

Syllabus

Treatment Planning and Intervention with Adults Counseling Psychology 524 Spring, 2011 January 13, to April 21 1:00 – 4:15 SCC Room 115

Instructor: Gordon Lindbloom
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Office Hours

Monday and Tuesday 3:00 – 4:00
Wednesday 2:00-4:00
By Appointment
Telephone appointments are preferred when they prevent extra trips to campus

Please Note: The office staff keeps my appointment schedule so that everyone has regular and equal access to scheduling appointments. Please contact the office at (503) 768-6060, between 9:00 and 5:30, to schedule regular appointments. If my office hours do not work for you, leave a message with the office staff about times you can come in or have a scheduled telephone appointment and I will do my best to work out a satisfactory way for us to have the discussion you need.

Catalogue Course Description

Contemporary approaches to assessment, treatment planning, and intervention based in biopsychosocial systems and evidence-based interventions. Major areas include mood disorders, anxiety disorders, substance abuse and addictive disorders, eating disorders, personality disorders, spirituality and integrative approaches to meaning and purpose. Emphasis on multicultural and ecological contexts in planning and conducting multi-faceted interventions for change.

Learning Objectives: Students completing this course with satisfactory evaluation will be able to

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1. Demonstrate how to use information from multiple assessment strategies to create treatment plans that are client-centered, individualized, and culturally sound. (CC: 7h, 7f, 5b, 2c, A5, C2, C4, C7)
2. Describe and explain the major elements of intervention (treatment) planning strategies. (CC: 5b, 5c, C2, C7)
3. Create basic treatment plans drawing on evidence-based treatments for depression, anxiety disorders, substance abuse, and other common presenting problems. (CC: 5b, 5c, 3c, C2, C4)

F Failure to demonstrate learning

Notes on attendance and participation.

Being present in class and participating actively in the learning activities of this course is critical to successful accomplishment of the learning objectives. Enrollment in this graduate class assumes your personal commitment to its purposes and objectives in your professional development. One absence for extenuating personal or family circumstances, (illness, accident, and other uncontrollable events) will be excused. Absences for discretionary activities such as vacations, elective travel or pre-planned personal events will not be excused. Make up activities or assignments for classes missed are expected and are to be arranged on an individual basis with the instructor. Absences that do not meet criteria for being excused may result in a reduction of grade or credit or both.

Class sessions are to be active, engaged experiences with more time devoted to working on cases. The time devoted to instructor presentations going over basic concepts and information from the readings will be limited. Questions and discussion are always encouraged. In addition to the readings PowerPoint outlines will be provided that integrate information in ways the readings do not. We will try to maximize class time spent working on cases, discussing the issues that arise, We will practice basic intervention skills by role-playing and will observe and evaluate video demonstrations of best strategies for helping people change. The readings and outlines are not extensive but do require thoughtful attention. Come to class prepared.

Academic Integrity

Academic integrity means doing authentic work for this class, work that is your own and is specifically for this class. Plagiarized work or work that has been substantially or completely prepared for other classes does not meet this standard of integrity. This includes copying verbatim or in essence treatment plans and interventions from published books on the subject. Any such materials submitted for this class will not receive credit and their submission will be considered as a possible breach of ethical standards of conduct.

MOODLE

Most of you are at least minimally familiar with Moodle, the online learning system now in use at Lewis and Clark and the Grad School. I will be posting the syllabus, the course schedule, readings, learning materials and handouts, and possibly some activities for you to pursue between classes. The access code (enrollment key) will be given at the beginning of the term.

If you do not have the computer capabilities to access Moodle on the Lewis and Clark website, please notify me.. Also, if you cannot download and read documents in MSWord, PowerPoint, or Adobe Acrobat/pdf. Format, please let me know as well. Text documents will be posted in MSWord, *.docx format, or *.doc (compatibility) format. If your computer software does not accept the *.docx format, you can download a small translator program that will make this possible. Go to the Information Technology Web page on the Lewis and Clark website, go to software downloads, and choose the MSWord XML converter.

The use of Moodle for this course is experimental. If you have trouble with Moodle or cannot access it I will see that all information and materials are available by other means. That said, students were enthusiastic last year about having course materials available on Moodle. Keep me informed of your benefits and any difficulties you have so we can make this work for us.

Texts:

DSM-IV TR (2000) Washington, D.C. American Psychiatric Association. (used as a reference, not a new purchase)

Greenberger, D. and C. Padesky (1995). Mind Over Mood: A Cognitive Therapy Manual for Clients. New York, Guilford.

Hersen, M. and M. Biaggio, Eds. (2000). Effective Brief Therapies: A Clinician's Guide. San Diego, CA, Academic Press.

Other readings as assigned and provided in class or online.

Optional:

Jongsma, A. & Peterson, L. M. (2006). The Complete Adult Psychotherapy Treatment Planner. (4th Ed.)

Bibliography

Alford, B. A. and A. T. Beck (1997). The Integrative Power of Cognitive Therapy. New York, Guilford.

Antony, M. M., and Barlow, David H. (2002). Handbook of Assessment and Treatment Planning for Psychological Disorders.

Association, A. P. (2000). Diagnostic and Statistical Manual of Mental Disorders. Washington, D.C., American Psychiatric Association.

Barlow, D. H., Ed. (2001). Clinical Handbook of Psychological Disorders.

