

Detailed Objectives for *The Clinical Practice of Cognitive Therapy*

Fundamentals of Cognitive Therapy with Depression (20 hours)

1. Participants will be able to explain the essential concepts of Cognitive Therapy.
2. Participants will be able to explain the essential strategies of Cognitive Therapy.
3. Participants will be able to explain the essential techniques of Cognitive Therapy.
4. Participants will be able to apply this material in the treatment of depression and suicidality.
5. Participants will be able to discuss the role of cognition in depression.
6. Participants will be able to explain Cognitive Therapy's treatment strategy for depression.
7. Participants will be able to demonstrate Cognitive Therapy's approach to developing rapport.
8. Participants will be able to demonstrate Cognitive Therapy's approach to structuring the session.
9. Participants will be able to demonstrate Cognitive Therapy's approach to using cognitive and behavioral interventions.
10. Participants will be able to demonstrate Cognitive Therapy's approach to developing homework assignments.
11. Participants will be able to explain Cognitive Therapy's approach to assessing suicidality.
12. Participants will be able to demonstrate Cognitive Therapy's approach to intervening with suicidal individuals.
13. Participants will be able to demonstrate Cognitive Therapy's approach to dealing with non-compliance.
14. Participants will be able to demonstrate Cognitive Therapy's approach to preventing relapse.
15. Participants will be able to explain Cognitive Therapy's approach to terminating treatment.

Cognitive Therapy with Stress and Anxiety Disorders (20 hours)

1. Participants will be able to explain Cognitive Therapy's conceptualization of stress.
2. Participants will be able to discuss Cognitive Therapy's approach to stress management.
3. Participants will be able to explain Cognitive Therapy's conceptualization of adjustment disorders.
4. Participants will be able to discuss Cognitive Therapy's approach to adjustment disorders.
5. Participants will be able to explain Cognitive Therapy's understanding of the role of cognition in anxiety.
6. Participants will be able to explain Cognitive Therapy's conceptualization of specific phobias.
7. Participants will be able to discuss cognitive-behavioral treatment strategies for specific phobias and will be able to demonstrate appropriate cognitive and behavioral interventions.
8. Participants will be able to explain Cognitive Therapy's conceptualization of generalized anxiety disorder.
9. Participants will be able to discuss cognitive-behavioral treatment strategies for generalized anxiety Disorder and will be able to demonstrate appropriate cognitive and behavioral interventions.
10. Participants will be able to explain Cognitive Therapy's conceptualization of panic disorder.
11. Participants will be able to discuss cognitive-behavioral treatment strategies for panic disorder and will be able to demonstrate appropriate cognitive and behavioral interventions.
12. Participants will be able to explain Cognitive Therapy's conceptualization of obsessive compulsive disorder.
13. Participants will be able to discuss cognitive-behavioral treatment strategies for obsessive compulsive disorder and will be able to demonstrate appropriate cognitive and behavioral interventions.
14. Participants will be able to explain Cognitive Therapy's conceptualization of post-traumatic stress disorder.
15. Participants will be able to discuss cognitive-behavioral treatment strategies for post-traumatic stress disorder and will be able to demonstrate appropriate cognitive and behavioral interventions.

Cognitive Therapy with Personality Disorders (20 hours)

1. Participants will be able to explain Cognitive Therapy's understanding of Axis II disorders.

2. Participants will be able to explain how Cognitive Therapy can be applied with clients diagnosed with Axis II disorders.
3. Participants will be able to discuss modifications to Cognitive Therapy's basic approach that may be necessary when working with clients diagnosed with Axis II disorders.
4. Participants will be able to explain Cognitive Therapy's conceptualization of paranoid personality disorder.
5. Participants will be able to discuss cognitive-behavioral treatment strategies for paranoid personality disorder.
6. Participants will be able to explain Cognitive Therapy's conceptualization of histrionic personality disorder.
7. Participants will be able to discuss cognitive-behavioral treatment strategies for histrionic personality disorder.
8. Participants will be able to explain Cognitive Therapy's conceptualization of borderline personality disorder.
9. Participants will be able to discuss cognitive-behavioral treatment strategies for borderline personality disorder.
10. Participants will be able to explain Cognitive Therapy's conceptualization of dependent personality disorder.
11. Participants will be able to discuss cognitive-behavioral treatment strategies for dependent personality disorder.
12. Participants will be able to explain Cognitive Therapy's conceptualization of avoidant personality disorder.
13. Participants will be able to discuss cognitive-behavioral treatment strategies for avoidant personality disorder.
14. Participants will be able to explain Cognitive Therapy's conceptualization of obsessive-compulsive personality disorder.
15. Participants will be able to discuss cognitive-behavioral treatment strategies for obsessive-compulsive personality disorder.
16. Participants will be able to explain Cognitive Therapy's conceptualization of anti-social personality disorder.
17. Participants will be able to discuss cognitive-behavioral treatment strategies for anti-social personality disorder.

Special Topics in Cognitive Therapy (9.5 hours)

(Note: different topics are selected each year based on participants' interest)

1. Participants will be able to explain Cognitive Therapy's understanding of Topic #1.
2. Participants will be able to discuss how the basic Cognitive Therapy approach can be applied with Topic #1.
3. Participants will be able to explain how the standard Cognitive Therapy approach needs to be modified when working with Topic #1.
4. Participants will be able to demonstrate Cognitive Therapy's approach to Topic #1.
5. Participants will be able to explain Cognitive Therapy's understanding of Topic #2.
6. Participants will be able to discuss how the basic Cognitive Therapy approach can be applied with Topic #2.
7. Participants will be able to explain how the standard Cognitive Therapy approach needs to be modified when working with Topic #2.
8. Participants will be able to demonstrate Cognitive Therapy's approach to Topic #2.
9. Participants will be able to explain Cognitive Therapy's understanding of Topic #3.
10. Participants will be able to discuss how the basic Cognitive Therapy approach can be applied with Topic #3.
11. Participants will be able to explain how the standard Cognitive Therapy approach needs to be modified when working with Topic #3.
12. Participants will be able to demonstrate Cognitive Therapy's approach to Topic #3.