THEORETICAL FOUNDATIONS OF INTERVENTION: THE COGNITIVE-BEHAVIORAL MODEL
GSAPP, Course # 18:820:504
Fall 2018

Instructor
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Tuesday 4:45- 7:30 PM
Room A340, GSAPP, Busch Campus

COURSE OBJECTIVES
An introduction to the theoretical foundations of the cognitive-behavioral paradigm for understanding human action. Included are the paradigm's behavioral roots in learning theory and its cognitive roots in theories such as Aaron Beck's. A review of emotional theory and its relationship to cognitive processing will also be provided. Cognitive-behavioral concepts will be learned and applied to formulate case examples focusing on the differences in case conceptualization in multiple environments (e.g., clinics and schools).

- Students will become familiar with the underlying theory supporting CBT approaches and demonstrate an understanding of common techniques for assessment of symptoms.
- Utilizing this knowledge, students will develop proficiency in applying theory to clinical practice though case conceptualization and behavioral classification.
- Finally, students will be introduced to methods for treatment planning. Emphasis will be placed on the challenges clinicians face related to the setting in which they practice.

REQUIRED READINGS
- Required readings, in the form of journal or media articles, will be made available via Sakai.

RECOMMENDED READINGS:
- Treatments that Work Series Oxford University Press

GRADES
30% Attendance and participation in class discussions
35% Midterm Case Conceptualization
35% Final Case Write-Up

Attendance is important and refers to on-time presence in the classroom as well as active participation in class discussions. Please contact the instructor before class if you must be absent.
Midterm Case Conceptualization: This assignment will consist of a 1-2 page summary of the fictional character selected for the final case write up. This should include a summary of the character’s current life circumstances (e.g., family dynamics and daily conflicts), presenting issues (i.e., what may bring them to therapy), and additional relevant biographical information.

Final Case Write-Up: For this assignment, students will choose a fictional character and will write a brief diagnostic formulation (no more than five pages). This is an opportunity for students to demonstrate their diagnostic and critical thinking in case conceptualization. This should include salient biographical information (this can be taken from the midterm case conceptualization), presenting symptoms, a brief diagnostic conceptualization, and ideas for treatment planning. This conceptualization and treatment planning should be based in cognitive-behavioral theory with appropriate made to readings and class lectures.

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<tr>
<th>Date</th>
<th>Topic</th>
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<tbody>
<tr>
<td>1 9/4</td>
<td>Introduction &amp; Emotional Theory</td>
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<tr>
<td>2 9/11</td>
<td>Cognitive &amp; Learning Theory</td>
</tr>
<tr>
<td>3 9/18</td>
<td>Anxiety, Trauma, &amp; PTSD</td>
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<td>4 9/25</td>
<td>Depression Conceptualization &amp; Treatment Protocols</td>
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<td>5 10/2</td>
<td>Bipolar Disorder, Suicidality, &amp; DBT</td>
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<td>6 10/9</td>
<td>Behavioral Dysregulation &amp; Mode Deactivation Therapy</td>
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<td>Midterm Due</td>
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<td>7 10/16</td>
<td>Eating Disorders and Acceptance and Commitment Therapy</td>
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<td>8 10/23</td>
<td>Somatoform Disorders &amp; Chronic Pain</td>
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<td>9 10/30</td>
<td>TBD Due to Class Interest (Special Topic)</td>
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<td>Final Due</td>
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Additional Resources in CBT and Evidence Based Treatments
Website: [www.psychologicaltreatments.org](http://www.psychologicaltreatments.org)
Up-to-date information, provided by the Society of Clinical Psychology, on evidence-based psychological treatments, including exhaustive reference lists.

Association for Behavioral and Cognitive Therapies (ABCT)
Despite the name of the organization, it is much more than a group enthusiastic about cognitive behavior therapy. Rather, it is an organization of empirically minded scientist-professionals who have, for nearly 50 years, been concerned with establishing a science-based clinical psychology (and psychiatry, social work, and counseling psychology). Furthermore, ABCT is as concerned with the scientific study of psychopathology and assessment as it is with intervention, and as will quickly become evident in our course, behavior therapy encompasses much more than classical and operant conditioning. ABCT is a very student friendly organization and the conference is a great mix of clinically oriented workshop and scientific presentations. Information on student membership in ABCT is available on the organization’s website, www.abct.org.

Society for a Science of Clinical Psychology (SSCP) Section III of APA’s Division 12
It is easy and inexpensive to join this group as a student member and you do not need to be a member of APA. There is a listserv for all members and a separate one for students. The general listserv has for several years been a forum for lively debate among both senior
clinical/counseling psychologists and graduate students, though most of the exchanges tend to be among senior scientists. The opportunity to eavesdrop on the current thinking of some people whose names you will be encountering this semester and throughout your graduate career and thereafter is an incredible opportunity. Student membership is only $15/year. Go to their website for more info: www.sscpweb.org/
Statements on Disabilities and Academic Integrity

Rutgers University welcomes students with disabilities into all of the University's educational programs. In order to receive consideration for reasonable accommodations, a student with a disability must contact the appropriate disability services office at the campus where you are officially enrolled, participate in an intake interview, and provide documentation: https://ods.rutgers.edu/students/documentation-guidelines. If the documentation supports your request for reasonable accommodations, your campus’s disability services office will provide you with a Letter of Accommodations. Please share this letter with your instructors and discuss the accommodations with them as early in your courses as possible. To begin this process, please complete the Registration form on the ODS web site at: https://ods.rutgers.edu/students/registration-form.

Rutgers’ principles of academic integrity can be found here: http://academicintegrity.rutgers.edu/academic-integrity-at-rutgers/