

Cognitive Behavioral Therapy

PSY 6309

Spring 2022



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Course Information

Course Description

A study of clinical application of cognitive-behavioral therapies, techniques and interventions to a wide range of mental and emotional problems. The course will also examine some brief therapy approaches and techniques.

Course Credits: 3 SCH

Required Text:

Beck, J. S. (2011). *Cognitive behavior therapy, basics and beyond*. (2 ed.). New York, NY: The Guilford Press. ISBN: 978-1-60918-504-6

Hofmann (2012). *An Introduction to Modern CBT*. Wiley-Blackwell. ISBN 978-0-470-97175-8

Required Software:

Micro Expressions Training Tools (Face Basics): <https://www.paulekman.com/micro-expressions-training-tools/>

Course Objectives

1. Learn to apply course material (to improve thinking, problem solving, and decisions)
2. Developing specific skills, competencies, and points of view needed by professionals in the field most closely related to this course

Student Learning Outcomes

Student Learning Outcome By completing all course requirements, students will be able to:	Assignment(s) or activity(ies) validating outcome achievement:
Have a basic understanding of the theoretical framework underlying cognitive behavior therapy skills and techniques.	Lecture, Discussions, Role-play, Homework assignments, EMETT, Case Assignment, Exam
Be able to identify appropriate applications for cognitive behavioral skills and techniques.	Lecture, Discussions, Role-play, Homework assignments, EMETT, Case Assignment, Exam
Demonstrate competencies and skills in applying cognitive behavioral therapy at a level appropriate for a beginning counselor.	Lecture, Discussions, Role-play, Homework assignments, EMETT, Case Assignment, Exam

Course Delivery

This is a face-to-face course with learning resources and supplemental materials posted in Blackboard.

Technology Requirements

To successfully complete this course, students need to access BlackBoard, for course materials and complete quizzes.

Communication

Email is the best way to contact your instructor and graduate teaching assistant. All emails should include "PSY 6309" in the subject line. All emails should include your first and last name.

Grading

Evaluation and Grades

Course grades will be determined as indicated in the table below.

Assessment	Points
Reading Reaction/Professionalism/Participation (10 pts/class)	110
Homework assignments (5 pts each)	40
EMETT Training	50
Case assignment	200
Final Exam	100
Total Possible Points	500

Grading System

Course grades will be dependent upon completing course requirements and meeting the student learning outcomes. The following grading scale is in use for this course:

A = 450-500

B = 400-449

C = 350-399

D = 300-349

F ≤ 299

Reading Reactions/Professionalism/Participation:

Class attendance **is required to be successful** in this course. Students will prepare, each week, a response of discussion questions/reactions based on their readings. These questions/responses are meant to help you prepare for class discussions and as such you should read assigned readings prior to class. Discussions may be based upon reading or homework assignments. Thus, failure to do these assignments will negatively impact your participation grade. Participation will be graded for 11 class periods; there are 16 classes total in the semester. Participation will not be evaluated in the first class and your lowest participation grade will be dropped. Thus, if you miss more than one class you will receive a 0 for the class and it will count in your grade for the semester.

Grades will be assigned as excellent (10 pts), adequate (7 pts), inadequate (4 pts), or fail (0 pts). To receive an 'excellent' you must be present for the entire class, complete the reaction form with meaningful reactions, and participate fully in all in-class activities (meaning that you volunteer for role-plays and demonstrations), including providing your fellow classmates with appropriate, meaningful feedback. Some in-class activities will be based on knowledge or competency. In order to receive an 'excellent' on those days you must successfully and accurately complete the activity. If you are absent or if you refuse to participate in the in-class activities, you will automatically receive a 'fail' for the day (0pts.).

Homework Assignments:

You will frequently have homework assignments to complete. These are in addition to the course readings. These assignments will include a variety of activities. They may include: short writing assignments, and activities that you may assign as a cognitive-behavioral therapist. Not all assignments will be turned in, but you should be prepared to discuss every assignment in class. At least 8 assignments will be turned in for a grade.

Case Assignment:

You will complete this activity in teams of 2-4 people. Your team will be provided with a case. You will receive a grade for two parts of the case assignment: the case documents (80pts.) and case presentation (120pts). You will receive one group grade for your case documents. However, you will receive an individual grade for your case presentation. The rubric will be posted in BlackBoard.

