

**Psychology 537: METHODS OF INTERVENTION
Spring 2005**

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GOALS: Acquaint graduate students with the empirical literature on the treatment of certain disorders (problems) of adults and children. This course is not a practicum. There is a separate practicum course. This course is designed more specifically to do the following:

1. Familiarize you with the basic conceptualization of the causes of the problems under discussion. While the emphasis in this course is on treatment (intervention), it is also helpful to understand the causes of various disorders/problems. Knowing something about the causes of disorders is necessary to address client's questions about the disorder, causes thereof, and the course of the disorder.
2. Cover treatments for various problems and their empirical efficacy. The course is organized around clinical problems rather than around treatments or treatment strategies, and there will be a biopsychosocial emphasis in the course.

This course is the second intervention course, and the readings are non-overlapping. Overall, the readings in this course are about the treatment of disorders. It is helpful to have a copy of the DSM-IV readily available for this and other clinical courses and practica. In addition, the book, Treatments That Work (2nd Ed), 2002, by Nathan and Gorman, Oxford University Press, NY, will be used frequently for reference material, and is a text for this course. Please order this book via the internet (e.g., Amazon.com).

Psychology 537: Intervention II

Spring 2005; Friday 9:35-12:35 AM, Psych B 316
Dan O'Leary

January 28	Marital Discord
February 4	A Marital Discord Model of Depression
February 11	Spouse Abuse
February 18	No Class: O'Leary in Spain
February 25	Conduct Disorders
March 4	Attention Deficit Disorders Enuresis and Encopresis
March 11	Alcohol Use and Abuse
March 18	Midterm
March 25	Spring Recess, Good Friday: March 21-27
April 1	Personality Disorders
April 8	Schizophrenia
April 15	Rape and Post Traumatic Stress Disorder
April 22	Eating Disorders
April 29	Class Presentations (30 min Presentation; 15 min Discussion)
May 6	Class Presentations (30 min Presentation; 15 min Discussion)
May 13	Final Exam

RELATIONSHIP DISCORD

Shadish, W. R., Ragsdale, K., Glaser, R. R. & Montgomery, L. M. (1995). The efficacy and effectiveness of marital and family therapy: A perspective from meta-analysis. *Journal of Marital and Family Therapy*, 21, 435-460.

Baucom, D. H., Hahlweg, K. & Kuschel, A. (2003). Are waiting list control groups needed in future marital therapy outcome research? *Behavior Therapy*, 34, 179-188.

Gehring, D. (2003). Couple therapy for low sexual desire: A systemic approach. *Journal of Sex and Marital Therapy*, 29, 25-38.

Christensen, A., Atkins, D. C., Berns, S., Wheeler, J., Baucom, D. H., & Simpson, L. (2004). Traditional versus integrative couple therapy for significantly and chronically distressed married couples. *Journal of Consulting and Clinical Psychology*, 72, 176-191.

Christensen, A., Jacobson, N. S. & Babcock, J. C. (1995). Integrative behavioral couple therapy (pgs 31-40, not complete chapter). In N. S. Jacobson & A. S. Gurman (Eds.), Clinical Handbook of Couple Therapy. Guilford: New York.

Rathus, J. H. & Sanderson, W. C. (1999). Marital distress: Cognitive behavioral interventions for couples. Aronson, New York. Chapter 1, Rationale for a CBT approach to relationship distress, pp 1-52.

Vatcher, C. & Bogo, M. (2001). The feminist/emotionally focused therapy practice model: An integrated approach for couple therapy. *Journal of Marital and Family Therapy*, 27, 69-83.

*Fairchild, H. H., Yee, A. H., Wyatt, G. E., & Weizmann, F. M. (1995). Readdressing psychology's problems with race. *American Psychologist*, Jan., 46-47.

Dyadic Adjustment Scale (Copies of DAS, Spanier, 1976)

Recommended Assessment: O'Leary, K. D. & Arias, I. (1987). Marital assessment in clinical practice (Chapter 9). In O'Leary, K. D. (Ed.), Assessment of Marital Discord. Lawrence Erlbaum: Hillsdale, NJ, pp. 287-312.

Recommended Treatment: O'Leary, K. D., Heyman, R. E., & Jongsma, A. E. (1998). *The Couples Psychotherapy Treatment Planner*. Wiley.

Halford, K. (2001) Helping couples change. Guilford, NY

A MARITAL DISCORD MODEL OF DEPRESSION

Beach, S. R. H., Sandeen, E. & O'Leary, K. D. (1990). Depression in marriage. Chapter: Marital discord model of depression (pp. 53-84). New York: Guilford Press.