Carnes, P. J. and K. M. Adams, Eds. (2002). Clinical Management of Sex Addiction.

Connors, G. J., Donovan, Dennis M., & DiClemente, Carlo C. (2001). Substance Abuse Treatment and the Stages of Change: Selecting and Planning Interventions. New York, Guilford Press.

Denning, P. (2000). Practicing Harm Reduction Psychotherapy. New York, Guilford.

Enright, R. D. and R. P. Fitzgibbons (2000). Helping Clients Forgive: An Empirical Guide for Resolving Anger and Restoring Hope. Washington, D.C., American Psychological Association.

Fisher, J. E. and W. T. O'Donohue, Eds. (2006). Practitioner's Guide to Evidence-Based Psychotherapy. New York, NY, Springer.

Foy, D. W. (1992). Treating PTSD: Cognitive-Behavioral Strategies. North Tonawanda, NY, MHS.

Greenberger, D. and C. Padesky (1995). Mind Over Mood: A Cognitive Therapy Manual for Clients. New York, Guilford.

Hanna, F. J. (2001). Therapy with Difficult Clients: Using the precursors model to awaken change. Washington, D.C., American Psychological Association.

Hersen, M. and M. Biaggio, Eds. (2000). Effective Brief Therapies: A Clinician's Guide. San Diego, CA, Academic Press.

- Lawson, G. W., Lawson, Ann W., & Rivers, P. Clayton. (2001). Essentials of Chemical Dependency Counseling. Gaithersburg, Maryland, Aspen Publishers, Inc.
- Leahy, R. L. (2001). Overcoming Resistance in Cognitive Therapy. New York, Guilford.
- Margolis, R. D., & Zweben, Joan E. (1998). Treating Patients with Alcohol and Other Drug Problems: An Integrated Approach. Washington, D.C., American Psychological Association.
- Margolis, R. D. and J. E. Zweben (1998). Treating patients with alcohol and other drug problems : an integrated approach. Washington, DC, American Psychological Association.
- Marlatt, G. A., & VandenBox, Gary R. (eds.) (1997). Addictive Behaviors: Readings on Etiology, Prevention, and Treatment. Washington, D.C., American Psychological Association.
- Maruish, M. E. (2002). Essentials of Treatment Planning. New York, John Wiley & Sons.
- Miller, W. R., & C'de Baca (2001). Quantum Change: When Epiphanies and Sudden Insights Transform Ordinary Lives. New York, Guilford.
- Miller, W. R., and Rollnick, Stephen (2002). Motivational Interviewing: Preparing People for Change. New York, Guilford.
- Miller, W. R., Andrews, Nicole R., Wilbourne, Paula, & Melanie e. Bennett (1998). A Wealth of Alternatives: Effective Treatments for Alcohol Problems. Treating Addictive Behaviors. W. R. a. H. Miller, Nick. New York, Plenum: 203-216.
- Miller, W. R. a. H., Nick, Ed. (1998). Treating Addictive Behaviors. Applied Clinical Psychology. New York, Plenum.
- Nezu, A. et al (2004) Cognitive-Behavioral Case Formulation and Treatment Design: A Problem-Solving Approach. New York, NY. Springer Publishing Company.
- Ogles, B. M., M. J. Lambert, et al. (2002). Essentials of Outcome Assessment. New York, John Wiley & Sons.
- Roberts, A. R. (2002?). Crisis Intervention.
- Rosenthal, R. N., and Westreich, Laurence (1999). Treatment of Persons with Dual Diagnoses of Substance Use Disorder and Other Psychological Problems. Addictions: A Comprehensive Guidebook. B. S. McCrady, & Epstein, Elizabeth. New York, Oxford University Press: 439-476.
- Segal, Z. V., J. M. G. Williams, et al. (2002). Mindfulness-based cognitive therapy for depression: a new approach to preventing relapse. New York, Guilford Press.
- Sperry, L. (1999). Cognitive Behavior Therapy of DSM-IV Personality Disorders. Philadelphia, PA, Brunner/Mazel.
- Valesquez, M. M. e. a. (2001?). Group Treatment for Substance Abuse.
- Wampold, B. E. (2001). The Great Psychotherapy Debate: Models, Methods, and Findings. Mahwah, New Jersey, Lawrence Erlbaum Associates, Publishers.
- Wells, A. (2000). Emotional Disorders and Metacognition: Innovative Cognitive Therapy. New York, John Wiley and Sons.
- Wessler, R., Hankin, Sheenah, & Stern, Johnathan (2002?). Succeeding with Difficult Clients.
- Wiger, D. E. and D. K. Kuntley (2002). Essentials of Interviewing. New York, John Wiley & Sons.

Wiger, D. E. and K. B. Solberg Tracking Mental Health Outcomes: A Therapist's Guide to Measuring Client Progress, Analyzing Data, and Improving Your Practice.

Wilson, J. P., Friedman, Matthew J., and Lindy, Jacob D., Ed. (2001). Treating Psychological Trauma and PTSD. New York, Guilford.

Woody, S. (2002). Treatment Planning in Psychotherapy: Taking the Guesswork Out of Clinical Care. New York, Guilford.

Young, J. E. (1999). Cognitive Therapy for Personality Disorders: A Schema-Focussed Approach. Sarasota, FL, Professional Resource Press.