Case Documents: You will need to thoroughly write narrative, in APA format, that pertains to your assigned case. You will discuss the following: At least 1 week before presentations, you will turn in a summary of your case, 1-2 pages, so I can make copies for your peers.

1. Overview of case
2. Assessments: procedures, forms, and samples completed
3. Discussion of diagnosis
4. Description of main issues and treatment techniques for disorder in general (use your text and/or literature)
5. Treatment plan, including specific techniques
6. Case's target behaviors and automatic thoughts, intermediate thoughts, and core beliefs for case
7. Research to support treatment (minimum of 12 scholarly references)
8. Include relevant literature and research on a particular issue that may affect treatment planning for the client, such as sex, ethnicity, age, class, ongoing domestic violence, co-morbid disorders, or medical problems.
9. Termination plans

Class presentation:

You will have 40 minutes to present a case summary (**Do Not** read through your documents) of the case documents and role play case to demonstrate characteristic cognitions, behaviors, and approaches with teammate. Your classmates will have copies of your case documents, which means you should not spend much time on presenting this material. Also, allow 5-7 minutes at the end of your presentation for questions and feedback. Tag-team therapy: Other students rotate through; teammates switch part way through. Each team member should be in the therapist role for equal amount of time as other team members. Your presentation will be graded on how well you present the case conceptualization and treatment as well as your demonstration of cognitive behavioral therapy skills.

Emotions Recognition Training:

Research has shown that Facial Expression, Awareness, Compassion, Emotions software (F.A.C.E.; Paul Ekman Group, LLC; PEG, 2014) is effective in training people to recognize emotion (Curtis, 2020). While it has not shown differences in detecting deception, it has been useful for improving emotion recognition scores. Recognizing client emotions is a fundamental skill for therapists-in-training and in practicing cognitive behavioral therapy. You will establish baseline scores of ability to identify microexpressions in the Ekman Micro Expression Training Tool 3.0 (EMETT; Paul Ekman Group, LLC, 2014). Copy your baseline scores (print screen function) and submit it on the syllabus date. Throughout the semester you will complete the EMETT training. Please document the number of hours that you spent on training. Finally, at the end of the semester you will complete the final improvement measure and submit your final improvement score along with a summary of your training experience (including time spent).

Final Exam:

There will be 1 final, comprehensive exam given at the end of the course. The final exam will consist of true/false and multiple choice questions that will cover material from lectures, readings, activities, and class discussions from the entire semester.

Course Schedule

Date	Topic	Readings Due *	Assignments Due**
1/18	Introductions; CBT model “Presentation”		
1/25	CBT model Overview of Treatment “Presentation”	Beck Chs. 1 & 2 Hofmann Ch. 1 & 2 (general process of CBT section)	HW1: Thoughts on CBT RR1 EMETT Baseline
2/1	Conceptualization Assessment Behavior Modification	Beck Ch. 3 & 4 Hofmann Ch. 2 (assessment and behavior modification sections)	RR2
2/8	Structuring the Therapy Session CBT for depression Behavioral activation	Beck Chps. 5-7 Hofmann Ch. 8	HW2: Monitoring Form RR3
2/15	CBT for depression Automatic thoughts & emotions	Beck Chs. 9-10	HW3: Behavioral activation exercise RR4
2/22	CBT for depression Automatic thoughts continued	Beck Chs. 11-12 Hofmann Ch. 2 (Categories of maladaptive cognitions)	RR5
3/1	CBT for depression Intermediate & Core beliefs Homework in CBT	Beck Chs. 13-14 Beck Ch. 17	HW4: Develop automatic thought record & fill it in RR6
3/8	CBT for anxiety disorders Phobias & Panic	Hofmann Chs. 3-4	RR7
3/22	CBT for anxiety disorders Social Anxiety Disorder & OCD	Hofmann Chs. 5-6	HW5: Design exposure exercises (Phobia & Panic or OCD) RR8
3/29	CBT for anxiety disorders Generalized Anxiety Disorder	Hofmann Ch. 7	RR9 EMETT Summary and Improvement Scores
4/5	Third wave therapies: Cognitive-Behavioral Assimilative Integration, ACT, & DBT	See blackboard or in-class handouts	HW6: Practice relaxation exercise RR10
4/12	Work on Case Studies		HW7: Practice acceptance strategy Turn in case documents
4/19	Case Assignments	Case Documents	Case Assignments Due
4/26	Case Assignments	Case Documents	Case Assignments Due