O'Leary, K/ D. & Beach, S. R. H. (1990). Marital therapy: A viable treatment for depression. American Journal of Psychiatry, 147, 183-186.

Gotlib, I. H. & McCabe, S. B. (1990). Marriage and psychopathology. In F. F. Fincham & T. N. Bradbury (Eds.), The Psychology of Marriage (pp. 226-257). New York: Guilford Press.

Whisman, M. A. (2002). The association between depression and marital dissatisfaction (pp3-19). In S. R. H. Beach (Ed)., Marital and family processes in depression: A scientific foundation for clinical practice. Washington, DC: American Psychological Association.

Brown, G. W., Harris, T. O. & Hepworth, C. (1995). Loss, humiliation and entrapment among women developing depression. A patient and nonpatient comparison. Psychological Medicine, 27, 7-21.

Cano, A. & O'Leary, K. D. (2000). Infidelity and separations precipitate major depressive episodes and symptoms of non-specific depression. Journal of Consulting and Clinical Psychology, 68, 774-781.

Beach, S. R. H. (1992). Marital therapy for co-occurring marital discord and depression (pp. 205-234). In In S. R. H. Beach (Ed)., Marital and family processes in depression: A scientific foundation for clinical practice. Washington, DC: American Psychological Association.

*Norton, A. J. & Miller, L. F. (1992). Marriage, divorce, and remarriage in the 1990s (pp 1-13). US Bureau of the Census, Current Population Reports, US Govt Printing Office.

Recommended:

Munoz, R. F., Hollan, S. D, McGrath, E., Rehm, L. P. & Vanderbos, G. R. (1994). On the AHCPR Depression in Primary Care Guidelines: Further Consideration for practitioners. American Psychologist, 49, 42-61.

Kramer, P. D. (1993). Listening to Prozac: A psychiatrist explores antidepressant drugs and the remaking of the self. New York: Viking. Introduction and Chapter 1 (Makeover), pp. ix-xix & 1-21.

Recommended Treatment Manual:

Beach, S., Sandeen, & O'Leary, K. D. (1990) Depression in Marriage: A Model for Etiology and Treatment. Guilford. NY

SPOUSE ABUSE

Straus, M. A. (1990). How violent are American families? Estimates from the national family violence resurvey and other studies. In M. A. Straus & R. J. Gelles (Eds.), Physical violence in American Families: Risk Factors and adaptations to violence in 8,145 families. New Brunswick, NJ: Transaction Press, 95-112.

O'Leary, K. D. (2000). Are women really more aggressive than men in intimate relationships? Comment on Archer (2000). Psychological Bulletin, 126, 685-689.

O'Leary, K. D. (1993). Through a psychological lens: Personality traits, personality disorders and levels of violence. In R. J. Gelles & D. R. Loseke (Eds.), Current Controversies on Family Violence. Newbury Park, CA: Sage, pp. 7-30.

O'Leary, K. D. & Slep, A.M.S. (2003). A dyadic longitudinal model of adolescent dating aggression. Journal of Clinical Child and Adolescent Psychology, 32, 314-327.

Yllo, K. A. (1993). Through a feminist lens: Gender, power and violence. In R. J. Gelles & D. R. Loseke (Eds.), Current Controversies on Family Violence. Newbury Park, CA: Sage, pp. 47-62.

O'Leary, K. D., Heyman, R. E. & Neidig, P. H. (1999). Treatment of wife abuse: A comparison of gender-specific and conjoint approaches. Behavior Therapy, 30, 475-505.

Schafer, J., Caetano, R., & Clark, C. L. (2002). Agreement about violence in U.S. couples. Journal of Interpersonal Violence, 17, 457-470.

*Rennison, C. & Planty, M. (2003). Nonlethal intimate partner violence: Examining race, gender and income patterns. Violence and Victims, 18, 433-433.

Fruzetti, A. E. & Levensky, E. R. (2000). Dialectic behavior therapy for domestic violence: Rationale and procedures. Cognitive and Behavioral Practice, 7, #4, 435-448.

Recommended Assessment:

O'Leary's Brief One Page Clinical Assessment for Satisfaction, Abuse, and Commitment

Straus, M. A., Hamby, S. L., Boney-McCoy, S., & Sugarman, D. B. (1996). Revised Conflict Tactics Scale (CTS2). Development and Preliminary psychometric data. Journal of Family Issues, 17, 283-316.

