Course Title: Managing Emotions with Skill – An Intro to the Principles of Cognitive Behavioral Therapy (CBT)
Course Code: PSY 96
Instructor: Hannah Raila, Ph.D.

Course Summary:

In this course, you’ll learn the theories and principles of a type of psychotherapy called Cognitive Behavioral Therapy (CBT). This course will inform your general understanding of how CBT therapists construct their sessions while also introducing you to a few skills that can be used to navigate your own or loved ones’ distress, especially in instances when someone experiences persistent negative thinking patterns. Such skills will be introduced through interactive exercises, group discussions, and role plays. Learning objectives include stating matches between specific emotional concerns and certain therapeutic approaches; describing specific skills that fall into the CBT “toolkit”; understanding the role of non-specific therapeutic skills (e.g., empathy); and increasing sensitivity to the therapeutic process in order to decrease stigma.

*Please see course page for full description and additional details.

Grade Options and Requirements:

No Grade Requested (NGR)
This is the default option. No work will be required; no credit will be received; no proof of attendance can be provided.

Credit / No Credit (CR/NC)
To receive credit, students must attend at least 80% of (4 out of 5) class sessions. They must also average a passing score (60% or higher) on four short open-book quizzes on the readings, which will be completed at home.

*Please Note: If you require proof that you completed a Continuing Studies course for any reason (for example, employer reimbursement), you must choose either the Letter Grade or Credit/No Credit option. Courses taken for NGR will not appear on official transcripts or grade reports.

Please contact the Stanford Continuing Studies office with any questions
365 Lasuen St., Stanford, CA 94305
continuingstudies@stanford.edu
650-725-2650
**Weekly Outline:**

<table>
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<tr>
<th>Week</th>
<th>Topic</th>
<th>Assignments Due That Day</th>
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| Week 1 | The “T” of CBT: Intro to psychotherapy + CBT | *CBT: Basics and Beyond* (28 pgs)  
Pg. 1-28  
*Mind over Mood* (28 pgs)  
Pg. 5-32  
Video (7 min): “CBT Demo”  
https://www.youtube.com/watch?v=sW5HDbm092E |
| Week 2 | The “C” of CBT: Thought tracking and challenging (Part I) | *CBT: Basics and Beyond* (47 pgs)  
Pg. 29-45; 137-166  
*Mind over Mood* (9 pgs)  
Pg. 50-68  
Video (12 min): “Role Play: CBT”  
http://www.youtube.com/watch?v=x7HJmVx3qN4  
Worksheet: Thought tracker |
| Week 3 | The “C” of CBT: Thought tracking and challenging (Part II) | *CBT: Basics and Beyond* (31 pgs)  
Pg. 167-197  
*Mind over Mood* (36 pgs)  
Pg. 69-85; 95-113  
Worksheet: Automatic thought record |
| Week 4 | The “C” of CBT: Core beliefs | *CBT: Basics and Beyond* (28 pgs)  
Pg. 228-255  
Worksheet: Core beliefs |
| Week 5 | The “B” of CBT: Behavioral activation + Exposure | *CBT: Basics and Beyond* (20 pgs)  
Pg. 80-99  
Video (9 min): “Exposure Therapy OCD”  
https://www.youtube.com/watch?v=yss0L517rpY  
Worksheet: Behavior tracker  
Worksheet: Activities checklist |

*Please complete readings before the date for which they are listed. Reading quizzes on the readings (which will be posted to Canvas) should be completed before the start of class on Weeks 2-5.*

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