



**Course Title:** Managing Emotions with Skill – An Intro to the Principles of Cognitive Behavioral Therapy (CBT)  
**Course Code:** PSY 96  
**Instructor:** Natalie Solomon, Psy.D.

Course originally designed by 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.

**Class sessions are not recorded.**

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

### Grade Options and Requirements:

#### 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; i.e., you can score lower than 60% on one as long as the final average is above 60%) on four short open-book quizzes on the readings, which will be completed at home. The quizzes are not meant to be difficult, but they do require that you buy the books and complete the readings!

Please note that a free pdf of one of the two books is available online. If your second book does not arrive in time, let me know and I can provide you with some excerpts from the book.

*\*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.*

**Weekly Outline:**

Week	Topic	Assignments Due That Day
Week 1	The "T" of CBT: Intro to psychotherapy + CBT	<i>CBT: Basics and Beyond</i> (28 pgs) Pg. 1-28  <i>Mind over Mood</i> (28 pgs) Pg. 5-32  Video (7 min): "CBT Demo" <a href="https://www.youtube.com/watch?v=sW5HDm09ZE">https://www.youtube.com/watch?v=sW5HDm09ZE</a>
Week 2	The "C" of CBT: Thought tracking and challenging (Part I)	<i>CBT: Basics and Beyond</i> (47 pgs) Pg. 29-45; 137-166  <i>Mind over Mood</i> (9 pgs) Pg. 50-68  Video (12 min): "Role Play: CBT" <a href="http://www.youtube.com/watch?v=x7HJmVx3qN4">http://www.youtube.com/watch?v=x7HJmVx3qN4</a>  Worksheet: Thought tracker
Week 3	The "C" of CBT: Thought tracking and challenging (Part II)	<i>CBT: Basics and Beyond</i> (31 pgs) Pg. 167-197  <i>Mind over Mood</i> (36 pgs) Pg. 69-85; 95-113  Worksheet: Automatic thought record
Week 4	The "C" of CBT: Core beliefs	<i>CBT: Basics and Beyond</i> (28 pgs) Pg. 228-255
Week 5	The "B" of CBT: Behavioral activation + Exposure	<i>CBT: Basics and Beyond</i> (20 pgs) Pg. 80-99  Video (9 min): "Exposure Therapy OCD" <a href="https://www.youtube.com/watch?v=yss0L517rpY">https://www.youtube.com/watch?v=yss0L517rpY</a>  Worksheet: Behavior tracker

\*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.