



INTRODUCTION TO COGNITIVE BEHAVIORAL THERAPY (CBT)

This course is given online. It includes 45 hours of course content.

Instructor: Dr. Martin Drapeau, psychologist (drapeau@medipsy.ca)

Pre-requisites: In order to register for and complete this course, participants need to be a licensed professional, or need to have completed or be in the process of completing a bachelor's degree in human relations (for example, psychology, counselling, nursing, occupational therapy, social work/MFT, guidance counselling, psychoeducation, or related disciplines).

GENERAL DESCRIPTION OF CONTENT

This course is an introduction to the theories and techniques of cognitive behavioral therapy (CBT). It was designed to give learners a solid basis to understand the principles of CBT, as well as how these principles are translated into therapeutic techniques.

More specifically, this course, which is organized into a series of structured lessons, covers the topics described below:

1. INTRODUCTION TO THE COURSE

- 1.1 An introduction to this course
- 1.2 About the lecturer
- 1.3 Disclaimer

2. HOW THIS COURSE IS RELATED TO, AND YOUR OBLIGATIONS AS PER BILL 21 & OBLIGATIONS OF ALL PROFESSIONALS WISHING TO PRACTICE PSYCHOTHERAPY IN TERMS OF BASIC TRAINING

3. HISTORY OF CBT AS A THERAPEUTIC METHOD [Wundt, Korn, Pavlov, Watson, Skinner, Jones, Salter, Wolpe, Bandura, Mahoney, Beck] (e.g., Beck, 2005; Beck et al., 1979; Fernandez et al., in press; Taylor, 1977)

3.1 Psychology was born in a lab

3.2 The beginning of behaviorism – Little Albert and Little Peter.

3.3 Going cognitive

3.4 The birth of cognitive behavioral therapy

3.5 More history (optional)

4. BASIC CONSTRUCTS AND PRINCIPLES (e.g., Beck & Beck, 2011; Beck et al., 1979; Craighead et al., 2005; DeRubeis et al., 2009; Drapeau, 2014)

4.1 What is CBT?

4.2 ABT: an introduction to the theory

4.2.1 The importance of behavioral models

4.2.2 What's thinking got to do with it?

4.2.3 Connecting thoughts, behaviors and emotions

4.3 Cognitive errors

4.3.1 Cognitive errors: a bit of history

4.3.2 Cognitive errors, schemas, and automatic thoughts

4.3.4 Identifying cognitive errors

4.3.5 Valence: cognitive errors can also be positive

4.3.6 The Cognitive Error Rating Scale

4.3.7.1 Fortune telling

4.3.7.2 Labeling

4.3.7.3 Over-generalizing

4.3.7.4 All or nothing thinking

4.3.7.5 Discounting the positive / negative

4.3.7.6 Emotional reasoning

4.3.7.7 Magnification / minimization

4.3.7.8 Mental filter

4.3.7.9 Should and must statements

4.3.7.10 Tunnel vision

4.3.7.11 Jumping to conclusions

4.3.7.12 Mind reading

4.3.7.13 Personalization

4.3.7.14 Inappropriate blaming (self or others)

4.3.7.15 Inappropriate crediting (self or others)

4.3.7 Research on cognitive errors

4.3.8 Resources for your patients

4.4 Maladaptive behaviors and coping

4.4.1 Coping strategies and stressors

4.4.1.1 The theory

4.4.1.2 Behavioral, cognitive and emotional forms of coping

4.4.1.3 Problem solving

- 4.4.1.4 Information seeking
- 4.4.1.5 Helplessness
- 4.4.1.6 Escape
- 4.4.1.7 Self-reliance
- 4.4.1.8 Support seeking
- 4.4.1.9 Delegation
- 4.4.1.10 Isolation
- 4.4.1.11 Accommodation
- 4.4.1.12 Negotiation
- 4.4.1.13 Submission
- 4.4.1.14 Opposition
- 4.4.1.15 Research on coping strategies
- 4.4.1.16 The Coping Rating System

