Western University  
Department of Psychology  

Psychology 9321: Cognitive-Behavioural Therapy  
Fall Semester 2023  

ENROLLMENT
Enrollment is restricted to clinical psychology graduate students. Preference will be given to more senior students.

COURSE INFORMATION

Instructor: Dr. David J. A. Dozois  
Westminster Hall, 313E  
Phone: 679-2111 x.84678  
e-mail: ddozois@uwo.ca

Classes: Tuesdays 9:00 - 12:00 Room WH 36  
(with some classes conducted via Zoom)  
Zoom: https://westernuniversity.zoom.us/j/6891724254  
Meeting ID: 689 172 4254

COURSE OBJECTIVES
Cognitive-behavioural therapies figure prominently among the empirically supported treatments currently recognized in psychotherapy. These approaches have demonstrated significant growth and have been applied successfully to an array of clinical disorders. The main objectives of this course are to (1) provide students with an overview of the history, theory, research, and practice of various cognitive-behavioural therapies; (2) foster motivation in students to be informed by the empirical literature and to practice in an evidence-based manner; and (3) promote the development of clinicians who critically evaluate and utilize research to guide their approaches to treatment. Through discussion and lectures students will become familiar with the theoretical rationale underlying different cognitive therapeutic approaches, the empirical data supporting various techniques, and the psychotherapy outcome literature regarding the efficacy of cognitive therapy for different disorders. With hands-on demonstrations, exercises, role-playing activities, and videos, students will learn session-by-session techniques and strategies for treating various disorders and difficulties. Enrolment is limited and restricted to clinical psychology students. Preference will be given to more senior students. Half course; one term.

COURSE FORMAT
This class will be delivered in a hybrid format. Although most classes will be held in person, several classes will be held virtually (by Zoom).
COURSE LEARNING OUTCOMES/OBJECTIVES
Upon completion of this course, students should be able to:

1. Demonstrate in-depth knowledge of cognitive-behavioral theory and therapy.
2. Demonstrate understanding of various cognitive-behavioral therapy skills and techniques.
3. Critically examine and synthesize the research literature and articulate conceptual and practical trends in cognitive-behavioral therapy.
4. Locate research articles and demonstrate critical thinking about research findings pertaining to cognitive-behavioral therapy.
5. Express knowledge of cognitive-behavioral therapy (and relevant empirical evidence) in written form.
6. Engage in evidence-based dialogue with the course instructor and peers.
7. Reflect thoughtfully on cognitive-behavioral therapy strategies and how they might impact their future research and clinical work.

COURSE MATERIALS

Required Texts:

A list of required readings for the course will also be made available to you.

Recommended Texts:


Recommended Professional Texts (for future reference)*
Guilford Press.


* These are excellent resources related to cognitive therapy and theory.

**Other Resources**

**Journals**

For your information and reference, the *Journal of Consulting and Clinical Psychology*, *Cognitive Therapy and Research*, *Behaviour Research and Therapy*, *Cognitive and Behavioral Practice*, *Cognitive Behaviour Therapy*, *Journal of Cognitive Psychotherapy*, and *The International Journal of Cognitive Therapy* are some of the key journals in this area.
**Evidence-Based Practice Websites**
Canadian Psychological Association, Task Force on Evidence-Based Practice of Psychological Treatments

Best Practices in Psychology Portal

National Institute for Health and Care Excellence

Research-Supported Psychological Treatments
[http://www.div12.org/PsychologicalTreatments/index.html](http://www.div12.org/PsychologicalTreatments/index.html)

American Psychiatric Association Practice Guidelines

Centre for Evidence-Based Mental Health
[https://lx.iriss.org.uk/content/centre-evidence-based-mental-health](https://lx.iriss.org.uk/content/centre-evidence-based-mental-health)

The Cochrane Collaboration
[http://www.cochrane.org](http://www.cochrane.org)

**Other Cognitive Therapy Internet Resources**

The Beck Institute: [http://www.beckinstitute.org](http://www.beckinstitute.org)

Association for Behavior and Cognitive Therapies (ABCT): [http://www.abct.org](http://www.abct.org)

