Cognitive Behavioral Foundations
GSAPP, Course # 18:820:504:02
Fall 2012

Instructor
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Course time and location:
Tuesday 9:15am - 12:00pm
Room A340, GSAPP, Busch Campus

COURSE OBJECTIVES
The goal of this course will be to introduce students to cognitive-behavioral theories, concepts, principles, and strategies, especially as they apply to psychotherapy. This introduction will include background on the history of the field.

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

* Students will 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.

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

REQUIRED READINGS


Other required readings, in the form of journal or media articles, will be made available via Sakai.

GRADES
Grading will be based on:
50% completion of four assignments
50% attendance and participation in class discussions

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 non-course related computer use). Credit will not be given if two classes are missed. Please contact the instructor before class if you must be absent.
SCHEDULE OF READINGS AND ACTIVITIES (subject to change)

September 4th  Course Overview and Introduction to Cognitive-Behavioral Theory


September 11th  Behavioral Foundations: Describing Behavior

Ramnero & Torneke, Introduction and Chapters 1-3 (pp. 1-59)

September 18th  Learning Theory: Respondent Conditioning

Ramnero & Torneke, Chapter 4

September 25th  Learning Theory: Operant Conditioning

Pryor, Chapters 1-4
Ramnero & Torneke, Chapter 5

Self-management Assignment #1 Due

October 2nd  Learning Theory: Stimulus Control and other Learning principles

Ramnero & Torneke, Chapter 6


Self-management Assignment #2 Due

October 9th  Cognitive Theory I


J. Beck, Chapters 1-3

October 16th  Cognitive Theory II

J. Beck, Chapters 9-14

Cognitive Analysis Assignment Due
**October 23rd**  
No class – makeup scheduled for 11/13

**October 30th**  
**Functional Analysis**


DBT Chain Analysis Worksheets

**November 6th**  
**“Third Wave CBT”: Theoretical Foundations**


**Functional Analysis Assignment Due**

**November 13th**  
**CBT Supervision & Cultural Competency**

(These topics will have been integrated into previous weeks’ discussions and are included here as topics in their own right.)
