submission for textual similarity review to the commercial plagiarism-detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com (<http://www.turnitin.com>).

