

Justice Institute of British Columbia COURSE OUTLINE

Course Code: SPE103

Course Title: Don't Panic! Brief Strategic Treatment of Anxiety Disorders

Prerequisite Courses:

Sponsoring Division: Community and Social Justice Division, Centre for Counselling and Community Safety

Previous Course Code & Title:

# of Credits:	1.0
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Course Description:

The anxiety disorders manipulate people by injecting rules into consciousness, then using that set of laws to take over mental territory. Five anxiety disorders—phobias, panic, social anxiety, generalized anxiety and OCD—control people by generating an absolute standard for certainty and comfort. We will look at the common denominators of this game, and isolate its manifestations in each disorder. Then we will explore how the therapist can teach clients to gain ground by engineering their own tactics and strategies, including the second-order change of switching game boards altogether! This brief strategic approach to cognitive-behavioral therapy helps clients find the courage and motivation to challenge their old beliefs and attitudes. Practical methods enable clients to ignore the content of their obsessive worries and to explore the feeling of uncertainty rather than fleeing from it. The cutting-edge anxiety treatment is now pushing further into the confrontational. You will learn how to help clients purposely to seek out anxiety as their ticket to freedom from crippling fear.

We will begin by covering the problems of and treatment for all anxiety disorders and the unique attributes of worry. Then we will focus on the therapist skills for two specific disorders: panic disorder and obsessive-compulsive disorder. For panic disorder, you will learn how to divide and conquer: to interrupt anticipatory anxiety and then to manage physical symptoms using cognitive strategies, paradox, pattern disruption, exposure and interoceptive exposure, and peeling away their ever-present “safety crutches.” For OCD clients, persuading them to adopt a new frame of reference is the therapist's primary task. You will learn a persuasive strategy--built out of whole cloth within the first session--that will frame the entire treatment protocol.

Course Goal(s):

This course will focus on the essential cognitive and behavioral tasks needed for effective and efficient treatment of the anxiety disorders.

Course Learning Objectives:

Upon successful completion of this course, the learner will be able to:

1. Identify the major themes that people with most anxiety disorders struggle with
2. Describe how those stances will change as clients take control of fearful situations

3. Present and defend the interventions of the anxiety disorder game within a therapeutic context
4. Modify the habituation model to accelerate progress
5. Shift clients' orientation from defense to offense
6. Conduct interceptive exposure in the treatment office
7. Persuade OCD clients to engage in provocative homework assignments

Course Topics/Content:

- Current treatment of the anxiety disorders & its weaknesses
- How clients' solutions to anxiety generate more problems
- Why do we all worry so?
- Central principles & goals for brief treatment
- Modifying the habituation model to accelerate progress
- The Anxiety Disorder Game & how to win
- Moving clients from defense to offense
- Strategic treatment of panic disorder
- Strategic treatment of OCD

Text and Resource Materials: Use APA style; specify chapters where applicable. ([APA Style Guidelines](#))

Required:

Recommended:

Course Level:

	First Year		Second Year		Third Year		Fourth Year
x	Other (describe):						

Equivalent Course(s) within the JIBC:

Class Delivery Methods:

Some courses are delivered using a range of methods within one class (course section) or alternative methods in different classes. Please outline the most common delivery options used for this course. The total class hours should be the same for each option.

Delivery Methods	Class Option A (Hours)	Class Option B (Hours)	Class Option C (Hours)	Class Option D (Hours)
Classroom/Lecture/Discussion	14.0			

Simulation/Lab	N/A			
Practicum/Fieldwork	N/A			
Online	N/A			
Correspondence	N/A			
Total Class Hours	14.0			

Comments on Delivery Methods:

Related Program(s): (where applicable)

Credit Transfer exists at: (List Institutions with official transfer agreements and name equivalent courses)

Course Grading System:

Check the system that applies to this course:

<input type="checkbox"/>	Letter Grades	<input type="checkbox"/>	Percentage	<input checked="" type="checkbox"/>	Pass/Fail	<input type="checkbox"/>	Credit/No Credit
<input type="checkbox"/>	Complete/Incomplete	<input type="checkbox"/>	Attendance Only	<input type="checkbox"/>	Not Applicable		

Passing Grade:	Pass
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JIBC Standard Grading Scale for Letter, Grade Point and % Grades:

Letter Grade	Grade Points	% Range	Letter Grade	Grade Points	% Range
A+	4.33	90-100	C+	2.33	64-67
A	4.00	85-89	C	2.00	60-63
A-	3.67	80-84			
B+	3.33	76-79	C-	1.67	56-59
B	3.00	72-75	D	1.00	50-55
B-	2.67	68-71	F	0.00	0-49

Evaluation Activities and Weighing: (complete the %'s which apply – total must equal 100%)

Final Exam	%	Assignments	%	Project	%	Capstone Project	%
Midterm Exam	%	Portfolio	%	Participation	%	Other	%
Quizzes/Test	%	Simulations	%	Practicum	%	TOTAL	100%

Comments on Evaluation:

100% attendance in the class

Other Course Guidelines, Procedures and Comments:

View the Justice Institute of BC Policies listed below at:

<http://www.jibc.bc.ca/studentServices/main/AcademicServices/policies.htm>

Access Policy
Harassment Policy
Prior Learning Assessment Policy
Student Code of Conduct

Academic Appeals Policy
Intellectual Property Rights Policy
Research on Human Subjects: Ethics
Student Records