

**PSY 6750 - Empirically Supported Treatments
Spring Semester 2006**

Professor: Scott DeBerard, Ph.D.
Office: Ed 471
Telephone: 435-797-1462
E-Mail: sdeberard@cc.usu.edu
Office Hours: M/W: 2-3pm & T/Th: 9-10am., or by appointment

Required Text:

Nathan, P.E., & Gorman, J.M. (2002). A Guide to treatments that work, 2nd edition. New York: Oxford University Press.

Required Readings:

Journal of Consulting and Clinical Psychology; February, 1998; pgs. 3 - 151. (CR)

Lambert, M. J., Masters, K. S., & Ogles, B. M. (1991). Outcome research in counseling. In C. E. Watkins, Jr. & L. J. Schneider (Eds.), Research in counseling (pp. 51-83). Hillsdale, NJ: Lawrence Erlbaum Assoc. (CR)

Ogles, Benjamin M., Lambert, Michael, J., & Masters, Kevin S. (1996). Assessing outcome in clinical practice. Boston: Allyn and Bacon. (CR)
Pgs. 77-97; 102-113; 182-196

Ogles, B. M., Lambert, M. J., & Sawyer, J. D. (1995). Clinical significance of the National Institute of Mental Health treatment of depression collaborative research program data. Journal of Consulting and Clinical Psychology, 66, 321-326. (CR)

Kendall, P. C., Marrs-Garcia, A., Nath, S. R., & Sheldrick, R. C. (1999). Normative comparisons for the evaluation of clinical significance. Journal of Consulting and Clinical Psychology, 67, 285-299. (CR)

Jacobson, N. S., Roberts, L. J., Berns, S. B., & McGlinchey, J. B. (1999). Methods for defining and determining the clinical significance of treatment effects: Description, application, and alternatives. Journal of Consulting and Clinical Psychology, 67, 300-307. (CR)

Kazdin, A. E. (1999). The meanings and measurement of clinical significance. Journal of Consulting and Clinical Psychology, 67, 332-339. (CR)

Chambless, D. L., & Ollendick, T. H. (2001). Empirically supported psychological interventions: Controversies and Evidence. Annual Review of Psychology, 52, 685-716.

Be familiar with specific treatment manuals and references (see below) cited throughout the syllabus and on reserve in the clinic.

**indicates that the reading is a treatment manual or client workbook
(CR) indicates reading is available on reserve in the clinic

Other Suggested Readings Not Specifically Referenced Below:

Ogles, B. M., Lambert, M. J., & Fields, S. A. (2002). Essentials of Outcome Assessment. New York: John Wiley and Sons.

Barlow, D. H. (Ed.). (1993). Clinical handbook of psychological disorders, 2nd edition. New York: Guilford Press.

Seligman, L. (1990). Selecting effective treatments. San Francisco: Jossey-Bass Pub.

Books in the Practice Planners series by John Wiley and Sons, Inc.

Other client workbooks and therapist guides in the TherapyWorks series published by APA. Includes treatments for eating disorders, specific phobia, stopping anxiety medication, enhancing sexuality, as well as the ones that will be discussed in class.

American Psychiatric Association. (2000). Practice guideline for eating disorders. Washington, DC: American Psychiatric Association.

Garfield, S. L. (1998). The practice of brief psychotherapy, 2nd edition. New York: John Wiley & Sons.

Ford, D. H., & Urban, H. B. (1998). Contemporary models of psychotherapy: A comparative analysis, 2nd edition. New York: John Wiley & Sons.

<http://www.apa.org/divisions/div12/journals.shtml>
contains definitions of est along with references “approved” by Division 12.

Course Description:

This course will emphasize the development of :

- 1) Knowledge regarding accepted criteria for determining if a treatment is sufficiently supported by empirical evidence;
- 2) Identification of those therapies that have thus far qualified as empirically supported;
- 3) Skill in the application of empirically validated treatments for specific psychological disorders (e.g., depression; obsessive-compulsive disorder; agoraphobia and panic disorders; generalized anxiety disorder);
- 4) Understanding how to effectively evaluate treatments and assess their efficacy, including understanding of the issues pertaining to clinical significance.

