



SW790-004

FALL 2015

SATURDAY, NOVEMBER 7, 2015 AND SUNDAY NOVEMBER 8, 2015

9:00 AM – 5:00 PM

ROOM 2816 SSWB

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

This course will focus on the cognitive-behavioral treatment of depression. The course will begin with a review of the nature and diagnosis of depressive disorders. 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. Attendance in class both days and a passing grade on a written quiz at the end of the second day of class will determine your grade. Grades are issued as satisfactory or unsatisfactory.

Readings:

CBT for Depression Treatment Manual:

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

Research Articles:

Watts, S.E., Turnell, A., Kladnitski, N., Newby, J.M., & Andrews, G. (2015). Treatment as usual (TAU) is anything but usual: A meta-analysis of CBT versus TAU for anxiety and Depression. *Journal of Affective Disorders*, 175, 152-167.

Vally, Z., & Maggott, C. (2015). Evaluating the outcome of cultural adaptation of cognitive-behavioral therapy for adult depression: A meta-analysis of treatment studies in developing countries. *International Journal of Advanced Counselling*, 37, 283-304.

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.