4.5 Beliefs

- 4.5.1 The theory
- 4.5.2 Beliefs, automatic thoughts and cognitive errors
- 4.5.3 Resources for your patients

4.6 Emotional dysregulation

4.7 The cognitive triad

5. CBT IN ACTION (Clark et al., 2015; Friedberg et al., 2011; Wright, 2006; Wright et al., 2006; O'Donohue et al., 2012; Strunk et al., 2010)

5.1 Ten basic clinical principles

5.2 An overview of treatment delivery

- 5.2.1 Five attitudes and tasks
 - 5.2.1.1 The therapeutic alliance in CBT
 - 5.2.1.2 (Progress monitoring)
 - 5.2.1.3 Planning treatment and structuring sessions
 - 5.2.1.4 Identifying and responding to dysfunctional cognitions
 - 5.2.1.5 Emphasizing the positive
 - 5.2.1.6 Facilitating cognitive and behavioral change between sessions (homework)

5.3 Case conceptualization

5.4 The different sessions

- 5.4.1 The first session
- 5.4.2 The following sessions
- 5.4.3 Manualized therapy

5.5 The cognitive behavioral therapist (adherence and competence)

- 5.5.1 Assessing your competence - introduction

6. CBT INTERVENTIONS AND TECHNIQUES (James et al., 2010; Kanter et al., 2010, 2012; Leahy et al., 2012; Manos et al., 2010; Martell et al., 2001; Mazzucchelli et al., 2009; Overholser, 2011; Öst et al., 2004; O'Carroll, 2013)

- 6.1 Important techniques**
- 6.2 Socratic questioning**
- 6.3 Guided discovery**
- 6.4 Cognitive restructuring**
- 6.5 Working on automatic thoughts**
- 6.6 Guided imagery**
- 6.7 Thought records**
- 6.8 Attending to and emphasizing the positive**
- 6.9 Decatastrophizing**
- 6.10 The ABC technique**
- 6.11 Behavioral experiment**
- 6.12 Homework**
- 6.13 Exposure**
- 6.14 Behavioral activation**
- 6.15 Self-therapy**
- 6.16 Booster sessions**

7. THE EFFECTS OF CBT (Jacobson et al., 2010; McPherson et al., 2005; Thomas et al., 2008, Cochrane library)

7.1 Outcome research

7.1.1 Where to look for your research: systematic reviews and meta-analyses

7.2 Practice guidelines

7.1.1 Where to find guidelines

8. THIRD WAVE CBT: AN OVERVIEW

9. RESOURCES, TOOLS, AND SCALES FOR CLINICAL PRACTICE

ORGANIZATION OF CLASS TIME

As per the OPQ's interpretation of Bill 21 and of the hours and credits required by domain, participants may expect to invest 2 hours of personal work for each hour spent "in class" (online) for readings, course preparation, studying and the assignment(s) or examination(s).

ASSIGNMENTS

This course involves completing two exams, one mid-way through the course and another at the end of the course. Both exams must be completed successfully. This course is graded as Pass/Fail. Pass is set at 60%.

REFERENCES

A number of documents are available to you in each lesson taken online. Other references will be given in the course.

In addition to those documents, you may wish to consider the following documents and resources.

