SW 790-001  Daniel Fischer, LMSW
Cognitive Behavioral Therapy for  UMHHS C.S. Mott Children’s Hospital
Children and Adolescents with Anxiety Problems  1500 E. Medical Center Dr. F8419
Winter 2011  Ann Arbor, MI 48109-5251
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Course Description

The focus of this course is on the concepts, theory, principles and procedures appropriate to the
assessment and effective cognitive behavioral therapy of children and adolescents with anxiety
problems. The course content reflects advanced material of current relevance for effective
clinical social work practice. Specifically, this course will provide updated training in the
cognitive-behavioral treatment of anxiety disorders in children and youth. This course will
review current diagnostic information on pediatric anxiety disorders such as separation anxiety,
social anxiety, panic disorder and obsessive-compulsive disorder, and provide practical training
in incorporating cognitive-behavioral therapy into practice with anxious children and
adolescents.

Course Objectives
Upon completion of the course, students will be able to:

• Assess and diagnose children and adolescents with anxiety disorders
• Understand the impact of various diversity dimensions (e.g., age, gender, race, culture)
during the assessment, diagnosis and intervention phases of work.
• Design, develop, implement and evaluate evidence-based cognitive behavioral therapy
interventions with children and youth with anxiety disorders.
• Plan and implement evidence-based cognitive behavioral interventions that are based on
identifiable goals and priorities in a culturally sensitive and culturally competent manner.
• Incorporate social work values and ethical principals in planning and implementing
cognitive behavioral therapy for children and youth.

Course Design and Format

Class format will include lectures, demonstrations, case studies and vignettes, videotapes, role-
plays and interactive discussion.

Course Requirements and Grading

• Regular attendance and class participation
• Take home quiz on cognitive behavioral interventions with pediatric anxiety disorders
• Grading: Grade will be satisfactory or unsatisfactory for the course.
*NOTE: Participation does not mean you need to talk a lot in class. It is more about bringing a positive learning attitude to the class and being present for each session. Each of us participates differently, and I will strive to honor that diversity among us.

Attendance is a requirement. Your grade will be affected negatively if you miss any classes without communication with the instructor. A make-up assignment is required for any missed class session.

**Course Relationship to Social Work Ethics and Values**

Social work ethics and values will be addressed within the course as they pertain to issues related to working with children, youth and their families. The NASW Code of Ethics will be used to give students direction about these ethical issues. Issues specific to cognitive behavioral interventions will be given special attention, such as variations in treatment planning based on individual’s needs and dysfunction, therapist ethical decision making, as well as the impact of the therapist’s values and reactions to anxious behavior and family interactions. This course will emphasize cognitive behavioral therapy with children and adolescents with anxiety problems within the context of evidenced based practice and Social Work ethics and values.

**Topics and Required Reading Assignments**


1/20/11: Pediatric anxiety disorders and cognitive behavioral therapy procedures overview and introduction to affective education and self monitoring

1/27/11: Pediatric anxiety disorders and cognitive behavioral therapy procedures (focus on exposure based interventions)

2/10/11: Pediatric anxiety disorders and cognitive behavioral therapy procedures (focus on cognitive techniques and anxiety management)

2/17/11: CBT alterations for specific pediatric anxiety disorders (separation anxiety, social anxiety disorder, obsessive-compulsive disorder, and generalized anxiety disorder)


**Additional References for CBT for Pediatric Anxiety Disorders**