Academy of Cognitive and Behavioral Therapies: [http://www.academyofct.org](http://www.academyofct.org)

The International Association for Cognitive Psychotherapy: [http://www.the-iacp.com](http://www.the-iacp.com)

**METHODS OF EVALUATION**
In addition to reading and participating in class discussions, demonstrations, and exercises, you will be required to do the following:

1) **Term Paper (40%)**
You are to write a term paper focusing on some theoretical aspect(s) of CBT (e.g., EDI issues related to CBT, CBT for marginalized populations, cognitive mechanisms of change, cognitive vulnerability) OR to write a review of CBT psychotherapy outcome for the treatment of a particular disorder (e.g., meta-analysis, dismantling research, component analyses or psychotherapy outcome studies) or population (e.g., a particular ethnic group; underrepresented groups). The purpose of this
exercise is to give students the opportunity to review the theoretical and empirical status of cognitive behavioural theory and therapy for a particular disorder, to become familiar with some of the conceptual and methodological issues in this area, to potentially broaden their knowledge base regarding cultural diversity as it relates to CBT, and to understand why and/or how CBT works (or why particular aspects of CBT work). Papers should be 15-20 pages in length (and not more than 20 pages), excluding references. Please conform to APA (2020; 7th edition) format. You may wish to consult with me prior to beginning your paper, as I may be able to provide you with some key references on your topic.

2) Presentation (20%)
You will also be responsible for delivering a 20-minute presentation on the research evidence related to one of the assigned topics. Your presentation should provide a comprehensive and up-to-date critical review of empirical literature pertaining to CBT for a particular disorder (e.g., mechanisms of change in CBT, comparative outcome, efficacy of specific components, cross-cultural findings). Your grade for this assignment will be based on the clarity, organization, and style of presentation; appropriateness and relevance of the research reviewed; depth of understanding of the empirical literature; discussion of the implications and future research directions; and the degree of critical thinking demonstrated. The presentation will take place after the instructor presents on the theory and practice of CBT for a particular disorder. Topic areas and dates of presentations will be assigned at the beginning of the course.

3) Cognitive Therapy Exercises and 1- or 2-page Summary (30%)
For this assignment, you are to complete a series of exercises (described in further detail below):
   a. Automatic Thoughts Record
   b. Case Formulation
   c. Cognitive Rehearsal and Coping Cards
   d. Behavioural Activation
   e. Identifying Core Beliefs

   a. Automatic Thoughts Record. For this assignment, you are to spend 3-5 days completing a daily thought record. Think about a particular thought pattern that you would like to change (e.g., negative thinking, thoughts related to procrastination, hostile thoughts). Alternatively, you may think about different situations that triggered emotions for you (e.g., anger, anxiety, sadness). Use the daily thought record to keep track of your mood and thoughts, to examine the evidence and to generate alternative thoughts.

   b. Case Formulation. Complete a case formulation worksheet for a patient that you are currently working with or have worked with in the past. Attempt to identify underlying schemas (or schemas that you suspect might be present). Develop a working hypothesis and treatment plan based on this formulation (see Beck, 2021, Chapter 3; Dobson & Dobson, 2017, Chapter 3).

   c. Cognitive rehearsal and Coping Cards. Identify a situation in your life for which rehearsal might help you to be more effective or confident. Think through the situation and identify possible automatic thoughts, emotions, and alternative balanced thoughts. Also develop a
coping card to outline the major points that you would like to remind yourself of or the coping strategies that you would like to implement.

d. **Behavioural Activation.** Complete an activity schedule for your own life for one week. Provide ratings of mastery and pleasure. After reviewing your schedule, determine what you might like to change; then begin to activity schedule.

e. **Identifying Core Beliefs.** Attempt the downward arrow technique for yourself to identify underlying schemas that you might have. Write down each of the steps in the downward arrow (see Beck, 2021, pp. 291-292; Dobson & Dobson, 2017, pp. 208-230). Complete an “Inventory of Beliefs”. Try to identify and write out the core beliefs you might have (see examples in handouts). Discuss (in a paragraph or two) which strategies you might take to modify these core beliefs.