- Beck, A. T. (1963). Thinking and depression: I. Idiosyncratic content and cognitive distortions. *Archives of General Psychiatry*, 9, 324-333. doi:10.1001/archpsyc.1963.01720160014002
- Beck, A. T. (1967). *Depression: Clinical, experimental, and theoretical aspects*. New York: Harper & Row.
- Beck, A. T. (Ed.). (1979). *Cognitive therapy of depression*. Guilford press.
- Beck, A. T., Rush, A. J., Shaw, B. F., & Emery, G. (1979). *Cognitive therapy of depression*. New York: The Guilford Press.
- Beck, A. T. (2005). The current state of cognitive therapy: a 40-year retrospective. *Archives of General Psychiatry*, 62, 953-959. doi:10.1001/archpsyc.62.9.953
- Beck, J. S., & Beck, J. S. (2011). *Cognitive behavior therapy: Basics and beyond*. New York: Guilford Press.
- Beck, A. T., Rush, A. J., Shaw, B. F., & Emery, G. (1979). *Cognitive therapy of depression*. New York: The Guilford Press.
- Beck, A.T., Steer, R.A., & Brown, G.K. (1996). *Manual for Beck Depression Inventory-II*. San Antonio, TX: Psychological Corporation. doi:10.1037/t00742-000
- Beck, A.T., Steer, R.A., & Garbin, M.G. (1988). Psychometric properties of the Beck Depression Inventory: Twenty-five years of evaluation. *Clinical Psychology Review*, 8, 77-100. doi:10.1016/0272-7358(88)90050-5
- Beck, A. T., Wright, F. D., Newman, C. F., & Liese, B. S. (1993). *Cognitive therapy of substance abuse*. New York: The Guilford Press.
- Bell, E. C., Marcus, D. K., & Goodlad, J. K. (2013). Are the parts as good as the whole? A meta-analysis of component treatment studies. *Journal of Consulting and Clinical Psychology*, 81, 722-736. doi:10.1037/a0033004
- Blackburn, I-M. & Davidson, K. (1990). *Cognitive therapy for depression and anxiety*. Oxford: Blackwell.
- Burns, D. D., & Auerbach, A. H. (1992). Does homework compliance enhance recovery from depression?. *Psychiatric Annals*, 22, 464-469. doi:10.3928/0048-5713-19920901-07
- Burns, D. D., & Nolen-Hoeksema, S. (1991). Coping styles, homework assignments, and the effectiveness of cognitive-behavioral therapy. *Journal of Consulting and Clinical Psychology*, 59, 305-311.

- Clark, G. I., & Egan, S. J. (2015). The Socratic method in cognitive behavioural therapy: A narrative review. *Cognitive Therapy and Research*, 39, 863-879. doi:10.1007/s10608-015-9707-3
- Clore, J., & Gaynor, S. (2006). Self-statement modification techniques for distressed college students with low self-esteem and depressive symptoms. *International Journal of Behavioral Consultation and Therapy*, 2, 314. doi:10.1037/h0100786
- Clore, J. L., & Gaynor, S. T. (2012). Cognitive modification versus therapeutic support for internalizing distress and positive thinking: A randomized technique evaluation trial. *Cognitive Therapy and Research*, 36, 58-71. doi:10.1007/s10608-010-9344-9
- Craighead, W. E., Sheets, E. S., & Bjornsson, A. S. (2005). Specificity and nonspecificity in psychotherapy. *Clinical Psychology: Science and Practice*, 12, 189-193. doi:10.1093/clipsy.bpi024
- Cuijpers, P., Van Straten, A., & Warmerdam, L. (2007). Behavioral activation treatments of depression: A meta-analysis. *Clinical Psychology Review*, 27, 318-326. doi:10.1016/j.cpr.2006.11.001
- DeRubeis, R. J., Webb, C. A., Tang, T. Z., & Beck, A. T. (2009). Cognitive therapy. In K. S. Dobson (Ed.), *Handbook of cognitive-behavioral therapies* (3rd ed.). New York: Guilford Press.
- Drapeau, M. (2014). The assessment of cognitive errors using an observer-rated method. *Psychotherapy Research*, 24, 240-249. doi:10.1080/10503307.2013.861094
- Ekers, D., Richards, D., & Gilbody, S. (2008). A meta-analysis of randomized trials of behavioural treatment of depression. *Psychological Medicine*, 38, 611-623. doi:10.1017/S0033291707001614
- Fernandez, A., Dobson, K.S., & Drapeau, M. (In press). Cognitive behavioral therapy: a Canadian perspective. In C. Terjesen (Ed.), *Cognitive Behavioral Therapy*. London, U.K.: Routledge.
- Friedberg, R. D., & Brelsford, G. M. (2011). Core principles in cognitive therapy with youth. *Child and Adolescent Psychiatric Clinics of North America*, 20, 369-378. doi:10.1016/j.chc.2011.01.009
- Hamilton, M. (1960). A rating scale for depression. *Journal of Neurology, Neurosurgery and Psychiatry*, 23, 56-62. doi:10.1136/jnnp.23.1.56
- Hoffart, A., Versland, S., & Sexton, H. (2002). Self-understanding, empathy, guided discovery, and schema belief in schema- focused cognitive therapy of personality problems: A process– outcome study. *Cognitive Therapy and Research*, 26, 199–219. doi:10.1023/A:1014521819858
- Huppert, J., Barlow, D., Gorman, J., Shear, M., & Woods, S. (2006). The interaction of motivation and therapist adherence predicts outcome in cognitive behavioral therapy for panic disorder: Preliminary findings. *Cognitive and Behavioral Practice*, 20, 1–12. doi:10.1016/j.cbpra.2005.10.001
- Ilardi, S. S., & Craighead, W. E. (1999). Rapid early response, cognitive modification, and nonspecific factors in cognitive behavior therapy for