Course Requirements and Evaluation:

1. Leading class discussion on one or more treatments (40%)

This class is truly a seminar, i.e., all of us are teachers. Thus, in groups of at least 2 you will be expected to lead the class discussion on at least one treatment. This should include the following:

- a. Brief presentation of the empirical basis for the treatment
- b. Theoretical rationale for the treatment
- c. Step-by-step articulation of the intervention strategies used in a course of the treatment
- d. Role play, demonstration, videotape and/or other experiential presentation techniques
- e. Discussion of anticipated problems in using the treatment
- f. A well articulated handout that colleagues could use if they had a client in need of this treatment. The handout must include references.

The thrust of these class periods should be working with the interventions, i.e., practice DOING them not talking about them. You should feel free to include all class members in your exercises, not only those in your team.

2. Class Participation (30%)

Since the emphasis of this class is on in-class experiences you must be present and actively involved in the presentations. This is a learn by doing class and to receive a good grade you must be “doing” a lot!

3. Examination (30%)

One examination will be given covering the didactic material presented at the beginning and end of the class pertaining to the concept of empirically supported treatments, issues surrounding this concept, psychotherapy outcome research, and clinical significance topics. The exam will be essay and will be given during the final examination week.

Any form of academic dishonesty will result in course failure.

Course Schedule:

Jan. 10, 17: Introduction to empirically validated treatments, history of psychotherapy outcome research, clinical significance issues

Readings: Lambert, Masters, & Ogles (1991); Ogles, Lambert, & Masters (1996); Ogles, Lambert, & Sawyer (1995); Kendall et al, (1999); Jacobson et al., (1999); Kazdin (1999); JCCP (1998) pgs. 3-18; Chambless & Ollendick (2001) (all are CR)

Jan 24: Cognitive-Behavioral Treatment of Obsessive-Compulsive Disorder

Suggested Readings:

**Steketee, G.S. (1993). Treatment of Obsessive Compulsive Disorder. New York: Guilford Press.

** Foa, E. B., & Kozak, M. J. (1997). Mastery of obsessive-compulsive disorder. USA:

Graywind Pub. (CR)

** Mastery of obsessive-compulsive disorder therapist guide (CR)

** Mastery of obsessive-compulsive disorder self-monitoring rituals forms (CR)

Riggs, D. S., & Foa, E. B. (1993). Obsessive compulsive disorder. In D. H. Barlow (Ed.), Clinical handbook of psychological disorders, 2nd edition (pp. 189-239). New York: Guilford.

DeRubeis, R. J., & Crits-Christoph, P. (1998). Empirically supported individual and group psychological treatments for adult mental disorders. Journal of Consulting and Clinical Psychology, 66, 37-52. (CR)

Jan. 31, Feb. 7: Cognitive Treatment for Major Depression

Suggested Readings:

**Gilson, M., & Freeman, A. (1999). Overcoming depression: A cognitive therapy approach for taming the depression BEAST. USA: Graywind Pub. (CR)

Beck, A. T., Rush, A. J., Shaw, B. F., & Emery, G. (1979). Cognitive therapy of depression. New York: Guilford Press.

Young, J. E., Beck, A. T., & Weinberger, A. (1993). Depression. In D. H. Barlow (Ed.), Clinical handbook of psychological disorders, 2nd edition (pp. 240-277). New York: Guilford.

Beck, J. S. (1995). Cognitive therapy: Basics and beyond. New York: Guilford Press.

American Psychiatric Association. (2000). Practice guidelines for major depressive disorder in adults. Washington, D.C.: American Psychiatric Association. (CR)

DeRubeis, R. J., & Crits-Christoph, P. (1998). Empirically supported individual and group psychological treatments for adult mental disorders. Journal of Consulting and Clinical Psychology, 66, 37-52. (CR)

Feb. 14, 21: Interpersonal Treatment for Major Depression

Suggested Readings:

**Weissman, M. M. (1995). Mastering depression through interpersonal psychotherapy. USA: Graywind Pub. (CR)

**Weissman, M. M. (1995). Mastering depression through interpersonal psychotherapy, monitoring forms booklet. USA: Graywind Pub. (CR)

**Klerman, G. L., Weissman, M. M., Rounsaville, B. J., & Chevron, E. S. (1984). Interpersonal psychotherapy of depression. USA: Basic Books. (CR)

American Psychiatric Association. (2000). Practice guidelines for major depressive disorder in adults. Washington, D.C.: American Psychiatric Association. (CR)