5/3	CBT for substance use disorders, pain management, & sleep Family therapy and parenting Deception in Therapy	Hofman Chs. 9, 11, & 12 See blackboard/in-class	HW8: Revisiting CBT RR11
5/10	Final Exam (Tuesday May 10; 1pm-3pm)		

****Syllabus is subject to change at the discretion of the instructor****

General Policies

Required Use of Masks/Facial Coverings by Students in Class At Angelo State University

As a member of the Texas Tech University System, Angelo State University has adopted the mandatory [*Facial Covering Policy*](#) to ensure a safe and healthy classroom experience. Current research on the COVID-19 virus suggests there is a significant reduction in the potential for transmission of the virus from person to person by wearing a mask/facial covering that covers the nose and mouth areas. Therefore, in compliance with the university policy students in this class are required to wear a mask/facial covering before, during, and after class. Faculty members may also ask you to display your daily screening badge as a prerequisite to enter the classroom. You are also asked to maintain safe distancing practices to the best of your ability. For the safety of everyone, any student not appropriately wearing a mask/facial covering will be asked to leave the classroom immediately. The student will be responsible to make up any missed class content or work. Continued non-compliance with the Texas Tech University System Policy may result in disciplinary action through the Office of Student Conduct. Video: <https://youtu.be/4uecCBgaCGQ>

All students are required to follow the policies and procedures presented in these documents:

- [Angelo State University Student Handbook](#)¹
- [Angelo State University Catalog](#)²

Student Responsibility and Attendance

Professionalism

Students are expected to strive for professionalism in and outside of the class. Students should strive for professionalism defined by Competency Benchmarks in Professional Psychology:

- 1.Integrity
- 2.Deportment
- 3.Accountability
- 4.Concern for the welfare of others
- 5.Professional identity

It is expected that each student will have the required reading completed before the class during which we will discuss the material (see course schedule). Some material in the text may be challenging upon first read, but lectures will be easier to follow if you have read the chapter.

*****If I feel the class is not keeping up with the reading, I will have the option to start giving quizzes at any time during any class. Just remember that reading prior to class is really to your benefit!**

1. Read the syllabus thoroughly. If anything is unclear, then read the syllabus. If you still have concerns, then contact the professor.
2. Students are expected to take responsibility for their success in class. You are encouraged to be *active participants* in the education process by asking questions and being alert in class.
3. Distracting or disrespectful students will be asked to leave the class (this includes use of cell phones and other electronic devices).
4. If you have any concerns related to this class, you are encouraged to speak with your instructor *in a timely manner*. **As a general rule, you should raise any issues within one week of receiving a grade or completing a given project.**
5. Students will be expected to access their email and Blackboard online classroom on a regular basis for announcements, course materials, assignments, and grades.
6. The instructor reserves the right to use plagiarism prevention software.

Late Work or Missed Assignments Policy

Due dates and times for assignments are posted. Failure to complete quizzes or assignments will result in a zero for those assignments. Your lowest reading reaction/participation grade will be dropped and you will not be given a grade for the first class.

Make up policy for exams: Make up exams will **ONLY** be allowed for emergency situations (in other words, a doctor's appointment is not an emergency). It is the student's responsibility (BY EMAIL WHEN POSSIBLE) to contact the professor within 24 hours to reschedule. Failure to do so will result in a zero on the exam. Make up exams will be scheduled at the convenience of the instructor and will be scheduled as quickly as possible. Make-up exams will cover the same material, but are in a format of the instructor's choice, such as **ORAL** or comprehensive fill in the blank/essay exams.

Academic Integrity

Students are expected to maintain complete honesty and integrity in all work. Any student found guilty of any form of dishonesty in academic work is subject of disciplinary action and possible expulsion from ASU. The College of Health and Human Services adheres to the university's [Statement of Academic Integrity](#).³

Accommodations for Students with Disabilities

ASU is committed to the principle that no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefits of the services, programs or activities of the university, or be subjected to discrimination by the university, as provided by the Americans with Disabilities Act of 1990 (ADA), the Americans with Disabilities Act Amendments of 2008 (ADAAA) and subsequent legislation.

