

EDP 384C

Spring 2018

Cognitive Behavioral Assessment and Intervention

Unique # 10315

Instructor: Kevin Stark, Ph.D.

Class time: 1-4 Wednesdays

Email: kstark@austin.utexas.edu

Office hours: Monday 12:30 – 2:00.

All course meetings will be held in CBA 4.338. Attendance in class is **required**. Students are expected to inform the instructor before an absence.

Grading:

Grades will be determined by performance on weekly in-class **activities** (20 points each) and weekly in-class **quizzes** (20 points each).

The following are examples of behavior that could result in reduction in letter grade and when necessary require the student be put on a written plan to continue in the program: poor attendance, not turning in assignments/required documents, ignoring or disregarding ethical and legal guidelines, inappropriate or disrespectful behavior toward peers or professor.

Additional Information:

- Students with disabilities may request appropriate academic accommodations from the Division of Diversity and Community Engagement, Services for Students with Disabilities, 512-471-6259, <http://www.utexas.edu/diversity/ddce/ssd/> ([Links to an external site.](#))[Links to an external site.](#). Upon request, according to standard policies at The University of Texas, I will provide appropriate accommodations for qualified students with disabilities.
- All students should abide by the UT Honor Code (or statement of ethics): <http://registrar.utexas.edu/catalogs/gi09-10/ch01/index.html> ([Links to an external site.](#))[Links to an external site.](#). “The core values of The University of Texas at Austin are learning, discovery, freedom, leadership, individual opportunity, and responsibility. Each member of the University is expected to uphold these values through integrity, honesty, trust, fairness, and respect toward peers and community.”
- By UT Austin policy, you must notify me of your pending absence at least fourteen days prior to the date of observance of a religious holy day. If you must miss a class, an examination, a work assignment, or a project in order to observe a

religious holy day, you will be given an opportunity to complete the missed work within a reasonable time after the absence.

- The following are recommendations regarding emergency evacuation from the Office of Campus Safety and Security, 512-471-5767, <http://www.utexas.edu/safety/> (Links to an external site.)Links to an external site. :
- Occupants of buildings on The University of Texas at Austin campus are required to evacuate buildings when a fire alarm is activated. Alarm activation or announcement requires exiting and assembling outside.
- Familiarize yourself with all exit doors of each classroom and building you may occupy. Remember that the nearest exit door may not be the one you used when entering the building.
- Students requiring assistance in evacuation shall inform their instructor in writing during the first week of class.
- In the event of an evacuation, follow the instruction of faculty or class instructors.
- Do not re-enter a building unless given instructions by the following: Austin Fire Department, The University of Texas at Austin Police Department, or Fire Prevention Services office.
- Behavior Concerns Advice Line (BCAL): 512-232-5050

Link to information regarding emergency evacuation routes and emergency procedures can be found at: www.utexas.edu/emergency (Links to an external site.)Links to an external site. Text books:

Required Readings

Chapters and Journal articles are posted on Canvas in the "Modules" section of Canvas (Note Quizzes and class activities are based on a working knowledge of the readings for each class.

January 17

Introduction to the class

January 24

Introduction to CBT

January 31

Case Conceptualization

February 7

Anxiety: Background & General Principles of Treatment

February 14

Treatment of Separation Anxiety, Social Anxiety and Specific Phobias

NOTE: Class starts at 1:30 today

February 21

School Refusal and Panic Disorder

February 28

Treatment of OCD

March 7

OCD Spectrum Disorders

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March 21

PTSD: Nature and Treatment

March 28

Treatment of Depression

April 4

Disruptive Behavior Disorders: Nature and Treatment

April 11

Disruptive Behavior Disorders: Treatment of ODD

NOTE: Class starts at 1:30 today

April 18

Disruptive Behavior Disorders: Treatment of ADHD

April 25

Treatment of Eating Disorders

May 2

Treatment of Pain

Group Treatment Project

Class members will take turns working with a 8 y.o. boy who has a complex medical history including failure to thrive who has a fear of vomiting that is contributing to Avoidant Restrictive Food Intake Disorder. We will try to have one person a day on Mondays through Fridays available to support him while he tries to increase his food intake after school when he eats a snack or dinner--depending on the time that you meet with him. We will spend class time each week planning for the week of treatment meetings with him. We also will use this as an opportunity to learn new therapy skills and how to maintain an ongoing treatment and case conceptualization.