



Fall 2014  
SW 790-007

Course Description: Cognitive-Behavioral Therapy of Mood Disorders  
Joseph Himle, Ph.D.

This course will focus on the cognitive-behavioral treatment of depression and bi-polar disorder. The course will begin with a review of the nature and diagnosis of these conditions. The course will focus on the techniques of behavioral activation and cognitive restructuring. Several case examples will be utilized and students will engage in role-play and detailed class discussion focused on these techniques. Emphasis will be given to practical application of therapy techniques. The course will also include strategies for enhancing adherence to behavioral homework assignments.

Readings:

Treatment Manual:  
Himle, J.A., Piette, J. et al. (2005). Positive Steps

Research Articles:

Miranda, J., Green, B.L., Krupnick, J.L., Chung, J., Siddique, J., Belin, T., Revicki, D. (2006). One-year outcomes of a randomized clinical trial treating depression in low-income minority women. *Journal of Consulting and Clinical Psychiatry*, 74, 99-111.

Schraufnagel, B.S., Wagner, A.W., Miranda, J., & Roy-Byrne, P.P. (2006). Treating minority patients with depression and anxiety: what does the evidence tell us? *General Hospital Psychiatry*, 28, 27-36.

Haby, M.M., Donnelly, M., & Vos, T. (2006). Cognitive behavioral therapy for depression, panic disorder and generalized anxiety disorder: a meta-regression of factors that may predict outcome. *Australian and New Zealand Journal of Psychiatry*, 40, 9-19.