depression: A reply to Tang and DeRubeis. *Clinical Psychology: Science and Practice*, 6, 295-299. doi:10.1093/clipsy/6.3.295

- Jacobson, N. S., Dobson, K. S., Truax, P. A., Addis, M. E., Koerner, K., Gollan, J. K., ... & Prince, S. E. (1996, 2000). A component analysis of cognitive-behavioral treatment for depression. *Journal of Consulting and Clinical Psychology*, 64, 295. doi:10.1037/0022006X.64.2.295
- James, I. A., Morse, R., & Howarth, A. (2010). The science and art of asking questions in cognitive therapy. *Behavioural and Cognitive Psychotherapy*, 38, 83-93. doi:10.1017/S135246580999049X
- Kanter, J. W., Busch, A. M., & Rusch, L. C. (2009). Behavioral activation: Distinctive features. London: Routledge Press. doi:10.4324/9780203876060
- Kanter, J. W., Manos, R. C., Bowe, W. M., Baruch, D. E., Busch, A. M., & Rusch, L. C. (2010). What is behavioral activation?: A review of the empirical literature. *Clinical Psychology Review*, 30, 608-620. doi:10.1016/j.cpr.2010.04.001
- Kanter, J. W., & Puspitasari, A. J (2012) Behavioral activation. In Hayes, S. (2012). W. T. O'Donohue, & J. E. Fisher (Eds.). *Cognitive behavior therapy*. Wiley doi:10.1002/9781118470886.ch9
- Leahy, R. L., & Rego, S. A. (2012). Cognitive restructuring. In W. T. O'Donohue & J. E. Fisher (Eds.), *Cognitive behavior therapy: Core principles for practice* (pp. 133-158). New York: Wiley. doi:10.1002/9781118470886.ch6
- Longmore, R. J., & Worrell, M. (2007). Do we need to challenge thoughts in cognitive behavior therapy?. *Clinical Psychology Review*, 27, 173-187. doi:10.1016/j.cpr.2006.08.001
- Manos, R. C., Kanter, J. W., & Busch, A. M. (2010). A critical review of assessment strategies to measure the behavioral activation model of depression. *Clinical Psychology Review*, 10, 547-561. doi:10.1016/j.cpr.2010.03.008
- Martell, C. R., Addis, M. E., & Jacobson, N. S. (2001). *Depression in context: Strategies for guided action*. New York: Norton.
- Mazzucchelli, T., Kane, R., & Rees, C. (2009). Behavioral activation treatments for depression in adults: A meta-analysis and review. *Clinical Psychology: Science and Practice*, 16, 383-411. doi:10.1111/j.1468-2850.2009.01178.x
- McPherson, S., Cairns, P., Carlyle, J., Shapiro, D. A., Richardson, P., & Taylor, D. (2005). The effectiveness of psychological treatments for treatment-resistant depression: A systematic review. *Acta Psychiatrica Scandinavica*, 111, 331-340. doi:10.1111/j.1600-0447.2004.00498.x
- Neimeyer, R. A., Twentyman, C. T., & Prezant, D. (1985). Cognitive and interpersonal group therapies for depression: A progress report. *The Cognitive Behaviorist*, 7, 21-2.
- O'Carroll, P. J. (2013). Behavioural activation. In W. Dryden & A. Reeves (Eds.), *The handbook of individual therapy*, (pp. 329- 350).
- O'Donohue W., and Fisher, E. (2012). Cognitive behavior therapy: Core principles for practice. Wiley Publishers. doi:10.1002/9781118470886
- Öst, L.-G., Thulin, U., & Ramnero, J. (2004). Cognitive-behavior therapy vs. exposure in vivo in the treatment of panic disorder with agoraphobia. *Behaviour Research and Therapy*, 42, 1105–1127. doi:10.1016/j.brat.2003.07.004