Recommended Treatment Manuals

Cognitive Behavioral

See Couples Psychotherapy Treatment Manual, O'Leary, Heyman, & Jongsma, Wiley 1998

See Couples Treatment and Gender Specific Treatment Program Manuals from O'Leary, Heyman & Neidig, 1999, Unpublished SUNY, Stony Brook, NY.

Geller, J. A. (1992). Breaking Destructive Patterns: Multiple Strategies for Treating Partner Abuse. NY: Free Press.

Feminist:

Pence, E., Paymar, M., Ritmeester, T & Shepard, M (1993). Education Groups for Men Who Batter: The Duluth Model. NY: Springer.

Shepard, M. & Pence, E. (Eds.) (1999). Coordinating Community Responses to Domestic Violence: Lessons from Duluth and Beyond. Thousand Oaks, CA: Sage.

Wiseman, P. & Pence, E. (2000). Ditch That Jerk: Dealing With Men Who Control and Abuse Women. Hunter House; ISBN: 0897932838.

*The above books are available from Amazon.com.

Psychodynamic Approaches:

Stosny, S. (1995) Attachment Abuse: A Compassionate Approach. NY: Springer

Saunders, D. G. (1996). Feminist-cognitive-behavioral and process psychodynamic treatments for men who batter: Interaction of abuser traits and treatment models. Violence and Victims, 11, 393-414.

CONDUCT DISORDERS

Kazdin, A. (2002). Psychosocial treatments for conduct disorders in children and adolescents, Chapter in Nathan and Gorman.

Malone, R. P., Delaney, M. A., Luebbert, J. F., Cater, J., & Campbell, M. (2000). A double-blind placebo-controlled study of Lithium in hospitalized aggressive children with conduct disorder. Archives of General Psychiatry, 57, 649-654.

Weiss, B., Catron, T., & Harris, V. (2000). A two year follow-up of the effectiveness of traditional child psychotherapy. Journal of Consulting and Clinical Psychology, 68, 1094-1101.

Kendziora, K. & O'Leary, S. G. (1993). Dysfunctional parenting as a focus for prevention of and treatment of child behavior problems. In T. H. Ollendick & R. J. Prinz (Eds.), Advances in Child Clinical Psychology, (Volume 15, pp. 175-206). New York: Plenum.

Prinz, R. & Miller (1994). Family based treatment for childhood antisocial behavior. Journal of Consulting and Clinical Psychology, 62, 645-650.

Henggler, S.W., Melton, G. B. & Smith, L. A. (1992). Family preservation using multisystemic therapy: An effective alternative to incarcerating serious juvenile offenders. Journal of Consulting and Clinical Psychology, 60, 953-961.

Patterson, G. R. & Chamberlin, P. (1994). A functional analysis of resistance during parent training. Clinical Psychology: Science and Practice, 1, 53-70.

Klein, R. G., Abikoff, H., Klass, E., Ganeles, D., Seese, L. & Pollack, S. (1997). Clinical efficacy of methylphenidate in conduct disorder with and without attention deficit disorder. Archives of General Psychiatry, 54, 1073-1080.

*Maddox, C. Race matters: Disparities in African American children with ADHD (pp. 145-164).
(Read for CD and ADHD).

Recommended Treatment:

Barkley, R. A. (1997). Defiant Children: A Clinician's Manual for Assessment and Parent Training. Second Ed, NY: Guilford.

J. M. Eddy (1996). Conduct Disorders: The Latest in Assessment and Treatment Strategies. Kansas City, Missouri, Compact Clinicals.(1-800-408-8830).

ATTENTION DEFICIT DISORDERS

Hinshaw, S., Klein, R. G., & Abikoff, H. B. (2002). Childhood attention deficit disorder: Nonpharmacological treatments and their combination with medication. In Nathan and Gorman.

O'Leary, S. G. & Pelham, W. E. (1978). Behavioral therapy and withdrawal of stimulant medication with hyperactive children. Pediatrics, 61, 211-217.

Wender, P. H. (1987). The hyperactive child, adolescent and adult: Attention deficit disorder through the lifespan. New York, Oxford University Press (Section on psychostimulant treatment of adult ADHD).

Spencer, T., Biederman, J., Wilens, T., Faraone, S. et al. (2001). Efficacy of mixed amphetamine salts compound in adults with ADHD. Archives of General Psychiatry, 58, 775-782.

