

# **graduate COMMITTEE curriculum PROPOSAL FORM**

## A. Cover page (rover over text for more instructions- please delete red instructions)

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| --- | --- | --- |
| A.1[. Course or program](#_acknowledge) | CEP 556 Cognitive behavioral interventions |  |
| Academic Unit | School of Education  |  |
| A.2. [Proposal type](#type) | Course revision  |  |
| A.3. [Originator](#Originator) | Kalina Brabeck | [Home department](#home_dept) | CEP |
| A.4. [Rationale](#Rationale)Additional Information for [new programs](#type) | CEP 556 Cognitive Behavioral Interventions has been offered as an elective in the Counseling program. However, in response to recent trends in the field, we started teaching a new elective, offered as a workshop, in its place: CEP 580 Evidence-based Interventions: CBT, ACT, and DBT. This new elective took the content in CEP 556 and expanded it to include two more recent developments in contextual cognitive behavioral science and therapy, Acceptance and Commitment Therapy (ACT) and Dialectical and Behavioral Therapy (DBT). We have had growing enrollment over the three years we offered the course (e.g., nine students in fall 22, seventeen students in fall 23). To avoid adding another course to our program, we are seeking to revise the CEP 556 Cognitive Behavioral interventions course to CEP 556 Intro to Evidence-based Interventions: CBT, ACT, DBT. This course will now also be offered during the regular semester (fall) rather than summer. |
| A.5. [Student impact](#student_impact) | Students will benefit the incorporation of more recent developments in the field into the original CEP 556 course. |
| A.6. [Impact on other programs](#impact) | This course is taken by Counseling students and does not affect other programs. |
| A.7. [Resource impact](#Resource) | [Faculty PT & FT](#faculty" \o "Need to hire new full-time or part-time faculty? This is where you indicate if this proposal will be affecting FLH in your department/program.):  | Full-time Counseling faculty have taught CEP 556 and CEP 580, and will continue to teach the revised CEP 556 course. |
|  | [Library:](#library) | N/A |
|  | [Technology](#technology) | N/A |
|  | [Facilities](#facilities): | N/A |
| A.8. [Semester effective](#Semester_effective) | Fall 24 | A.9. [Rationale if sooner than next Fall](#Semester_effective) |  |
| A.10 [Changes to the website](#Signature_2) | N/A |

## B. NEW OR REVISED COURSES

|  | Old ([for revisions only](#Revisions))ONLY include information that is being revised, otherwise leave blank | NewExamples are provided within some of the boxes for guidance, delete just the examples that do not apply. |
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| B.1. [Course prefix and number](#cours_title)  | CEP 556 | CEP 556 |
| B.2. Cross listing number if any | N/A | N/A |
| B.3. [Course title](#title)  | Cognitive Behavioral interventions | Introduction to Evidence-based Interventions: CBT, ACT, DBT |
| B.4. [Course description](#description)  | Students will learn the fundamental components and theoretical bases of cognitive behavioral therapy, and how to conceptualize and treat various clinical problems through a cognitive behavioral theory framework. | Students will learn the fundamental components and theoretical bases of CBT, ACT and DBT and how to conceptualize and treat various clinical problems through these frameworks. |
| B.6. [Offered](#Offered) | Summer  | Fall  |
| B.9. [Justify differences if any](#differences) | This revision in title, description, and course content updates the course to include more recent advances in contextual cognitive behavioral science and therapy.  |
| B.14. [Redundancy with, existing courses](#competing) | N/A | N/A |
| B. 15. Other changes, if any | Course will be offered in fall rather than summer |

| B.16. [Course learning outcomes](#outcomes): List each outcome in a separate row | [Professional organization standard(s)](#standards), if relevant  | [How will each outcome be measured?](#measured) |
| --- | --- | --- |
| **2.F.1. Professional Counseling Orientation**1.l. self-care strategies appropriate to the counselor role | CACREP | Self-practice assignments |
| **2.F.2. Social and Cultural Diversity**2.a. multicultural and pluralistic characteristics within and among diverse groups nationally and internationally | CACREP | Reading reflection assignments |
| **2.F.5. Counseling and Helping Relationships**5.a. theories and models of counseling 2.j. evidence-based counseling strategies and techniques for prevention and intervention  | CACREP | Clinical demonstration assignment |
| **2.F.8. Research and Program Evaluation**8.b. identification of evidence-based counseling practices | CACREP | Clinical demonstration assignment |
| **Contextual Dimensions**5.c.2.j. cultural factors relevant to clinical mental health counseling | CACREP | Reading reflection assignmentsCase conceptualization assignment |
| **Foundations**5.c.1.b. theories and models related to clinical mental health counseling | CACREP | Case conceptualization assignment |
| **Practice**5.c.3.b. techniques and interventions for the prevention and treatment of a broad range of mental health issues | CACREP | Clinical demonstration assignmentSelf-practice assignment  |

| B.17. [Topical outline](#outline): Please do not include a full syllabus |
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| 1. CBT
	1. Overview of the CBT Model
	2. Fundamental Components
	3. CBT Process
	4. Structure of a Session
	5. Case Conceptualization
	6. Common interventions
	7. Applications to typical problems
	8. ADHD, stress
	9. Use of handouts and diagrams
	10. Assessment
2. ACT
	1. Context and Behavior
	2. Relational Frame Theory & Power of Language
	3. ACT Model of Suffering and Psychopathology
	4. Cognitive Fusion
	5. Hexaflex Model
	6. Functional Analysis
	7. ACT Formulation of Problem
	8. Research Support for ACT
	9. Cross cultural applications
	10. ACT with individuals who experience oppression
3. DBT
	1. Theories and systems of DBT
	2. Structuring treatment
	3. Treatment strategies
	4. DBT skills modules
	5. DBT individual therapy strategies
	6. Cross-cultural applications of DBT
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## D. Signatures

##### D.1. Approvals:

##### Required from department chairs, program directors, and deans from the academic unit originating the proposal.

| Name | Position/affiliation | [Signature](#_Signature" \o "Insert electronic signature, if available, in this column) | Date |
| --- | --- | --- | --- |
| Monica Darcy, PhD | Program Director of Clinical Mental Health Counseling | **Monica G Darcy** | 1/24/24 |
| Monica Darcy, PhD | Chair of CEP | **Monica G Darcy** | 1/24/24 |
| Carol Cummings, PhD | Dean of FSEHD | Carol A. Cummings | 1/31/24 |

##### D.2. [Acknowledgements](#acknowledge):

##### Required from all departments (and corresponding dean) impacted by the proposal. Signature does not indicate approval. Concerns should be brought to the attention of the graduate committee chair for discussion.

| Name | Position/affiliation | [Signature](#Signature_2) | Date |
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