DeRubeis, R. J., & Crits-Christoph, P. (1998). Empirically supported individual and group psychological treatments for adult mental disorders. Journal of Consulting and Clinical Psychology, 66, 37-52. (CR)

Feb. 28, Mar. 7 : Cognitive-Behavioral Treatment of Generalized Anxiety Disorder

Suggested Readings:

**Craske, M. G., Barlow, D. H., & O'Leary, T. A. (1992). Mastery of your anxiety and worry. USA: Graywind Pub. (CR)

** Mastery of your anxiety and worry therapist guide (CR)

** Mastery of your anxiety and worry client records and forms (CR)

** Mastery of your anxiety and worry training video (CR)

Brown, T. A., O'Leary, T. A., & Barlow, D. H. (1993). Generalized anxiety disorder. In D. H. Barlow (Ed.), Clinical handbook of psychological disorders, 2nd edition (pp. 137-188). New York: Guilford.

DeRubeis, R. J., & Crits-Christoph, P. (1998). Empirically supported individual and group psychological treatments for adult mental disorders. Journal of Consulting and Clinical Psychology, 66, 37-52. (CR)

Mar. 21, 28: Cognitive-Behavioral Treatment of Panic and Agoraphobia

Suggested Readings:

** Craske, M. G., Meadows, E. A., & Barlow, D. H. (1994). Mastery of your anxiety and panic II and agoraphobia supplement. USA: Graywind Pub. (CR)

** Mastery of your anxiety and panic II client workbook (CR)

** Mastery of your anxiety and panic II agoraphobia supplement client workbook (CR)

** Mastery of your anxiety and panic II monitoring forms (CR)

** MAP-II agoraphobia supplement monitoring forms (CR)

American Psychiatric Association (2000). Practice guideline for the treatment of patients with panic disorder. Washington, DC: American Psychiatric Association. (CR)

Craske, M. G., & Barlow, D. H. (1993). Panic disorder and agoraphobia. In D. H. Barlow (Ed.), Clinical handbook of psychological disorders, 2nd edition (pp. 1-47). New York: Guilford.

DeRubeis, R. J., & Crits-Christoph, P. (1998). Empirically supported individual and group psychological treatments for adult mental disorders. Journal of Consulting and Clinical Psychology, 66, 37-52. (CR)

April 4, 11, 18: Overview of other empirically supported treatments

Suggested Readings:

Kazdin, A. E., (1998). Identifying and developing empirically supported child and adolescent treatments. Journal of Consulting and Clinical Psychology, 66, 19-36. (CR)

Baucom, D. H., Shoham, V., Mueser, K. T., Daiuto, A. D., & Stickle, T. R. (1998). Empirically supported couple and family interventions for marital distress and adult mental health problems. Journal of Consulting and Clinical Psychology, 66, 53-88. (CR)

Compas, B. E., Haaga, D. A. F., Keefe, F. J., Heitenberg, H., & Williams, D. A. (1998). Sampling of empirically supported psychological treatments from health psychology: smoking, chronic pain, cancer, and bulimia nervosa. Journal of Consulting and Clinical Psychology, 66, 89-112. (CR)

Linehan, M. M., & Kehrer, C. A. (1993). Borderline personality disorder. In D. H. Barlow (Ed.), Clinical handbook of psychological disorders, 2nd edition (pp. 396-441). New York: Guilford.

Apr. 25: Review of issues pertaining to empirically supported treatments

Beutler, L. E. (1998). Identifying empirically supported treatments: What if we didn't? Journal of Consulting and Clinical Psychology, 66, 113-120. (CR)

Garfield, S. L. (1998). Some comments on empirically supported treatments. Journal of Consulting and Clinical Psychology, 66, 121-125. (CR)

Persons, J. B., & Silberschatz, G. (1998). Are results of randomized controlled trials useful to psychotherapists? Journal of Consulting and Clinical Psychology, 66, 126-135. (CR)

Borkovec, T. D., & Castonguay, L. G. (1998). What is the scientific meaning of empirically supported therapy? Journal of Consulting and Clinical Psychology, 66, 136-142. (CR)

Goldfried, M. R., & Wolfe, B. E. (1998). Toward a more clinically valid approach to therapy research. Journal of Consulting and Clinical Psychology, 66, 143-150. (CR)