- Overholser, J. C. (1988). Clinical utility of the Socratic method. *Annals of Clinical Research. Des Plaines, IL: Forest Institute*, 1-7.
- Overholser, J. C. (1995a). Elements of the Socratic method: IV. Disavowal of knowledge. *Psychotherapy: Theory, Research, Practice, Training*, 32, 283. doi:10.1037/0033-3204.32.2.283
- Overholser, J. C. (1995b). Cognitive-behavioral treatment of depression, Part III: Reducing cognitive biases. *Journal of Contemporary Psychotherapy*, 25, 311-329. doi:10.1007/BF02306567
- Overholser, J. C. (1996a). Elements of the Socratic method: V. Self-improvement. *Psychotherapy: Theory, Research, Practice, Training*, 33, 549. doi:10.1037/0033-3204.33.4.549
- Overholser, J. C. (1999). Elements of the Socratic method: VI. Promoting virtue in everyday life. *Psychotherapy: Theory, Research, Practice, Training*, 36, 137. doi:10.1037/h0087815
- Overholser, J. C. (2011). Collaborative empiricism, guided discovery, and the Socratic method: Core processes for effective cognitive therapy. *Clinical Psychology: Science and Practice*, 18, 62-66. doi: 10.1111/j.1468-2850.2011.01235.x
- Strunk, D. R., Brotman, M. A., DeRubeis, R. J., & Hollon, S. D. (2010). Therapist competence in cognitive therapy for depression: Predicting subsequent symptom change. *Journal of Clinical and Consulting Psychology*, 78, 429–437. doi:10.1037/a0019631
- Taylor, F. G., & Marshall, W. L. (1977). Experimental analysis of a cognitive–behavioral therapy for depression. *Cognitive Therapy and Research*, 1, 59–72. doi:10.1007/BF01173505
- Thomas, J., & Harden, A. (2008). Methods for the thematic synthesis of qualitative research in systematic reviews. *BMC Medical Research Methodology*, 8, 45. doi:10.1186/1471-2288-8-45
- Wright, J. H. (2006). Cognitive behavior therapy: Basic principles and recent advances. *Focus*, 4, 173-178. doi:10.1176/foc.4.2.173
- Wright, J. H., Basco, M. R., & Thase, M. E. (2006). *Learning cognitive-behavior therapy: An illustrated guide*. American Psychiatric Pub.
- Young, J. E., Weinberger, A. D., & Beck, A. T. (2001). Cognitive therapy for depression. *Clinical handbook of psychological disorders: A step-by-step treatment manual*, 3, 264-308.