Student Disability Services is located in the Office of Student Affairs, and is the designated campus department charged with the responsibility of reviewing and authorizing requests for

reasonable accommodations based on a disability. It is the student's responsibility to initiate such a request by contacting an employee of the Office of Student Affairs, in the Houston Harte University Center, Room 112, or contacting the department via email at ADA@angelo.edu. For more information about the application process and requirements, visit the [Student Disability Services website](#).⁴ The employee charged with the responsibility of reviewing and authorizing accommodation requests is: Dallas Swafford: Director of Student Disability Services, Office of Student Affairs, 325-942-2047, dallas.swafford@angelo.edu, Houston Harte University Center, Room 112

Incomplete Grade Policy

It is policy that incomplete grades be reserved for student illness or personal misfortune. Please contact faculty if you have serious illness or a personal misfortune that would keep you from completing course work. Documentation may be required. See ASU Operating Policy 10.11 [Grading Procedures](#)⁵ for more information.

Plagiarism

Plagiarism is a serious topic covered in ASU's [Academic Integrity policy](#)⁶ in the Student Handbook. Plagiarism is the action or practice of taking someone else's work, idea, etc., and passing it off as one's own. Plagiarism is literary theft.

In your discussions and/or your papers, it is unacceptable to copy word-for-word without quotation marks and the source of the quotation. It is expected that you will summarize or paraphrase ideas giving appropriate credit to the source both in the body of your paper and the reference list.

Papers are subject to be evaluated for originality. Resources to help you understand this policy better are available at the [ASU Writing Center](#).⁷

Student Absence for Observance of Religious Holy Days

A student who intends to observe a religious holy day should make that intention known in writing to the instructor prior to the absence. See ASU Operating Policy 10.19 Student Absence for [Observance of Religious Holy Day](#)⁸ for more information.

Copyright Policy

Students officially enrolled in this course should make only one printed copy of the given articles and/or chapters. You are expressly prohibited from distributing or reproducing any portion of course readings in printed or electronic form without written permission from the copyright holders or publishers.

Syllabus Changes

The faculty member reserves the option to make changes as necessary to this syllabus and the course content. If changes become necessary during this course, the faculty will notify students of such changes by email, course announcements and/or via a discussion board announcement. It is the student's responsibility to look for such communications about the course on a daily basis.

Title IX at Angelo State University

Angelo State University is committed to providing and strengthening an educational, working, and living environment where students, faculty, staff, and visitors are free from sex discrimination of any kind. In accordance with Title VII, Title IX, the Violence Against Women Act (VAWA), the Campus Sexual Violence Elimination Act (SaVE), and other federal and state laws, the University prohibits discrimination based on sex, which includes pregnancy, and other types of Sexual Misconduct. Sexual Misconduct is a broad term encompassing all forms of gender-based harassment or discrimination and unwelcome behavior of a sexual nature. The term includes sexual harassment, nonconsensual sexual contact, nonconsensual sexual intercourse, sexual assault, sexual exploitation, stalking, public indecency, interpersonal violence (domestic violence or dating violence), sexual violence, and any other misconduct based on sex.

You are encouraged to report any incidents involving sexual misconduct to the Office of Title IX Compliance and the Director of Title IX Compliance/Title IX Coordinator, Michelle Boone, J.D. You may submit reports in the following manner: Online: www.angelo.edu/incident-form, Face to face: Mayer Administration Building, Room 210, Phone: 325-942-2022, Email: michelle.boone@angelo.edu

Note, as a faculty member at Angelo State, I am a mandatory reporter and must report incidents involving sexual misconduct to the Title IX Coordinator. Should you wish to speak to someone in confidence about an issue, you may contact the University Counseling Center (325-942-2371), the 24-Hour Crisis Helpline (325-486-6345), or the University Health Clinic (325-942-2171).

For more information about resources related to sexual misconduct, Title IX, or Angelo State's policy please visit: www.angelo.edu/title-ix.

End of Syllabus

¹ <https://www.angelo.edu/student-handbook/>

² <https://www.angelo.edu/catalogs/>

³ <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>

⁴ <https://www.angelo.edu/services/disability-services/>

⁵ <https://www.angelo.edu/content/files/14197-op-1011-grading-procedures>

⁶ <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>

⁷ https://www.angelo.edu/dept/writing_center/academic_honesty.php

⁸ <https://www.angelo.edu/content/files/14206-op-1019-student-absence-for-observance-of>