COURSE OBJECTIVES

The objectives of this course are that the students will:

1. Explore major theories in cognitive psychology. Attention to cognitive structures, processes and events will be focused as to develop a comprehensive understanding of the field.
2. Explore ways in which theory is applicable to clinical practice. Models of service delivery based upon cognitive theory will serve as paradigms for intervention in special or specific situations/populations/syndromes.
3. Attempt to integrate in a wholesome fashion emotional and spiritual issues, aspects and functioning to the cognitive approaches.

COURSE FORMAT

As customary in graduate-level courses, it is expected that the student will participate in an interactive fashion as to allow for the optimization of contingencies leading to learning.

1. The class will meet for three hours weekly.
2. Lectures, discussion and exploration of issues in mutual fashion will focus upon subject matter and its practical application in the field of psychotherapy/counseling.

COURSE REQUIREMENTS

1. Textbooks
   Recommended:

2. Attendance and participation
   Full attendance and participation are expected in the course.
3. **Assignments**

   a. **Reading:** The purpose of the course is to acquire a broad range of knowledge on the subject. Thus, it is expected that the student will read 2000 pages over the course of the semester. The student will submit a list of readings with titles, authors and pages read, following the format provided. Reading log due: **Thursday, December 15, 2011.**

   b. **Take home exam:** A take home exam, conceptual and practical in nature, will be given on Tuesday, December 6; **Due on Friday, December 9, 2011** before or at 4 PM.

   c. **Term paper:** The paper will deal with aspects of cognitive psychology (such as thinking, reasoning, memory, etc) as they may apply to therapeutic or counseling interventions. A demonstration of theoretical knowledge leading to practical application is desired/ expected. The length will be 10 pp. The format will be double-spaced and APA style. Due: **Tuesday, December 15, 2011.**

4. **Grading**
   
The final grade will be a composite score form readings/ participation, the exam, and the term paper. See percentages below.

   Term paper – 40%
   Take Home exam – 40%
   Reading/Participation- 20%
<table>
<thead>
<tr>
<th>Session</th>
<th>Topics</th>
</tr>
</thead>
</table>
| 09/13  | Introduction  
Human knowledge  
Cognitive psychology in perspective  
Knowledge organization |
| 09/15  | Cognitive structures  
Mechanisms of cognitive development  
Cognitive processes: thinking and reasoning –relevance to practice |
| 09/20  | Cognitive processes: Thinking and reasoning –relevance to practice |
| 09/22  | Cognitive processes: Perception, attribution, meaning –relevance to practice |
| 09/27  | Learning and memory –Relevance to practice |
| 09/29  | Etiology of cognitive dysfunction and diagnostic considerations  
Thought disorders  
Cognitive theories of psychopathology |
| 10/04  | Specific cognitive approaches to therapy  
Axis I diagnosis; axis II |
| 10/06  | Cognitive therapy of depression |
| 10/11  | Reading Week |
| 10/13  | Reading Week |
| 10/18  | Cognitive therapy of depression |
| 10/20  | Cognitive behavioral therapy for Bipolar Disorders |
| 10/25  | Cognitive therapy of anxiety; relaxation training  
Systematic desensitization |
| 10/27  | Cognitive therapy of phobias |
| 11/01  | Cognitive-behavioral treatment of obsessive compulsive disorders |
| 11/03  | Cognitive behavioral treatment for stress, PTSD  
Stress inoculation training |
<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>11/08</td>
<td>Reading Week</td>
</tr>
<tr>
<td>11/10</td>
<td>Reading Week</td>
</tr>
<tr>
<td>11/15</td>
<td>Cognitive treatment of eating disorders</td>
</tr>
<tr>
<td>11/17</td>
<td>Cognitive treatment of ADHD</td>
</tr>
<tr>
<td>11/22</td>
<td>DBT for borderline conditions</td>
</tr>
<tr>
<td>11/24</td>
<td>Thanksgiving</td>
</tr>
<tr>
<td>11/29</td>
<td>Review of specific strategies in cognitive therapy</td>
</tr>
<tr>
<td>12/01</td>
<td>Cognitive aspects in spirituality</td>
</tr>
<tr>
<td></td>
<td>Integrative efforts with theological premises and principles</td>
</tr>
<tr>
<td>12/06</td>
<td>Review of the course</td>
</tr>
</tbody>
</table>
Bibliography