Pelham, W. E., Carson, C., Sams, S., Vallano, G., Dixon, J. & Hoza, B. (1993). Separate and combined affects of methylphenidate and behavior modification on boys with attention deficit hyperactivity in the classroom. Journal of Consulting and Clinical Psychology, 61, 506-515.

Zametkin, A. J., Nordahl, T. E., Gross, M., King, C., Semple, W. E., Rumsey, J., Hamburger, S. & Cohen, R. M. (1990). Cerebral glucose metabolism in adults with hyperactivity of childhood onset. New England Journal of Medicine, 323, 1361-1366.

Arnold, L. E., Elliot, M., Sachs et al. (2003). Effects of ethnicity on treatment attendance, stimulant response does, and 14 month outcome in ADHD. Journal of Consulting and Clinical Psychology, 71, 713-727.

ENURESIS/ENCOPRESIS

Wilson et al. (1996) Enuresis in Childhood Disorders Section, pp. 475-477.

Liebert, R. M. & Fischel, J. E. (1990). Disorders of elimination: Enuresis and encopresis. In Handbook of Developmental Psychopathology. Edited by Michael Lewis and Suzanne Miller. New York: Plenum Publishing, pp. 421-429.

Recommended Treatment:

See Barkley in previous section, Defiant Children.

Conners, C. K. & J. L. Lett (1999). Attention Deficit Hyperactivity Disorder (in Adults and Children). The Latest in Assessment and Treatment Strategies. Kansas City, Missouri, Compact Clinicals.(1-800-408-8830).

Liebert, R. M. & Fischel, J. E. (1985). Parent Guide, Third Edition. Unpublished Manual. SUNY, Stony Brook, NY.

Alcoholism

Finney & Moos. (2002). Psychosocial treatments for alcohol use disorders. In Nathan and Gorman.

Sobel, M. B., Sobel, & Gavin, D. R. (1995). Portraying alcohol treatment outcomes: Different Yardsticks of success. Behavior Therapy, 26, 643-669.

Bien, T. H., Miller, W. R., & Tonigan, S. (1993). Brief interventions for alcohol problems: A Review. Addiction, 88, 315-336.

Miller, W. R., Benefield, R. G., & Tonigan, J. S. (1993). Enhancing motivation for change in problem drinking: A controlled comparison of two therapist styles. Journal of Consulting and Clinical Psychology, 61, 455-461.

Miller, W. R. Increasing motivation for change. In Alcoholism Treatment Approaches, pp 67-79.

Annis, H. M. (1990). Relapse to substance abuse: Empirical findings within a cognitive social learning approach. Journal of Psychoactive Drugs, 22, 117-124.

*Windle, M. (2003) Alcohol use among adolescents and young adults. National Institute on Alcohol Abuse and Alcoholism, pp 1-10.

*The World Mental Health Survey Consortium (2004). Prevalence, severity, and unmet need for treatment of mental disorders in the World Health Organization World Mental Health Surveys. Journal of the American Medical Association, 291, 2581-2590.

PERSONALITY DISORDERS

Crits-Christoph & Barber (2002). Psychological treatments for personality disorder. In Nathan and Gorman.

Millon, T. & Davis, R. (1995). Putting Humpty Dumpty Together Again: Using the MCMI in Psychological Assessment. In L. R. Beutler & M. R. Berren (Eds.), Integrative assessment of adult personality. New York: Guilford, pp. 240-279.

Costa, P. T. & McCrae, R. R. (1994). Set like plaster? Evidence for the stability of adult personality. In T. F. Heatherington & J. L. Weinberger (Eds.), Can Personality Change?. New York: Guilford, pp. 21-40.

Huselid, R. F. & Cooper, M. L. (1994). Gender roles as mediators of sex differences in expressions of pathology. Journal of Abnormal Psychology, 103, 595-603.

Plomin, R. (1990). The role of inheritance in behavior. Science, 248, 183-188.

Rushton, J. P., Fulker, D. W., Neale, M. C., Nias, D. K. B. & Eysenck, H. J. (1986). Altruism and aggression: The heritability of individual differences. Journal of Personality and Social Psychology, 50(6), 1192-1198.

Shea, M. T. (1993). Psychosocial treatment of personality disorders. Journal of Personality Disorders, Supplement, 167-180.

Assessment:

Millon Clinical Multiaxial Inventory.

Ferro, T., Klein, D. N., Norden, K. A., Donaldson, S. K. & Lizardi, H. (1995). Development and reliability of the family history interview for personality disorders. Journal Of Personality Disorders, 9(2), 169-175.