I will obviously keep all information completely confidential; however, you may wish to pick thought patterns/beliefs that are relatively benign and nonthreatening as you will be required to hand in your thought records. You may choose to use your own thoughts and experiences or to create fictional ones (although I believe that the learning experience will be enhanced by doing the former).

After completing all 5 mini-assignments, please write a 1- or 2-page summary on your experience and how it has (or has not) helped you to understand the process of cognitive therapy. In this summary, you may also wish to comment on how going through this process might help you to understand what your clients are going through, including some of the difficulties involved in therapy (e.g., homework compliance). This assignment is due on the last day of classes.

4) **Class participation** (10%)
In addition to the aforementioned requirements, you will also receive a mark for class participation. This mark will be based on your showing up for class, demonstrating that you have read the material consistently and are able to take part in discussion, and your involvement in the role-playing exercises.

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Percentage</th>
<th>Due Date</th>
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<tbody>
<tr>
<td>Term Paper</td>
<td>40%</td>
<td>December 18, 2023</td>
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<tr>
<td>Presentation</td>
<td>20%</td>
<td>To be scheduled</td>
</tr>
<tr>
<td>Cognitive therapy exercises and 1-page Summary</td>
<td>30%</td>
<td>December 12, 2023</td>
</tr>
<tr>
<td>Class participation</td>
<td>10%</td>
<td>Weekly</td>
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**TOPICS AND SCHEDULE**

<table>
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<tr>
<th>Topic</th>
<th>Date</th>
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<tbody>
<tr>
<td>Introduction and Historical Perspectives</td>
<td>September 12, 2023</td>
</tr>
<tr>
<td>Cognitive-Behavioural Theory, Therapy and Conceptualization</td>
<td>September 19, 2023</td>
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## Psychology 9321: Cognitive-Behavioural Therapy

<table>
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<tr>
<th>Topic</th>
<th>Date</th>
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<tbody>
<tr>
<td>Structuring Therapy and Identifying Automatic Thoughts/Core Beliefs</td>
<td>September 26, 2023</td>
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<tr>
<td>Cognitive Therapy for Depression</td>
<td>October 3, 2023</td>
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<tr>
<td>Reading Week – No class</td>
<td>October 10, 2023</td>
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<tr>
<td>Cognitive Therapy for Couple Distress</td>
<td>October 17, 2023</td>
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<tr>
<td>Cognitive Therapy for Panic Disorder</td>
<td>October 24, 2023</td>
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<tr>
<td>Cognitive Therapy for Psychosis – Zoom: <a href="https://westernuniversity.zoom.us/j/6891724254">https://westernuniversity.zoom.us/j/6891724254</a> Guest Lecturer: Dr. Michael Best, University of Toronto at Scarborough</td>
<td>October 31, 2023</td>
</tr>
<tr>
<td>Cognitive Therapy for Generalized Anxiety Disorder</td>
<td>November 7, 2023</td>
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<tr>
<td>Cognitive Therapy for Eating Disorders – Zoom <a href="https://westernuniversity.zoom.us/j/6891724254">https://westernuniversity.zoom.us/j/6891724254</a> Guest Lecturer: Dr. Philip Masson, Private Practice</td>
<td>November 14, 2023</td>
</tr>
<tr>
<td>Cognitive Therapy for Chronic Pain &amp; Sleep Disorders - Zoom <a href="https://westernuniversity.zoom.us/j/6891724254">https://westernuniversity.zoom.us/j/6891724254</a></td>
<td>November 21, 2023</td>
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<tr>
<td>Dialectical Behavior Therapy for Borderline Personality Disorder – Zoom: <a href="https://westernuniversity.zoom.us/j/6891724254">https://westernuniversity.zoom.us/j/6891724254</a></td>
<td>November 28, 2023</td>
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<tr>
<td>Cognitive Therapy for Social Anxiety</td>
<td>December 5, 2023</td>
</tr>
<tr>
<td>Cognitive Therapy for Obsessive-Compulsive Disorder Special Issues in Cognitive Therapy – Zoom: <a href="https://westernuniversity.zoom.us/j/6891724254">https://westernuniversity.zoom.us/j/6891724254</a></td>
<td>December 12, 2023</td>
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### The Structure of Class Time
The structure of our class time will be divided into 3 components. The instructor will present on the theory and practice of CBT for the first 1-1.5 hours. Following this, we will have brief (20 min) student presentations on the empirical evidence pertaining to CBT for a particular disorder. The last hour of class time will focus on learning and practicing different CBT intervention skills.

