

PSY 708: COGNITIVE ASSESSMENT & PSYCHOTHERAPY

Final Exam

Due: 12/7/18

Directions: You are to complete a *CBT Assessment, Case Formulation, and Treatment Plan*. This will be based on a separate document titled “Panic Disorder & Agoraphobia Case Study.” For your case formulation and treatment plan, you must use the document titled “CBT Assessment, Case Formulation, & Treatment Plan – TEMPLATE.” There are also two supplemental assessment documents that should be referred to as additional sources of information. Be sure to utilize your notes and readings from class lecture on 11/8. Of course, any prior class readings and lectures (e.g., automatic thoughts, core beliefs, behavioral exposure) are a good source of information, especially for interventions. It is also highly suggested that you follow the noted ***Barlow (2014 & 2002) chapters to help inform your conceptual understanding and treatment approach. Finally, you are more than welcome to use additional supplementary resources as long as they are cognitive-behavioral in nature and empirically supported. This exam *must be emailed* to Dr.V in *MS Word format* at am.volungis@assumption.edu by 12/7/18. ***Overall, Exam 3 accounts for 30% of your final grade.***

***Barlow, D. H. (Ed.). (2014). *Clinical handbook of psychological disorders* (5th ed.). New York, NY: Guilford Press.

***Chapter 1 – Panic Disorder and Agoraphobia (pp. 1-61)

***This is your recommended class textbook – available at the Beck Library and Amazon

***Barlow, D. H. (Ed.). (2002). *Anxiety and its disorders* (2nd ed.). New York, NY: Guilford Press.

***Chapter 10 – Panic Disorder and Agoraphobia (pp. 328-379)

***Supplemental option – available at the Beck Library and Amazon – it is “The” book for anxiety disorders