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CO 705 Cognitive-Behavioral Psychotherapy

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Cognitive-Behavioral Psychotherapy

Instructors: Janet Dean, Ph.D. and Anthony J. Headley, Ph.D.

Proposed hours: 3
Proposed level: CO 705
Prerequisite: CO 601
Enrollment limit: 30

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INTRODUCTION

This course is intended as an introductory course examining the theory and practice of cognitive and behavioral approaches to psychotherapy. This course will cover a variety of cognitive-behavioral approaches to psychotherapy. In addition to covering the various theoretical formulations, attention will be given to the techniques of this approach. Christian insights will also be noted where applicable. The course format will include lecture, discussion, video material demonstrating the various approaches and role play opportunities.

GOALS

As a result of completing this course, students shall:

- Gain an understanding of the relationship of Christian principles to cognitive-behavioral approaches
- Develop an understanding of the theoretical formulations of the various approaches to cognitive-behavioral approaches
- Gain first-hand experience with the techniques of cognitive-behavioral methods.

REQUIRED READINGS

Dobson, Keith, S.(ed.). (2001). *Handbook of cognitive-behavioral therapies*. (2nd. ed.). New York: Guilford Press.

Leahy, Robert, L. (2003). *Cognitive-behavioral Techniques*. New York: Guilford Press.

REQUIREMENTS

1. Active participation in class sessions.

2. Attendance at all sessions except in case of emergencies.
3. Completion of reading requirement – 1200 pages including class texts. A report of the reading should be presented on the last day of class. Failure to complete the required reading can result in grade reduction of one increment.
4. Completion of a research paper 20 pages in length on a topic of the student's choice in the area of cognitive behavioral therapy. In this paper, students should include relevant Christian insights and implications. Papers will be graded on the following bases:
 - Demonstrated understanding of the topic
 - Thoroughness of the paper indicated by the inclusion of issues such as the nature of the disorder, diagnostic and treatment considerations.
 - Clarity of thought
 - Quality of writing
 - Overall quality
 - Inclusion of Christian insights where applicable
 - Written in APA format with relevant sources appropriately cited.
5. Completion of a case formulation and a cognitive-behavioral treatment plan based on a case supplied by the course instructors.
6. Completion of a final exam on the course content. This exam will be largely objective in format.

EVALUATION

Course grade will be determined in the following manner:

- | | |
|--|-----|
| • Research paper | 30% |
| • Final exam | 35% |
| • Case formulation and cognitive-behavioral treatment planning
(The case formulation should utilized one theoretical perspective) | 30% |
| • Course participation | 5% |

TIMELY AND SUBSTANTIVE FEEDBACK

Timely: For assessments of student work during the course of the academic term, the expectation of “timely” feedback is met when students have their work marked, graded,

and returned within one week of its submission; in the case of classes enrolling more than 40 students, two weeks. Moreover, when assignment “B” builds on assignment “A,” assignment “A” should be returned before assignment “B” falls due. Longer assignments are often due at the end of term, and are not subject to this definition.

Substantive: For assessments of student work during the course of the academic term, the expectation of “substantive” feedback is met when students receive responses that alert them to what they have done well and how they might improve their performance in subsequent work.

GRADE RANGES

A	93+	C	73
A-	90	C-	70
B+	87	D+	67
B	83	D	63
B-	80	D-	60
C+	77	F	below 60

COURSE SCHEDULE

Day 1

- *Christian principles in cognitive-behavioral method – Dean and Headley*

Class Reading:

- Dobson chapter 5

Additional Reading Resources

Jones, S. L & Butman, R.E. (1991). Cognitive-behavioral Therapy. In S.L. Jones and R.E. Butman, *Modern Psychotherapies*. (pp.196-225). Downers Grove, IL: Intersivity Press.

Tan, S.Y. (1987) Cognitive-behavior therapy – A biblical approach and Critique. *Journal of Psychology and Theology*, 15:2, 103-112.

Day 2

- *The history of cognitive-behavioral approaches – Dean and Headley*

Class Reading:

- Dobson chapters 1 and 4

Day 3

- *Cognitive-Behavioral case formulation – Dean and Headley*

Class Reading:

- Dobson chapter 3, 4 and 7

Day 4 and 5

- *Behavior Therapy – Dean*

Class Reading:

- Dobson chapter 7

Additional Reading Resources

Spiegler, M. D., & Guevremont, D. C. (2002). Contemporary Behavior Therapy (4th ed.). Wadsworth Publishing. ISBN: 053454651X

Thorpe, G. L., & Olson, S. L. (1997). Behavior Therapy: Concepts, Procedures, and Applications (2nd Ed.) Allyn & Bacon Publishers. ISBN: 0205193382

Day 5 and 6

- *Rational Emotive Behavior Therapy – Headley*

Class Reading:

- Dobson chapter 9

Additional Reading Resources

Ellis, A. (2001). Overcoming Destructive Beliefs, Feelings, and Behaviors: New Directions for Rational Emotive Behavior Therapy. Prometheus Books. ISBN: 1573928798

Ellis, A., & Maclaren, C. (1998). Rational Emotive Behavior Therapy: A Therapist's Guide (Practical Therapist Series). Impact Publishers. ISBN: 1886230129

Day 6 and 7

- *Cognitive Therapy by the Becks - Dean*

Class Reading:

- Dobson chapter 10

Additional Reading Resources

Beck, A. T., Rush, A. J., Shaw, B. F., & Emery, G. (1987). Cognitive Therapy of Depression. Guilford Press. ISBN: 0898629195

Beck, J. S. (1995). Cognitive Therapy: Basics and Beyond. Guilford Press. ISBN: 0898628474

Day 7 and 8

- *Multimodal Therapy by A. Lazarus – Headley*

Class Reading:

Additional Reading Resources

Lazarus, A. A. (1989). The Practice of Multimodal Therapy: Systematic, Comprehensive, and Effective Psychotherapy (2nd ed.). Johns Hopkins University Press. ISBN: 0801838118

Day 8

- *Schema Therapy by J. Young - Dean*

Class Reading:

- Dobson chapter 11

Additional Reading Resources

Young, J. E., Weishaar, M. E., & Klosko, J. S. (2003). Schema Therapy: A Practitioner's Guide. Guilford Press. ISBN: 1572308389

Day 9 and 10

- *Stress Inoculation Training by D. Meichenbaum – Headley*

Class Reading:

- Dobson chapter 6

Additional Reading Resources

Meichenbaum, D. (1977). Cognitive-Behavior Modification: An Integrative Approach (Plenum Behavior Therapy). Kluwer Academic Publishers. ISBN: 0306310139

Meichenbaum, D. (1985). Stress Inoculation Training (Psychology Practitioner Guidebooks). Allyn & Bacon. ISBN: 0205144187

SELF-HELP BOOKS

Burns, D. D. (1999). The Feeling Good Handbook (revised edition). Plume Books. ISBN: 0452281326

Greenberger, D., & Padesky, C. (1995). Mind Over Mood: Change How You Feel by Changing the Way You Think. Guilford Press. ISBN: 0898621283

Day 10

- *Case Formulations Review*
- *Final exam – 2 hours*