Learning Theory and Cognitive Behavioral Foundations  
GSAPP, Course # 18:820:507:01  
Fall 2018

Instructor  
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Course time and location:  
Tuesday 9:00am – 11:45am  
Room A317, GSAPP, Busch Campus

COURSE OBJECTIVES

The goal of this course will be to introduce students to cognitive-behavioral and learning theories, concepts, principles, and strategies, especially as they apply to psychotherapy. At some point during the semester, you will be assigned a psychotherapy case through the clinic for which you will apply CBT and receive CBT supervision. This course provides the theoretical background and didactic material needed to begin to become proficient at CBT. Time will be allotted for discussing students’ CBT cases (including cases from practica) in relation to coursework. The specific learning goals are:

* To become familiar with several theories, techniques, and strategies that form the basis of most CBT approaches.

* To become fluent in generating, from a learning theory perspective and a cognitive theory perspective, explanations of (case formulations of) (case conceptualizations of) (interpretations of) human events, through modeling, rehearsal, and shaping.

* To learn the prerequisite skills for learning how to conceptualize a clinical case formulation from a CBT standpoint.

* To learn the prerequisite skills for incorporating tools into therapy in order to evaluate clinical outcomes and progress, including the use of psychometrically valid measures.

REQUIRED READINGS


Other required readings, in the form of journal or media articles, will be made available via Sakai.
RECOMMENDED READINGS (especially if content pertains to your specific clinical case)


*Treatments that Work* Series for specific disorder/problem: Oxford University Press [available for free at GSAPP]

GRADES
Grading will be based on:
50% four written assignments (due 9/25; 10/9; 10/23; 11/13)
25% attendance and participation in class discussions
25% final paper

Attendance is important and refers to on-time presence in the classroom as well as “mindful” attention to the course (i.e., no cell phones or computer use). Grades will be affected and credit may not be given if more than two classes are missed (other than for observance of religious holidays). Please contact the instructor before class if you must be absent.

The final paper is a CBT case conceptualization and treatment plan for a CBT client assigned to you in the clinic. The paper is due 12/4 or within two weeks of your fourth session with your client, whichever comes later. Because I cannot control the timing of the case assignments, if you haven’t completed your final paper by 12/11, you will receive an incomplete in the course until the paper is turned in and graded satisfactorily. This decision has been approved by the faculty at-large and will not reflect poorly on your academic standing.

SCHEDULE OF READINGS AND ACTIVITIES (subject to change)

September 4th  
Course Overview and Introduction to Cognitive Behavioral Foundations


Tolin, Chapter 1
September 11th  Learning Theory: Behavioral Foundations & Respondent Conditioning
Tolin, Chapters 2 and 4
Persons, Chapter 3

September 18th  Learning Theory: Operant Conditioning; Stimulus Control
Tolin, Chapters 8-9
Pryor, Chapter 4 (available on Sakai)

September 25th  Behavioral Assessment
Tolin, Chapter 6


Assignment #1 Due

October 2nd  CBT Supervision & Cultural Competency


October 9th  Cognitive Foundations
Tolin, Chapter 3
Persons, Chapter 2

Assignment #2 Due

October 16th  From Foundations to Practice: Getting Started in CBT Treatment
Tolin, Part II intro and Chapter 7
October 23rd  From Foundations to Practice: Beginning Case Formulation
Persons, Chapters 1 – 4 [skim]
Tolin, Chapter 5

Assignment #3 Due

October 30th  CBT Treatment Planning: Identifying goals, targets, and developing treatment plan
Persons, Chapters 5-7

November 6th  Psychological Measurement of Outcomes: Ongoing Assessment Strategies
Persons, Chapter 9
PLUS: Listen to interview with Michael Lambert www.sscpweb.org/SciPrac

November 13th  Introduction to Cognitive Restructuring
Tolin, Chapters 13-17

Assignment #4 Due

November 20th  Exposure Therapy
PLUS: Listen to interview with Michelle Craske www.sscpweb.org/SciPrac
Tolin, Chapter 11

November 27th  Transdiagnostic CBT: Unified Protocol for Emotional Disorders I
Barlow et al., Chapters 1-7

December 4th  Transdiagnostic CBT: Unified Protocol for Emotional Disorders II
Barlow et al., Chapters 8-14
December 11th  Introduction to “Third Wave CBT”: Theoretical Foundations


December 18th  Hold date for make-up class, if necessary.

Additional Resources in CBT and Evidence Based Treatments
Website: www.psychologicaltreatments.org
Up-to-date information, provided by the Society of Clinical Psychology, on evidence-based psychological treatments, including exhaustive reference lists.

I strongly suggest you consider joining two organizations.

**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 over 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/