GORDON-CONWELL THEOLOGICAL SEMINARY
CO 616
COGNITIVE THERAPY

Dr. Pablo Polischuk
Fall Semester 2009
Tuesdays 1:15-4:15

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


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: **Tuesday, December 15, 2009**.

b. **Take home exam**: A take home exam, conceptual and practical in nature, will be given on Tuesday, December 1st; **Due on Friday, December 4th** 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, 2009**.

4. **Grading**
   The final grade will be a composite score from readings/participation, the exam, and the term paper.
# COURSE OUTLINE

<table>
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<tr>
<th>Session</th>
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| 1.      | Introduction  
Human knowledge  
Cognitive psychology in perspective  
Knowledge organization |
| 2.      | Cognitive structures  
Mechanisms of cognitive development  
Cognitive processes: thinking and reasoning –relevance to practice |
| 3.      | Cognitive processes: learning  
Memory  
Perception, attribution, meaning –relevance to practice |
| 4.      | Cognition and emotion as they relate to therapeutic endeavors  
On the primacy of cognition  
On the primacy of emotion |
| 5.      | Etiology of cognitive dysfunction and diagnostic considerations  
Thought disorders  
Cognitive theories of psychopathology |
| 6.      | Specific cognitive approaches to therapy  
Treatment of depression |
| 7.      | Specific cognitive approaches to treatment  
Treatment of anxiety disorders  
Phobias, panic disorders |
| 8.      | Specific cognitive approaches in treatment  
Eating disorders  
Obsessive compulsive disorders |
| 9.      | Stress inoculation training  
The renewal of the mind  
Cognition and spirituality |
| 10.     | Course Summary and review |
Bibliography