### COURSE READINGS

#### Introduction and Historical Perspectives

  Chapter 1 – Introduction to Cognitive-Behavioral Therapy

cognitive-behavioral therapies. In K. S. Dobson & D. J. A. Dozois (Eds.), *Handbook of

**Cognitive-Behavioural Theory, Therapy and Conceptualization**

  Chapter 2 – Overview of Treatment
  Chapter 3 – Cognitive Conceptualization
  Chapter 5 – The Evaluation Session
  Chapter 6 – The First Therapy Session
  Chapter 9 – Treatment Planning
  Chapter 10 – Structuring Sessions

**Structuring Therapy and Identifying Automatic Thoughts/Core Beliefs**

  Chapter 12 – Identifying Automatic Thoughts
  Chapter 13 – Emotions
  Chapter 14 – Evaluating Automatic Thoughts
  Chapter 15 – Responding to Automatic Thoughts
  Chapter 17 – Introduction to Beliefs
  Chapter 18 – Modifying Beliefs

Recommended: Chapter 16, 20

**Cognitive Therapy for Depression**

schema structures. In D. J. A. Dozois & K. S. Dobson (Eds.), *Treatment of psychosocial risk
factors in depression* (pp. 207-232). American Psychological Association.

Hofmann, S. G., & Asmundson, G. J. G. (Eds.), *The science of cognitive behavioral therapy*

**Cognitive Therapy for Couple Distress**

therapy. In K. S. Dobson & D. J. A. Dozois (Eds.), *Handbook of cognitive-behavioral therapies*
Cognitive Therapy for Panic Disorder


Cognitive Therapy for Psychosis


Recommended by the Speaker (Reading this will facilitate your understanding of the lecture):


Cognitive Therapy for Generalized Anxiety Disorder


Cognitive Therapy for Eating Disorders


Recommended by the Speaker:


Cognitive Therapy for Chronic Pain & Sleep Disorders


Cognitive Therapy for Personality Disorders (Borderline Personality Disorder)


Cognitive Therapy for Social Anxiety


Cognitive Therapy for Obsessive-Compulsive Disorder (and Special Issues in Cognitive Therapy)


  Chapter 8 – Action Plans
  Chapter 21 – Termination and Relapse Prevention
  Chapter 22 – Problems in Therapy

Statement on Academic Offences

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site: [http://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_grad.pdf](http://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_grad.pdf)

All required papers may be subject to submission for textual similarity review to the commercial plagiarism-detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com ([http://www.turnitin.com](http://www.turnitin.com)).

Health/Wellness Services

Students who are in emotional/mental distress should refer to Mental Health@Western [http://www.uwo.ca/uwocom/mentalhealth/](http://www.uwo.ca/uwocom/mentalhealth/) for a complete list of options about how to obtain help.

Accessible Education Western (AEW)

Western is committed to achieving barrier-free accessibility for all its members, including
graduate students. As part of this commitment, Western provides a variety of services devoted to promoting, advocating, and accommodating persons with disabilities in their respective graduate program.

Graduate students with disabilities (for example, chronic illnesses, mental health conditions, mobility impairments) are strongly encouraged to register with Accessible Education Western (AEW), a confidential service designed to support graduate and undergraduate students through their academic program. With the appropriate documentation, the student will work with both AEW and their graduate programs (normally their Graduate Chair and/or Course instructor) to ensure that appropriate academic accommodations to program requirements are arranged. These accommodations include individual counselling, alternative formatted literature, accessible campus transportation, learning strategy instruction, writing exams and assistive technology instruction.