

# Stanford | Continuing Studies

**Course Title:** Manage Emotions Using Cognitive Behavioral Therapy Skills

**Course Code:** PSY 96

**Instructor and Bio:** Natalie Solomon, Psy.D. DBSM nsolo@stanford.edu  
Course originally designed by Hannah Raila, Ph.D.

Dr. Natalie Solomon is clinical professor at Stanford University in the department of psychiatry and behavioral sciences. Dr. Solomon is a licensed psychologist and researcher who specializes in the treatment of mood disorders and sleep difficulties.

## Class Sessions and Recording

Meeting days and times: Mondays 5-6:50 pm PT

April 10 - May 8

Meeting location: Zoom (details will be shared with registered students prior to first class meeting)

The class sessions will be recorded.

## Course Features:

- Live session
  - Lecture, discussions, Q&A, demonstration, practice time for students
  - Requires interaction and active participation
  - An informal drop-in time for student Q&A
- Assignments & Coursework
  - Assignments and course materials posted in Canvas

## 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:

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

- No Grade Requested (NGR)
  - This is the default option. No work will be required; no credit shall be received; no proof of attendance can be provided.
- Credit/No Credit (CR/NC)
  - To receive credit, students must attend or watch recording of 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: 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.*

### **Textbooks/Required Materials**

Cognitive Behavior Therapy: Basics and Beyond by Judith Beck, third edition (required)

Mind over Mood: Change How You Feel by Changing the Way You Think by Dennis Greenberger, second edition (required)

### **First Assignment**

*CBT: Basics and Beyond* (28 pgs)  
Chapters 1-2, Pg. 1-25

*Mind over Mood* (28 pgs)  
Pg. 5-32

Video (7 min): “CBT Demo”  
<https://www.youtube.com/watch?v=sW5HDbm09ZE>

**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) Chapters 1-2, Pg. 1-25  <i>Mind over Mood</i> (28 pgs) Pg. 5-32  Video (7 min): "CBT Demo" <a href="https://www.youtube.com/watch?v=sW5HDbm09ZE">https://www.youtube.com/watch?v=sW5HDbm09ZE</a>
Week 2	The "C" of CBT: Thought tracking and challenging (Part I)	<i>CBT: Basics and Beyond</i> (47 pgs) Chapter 3, Pg. 26-55 Chapters 12-13, Pg. 210-238  <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) Chapters 14-15, Pg. 239-272  <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) Chapters 17-18, Pg. 282-321
Week 5	The "B" of CBT: Behavioral activation + Exposure	<i>CBT: Basics and Beyond</i> (20 pgs) Chapter 7, Pg. 117-134  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.