Clark, L. A. (1996). Schedule for Non-adaptive and Adaptive Personality (SNAP). University of Minnesota Press.

Jackson, D. N. (1967). Personality Research Form, Third Edition. Sigma Assessment Systems.

Treatment:

Linehan, M. M. (1993). Cognitive behavioral treatment of borderline personality disorder. NY: Guilford.

SCHIZOPHRENIA

Kopelowicz, Liberman, & Zarate (2002). Psychosocial treatments for schizophrenia. In Nathan and Gorman.

Andreasen, N. C. & Black, D. W. (1991). Schizophrenia (Chapter 7). In Introductory Textbook of Psychiatry, American Psychiatric Press, pp. 157-174.

Bellack, A. S., Morrison, R. L. & Mueser, K. T. (1992). Behavioral interventions in schizophrenia. In Turner, Calhoun & Adams (Eds.), Handbook of Clinical Behavior Therapy (Second Ed.), NY: Wiley, pp. 135-154.

Wyatt, R. J. (1996). Neurodevelopmental abnormalities and schizophrenia: A family affair. Archives of Genral Psychiatry, 53, 11-15.

Susser, E., Neugebauer, R., Hoek, H. H., Brown, A. S., Lin, S., Labovitz & Gorman, J. M. (1996). Schizophrenia after prenatal famine: Further evidence. Archives of Genral Psychiatry, 53, 25-31.

Goldstein, M. (1996). Family interventions with schizophrenia. Paper presented to the Temple University Symposium, Marital and Family Therapy Outcome and Process Research: State of the Science. Philadelphia, PA (Graph only from this presentation; the graph summarizes six different studies).

Gilbert, P. L., Harris, J., McAdams, L. A. & Jeste, D. V. (1995). Neuroleptic withdrawal in schizophrenic patients. Archives of General Psychiatry, 52, 173-178.

Sensky, T., Turkington, D., Kingdon, D. et al. (2000). A randomized controlled trial of cognitive-behavioral therapy for persistent symptoms in schizophrenia resistant to medication. Archives of General Psychiatry, 57, 165-172.

Treatment:

Fallon, I. A., Boyd, J. L., & McGill, C. W. (1984). Family care of schizophrenia. NY: Guilford.

RAPE AND POST TRAUMATIC STRESS DISORDER

Koss, M. P. (1993). Detecting the scope of rape: A review of prevalence research methods. Journal of Interpersonal Violence, 8, 198-222.

Koss, M. P. (1993). Rape: Scope, impact, interventions and public policy responses. American Psychologist, 48, 1062-1069.

Resick, P. A. (1993). The psychological impact of rape. Journal of Interpersonal Violence, 8, 223-255.

Resick, P. A. & Schnicke, M. K. (1992). Cognitive processing therapy for sexual assault victims. Journal of Consulting and Clinical Psychology, 60, 748-756.

Foa, E. B., Rothbaum, B. O. & Steketee, G. S. (1993). Treatment of rape victims. Journal of Interpersonal Violence, 8, 256-276.

Treatment:

Resick, P.A. & Schnicke, M.K. (1993). Cognitive Processing Therapy for Rape Victims: A Treatment Manual. Sage (Interpersonal Violence Practice Series): Newbury Park.

EATING DISORDERS

Wilson and Fairburn (2002). Treatments for Eating Disorders. In Nathan and Gorman.

Leon, G. R., Fulerson, J. A., Perry, C. L. & Cudeck, R. (1993). Personality and behavioral vulnerabilities associated with risk status for eating disorders in adolescent girls. Journal of Abnormal Psychology, 102, 438-444.

Russel, G. F. M., Szmukler, G. I., Dare, C. & Eisler, I. (1987). An evaluation of family therapy in anorexia nervosa and bulimia nervosa. Archives of General Psychiatry, 44, 1047-1055.

Agras, W. S., Schneider, J. A., Arnow, B., Raeburn, S. D. & Telch, C. F. (1989). Cognitive-behavioral and response-prevention treatments for bulimia nervosa. Journal of Consulting and Clinical Psychology, 57, 215-221.

Fairburn, C. G., Norman, P. A., Welch, S. L., O'Connor, Doll, H. A. & Peveler, R. C. (1995). A prospective study of outcome in bulimia nervosa and the long term effects of three psychological treatments. Archives of General Psychiatry, 52, 304-312.

Treatment:

Agras, W.S. & Apple, R.F. (1997). Overcoming eating disorders: A cognitive-behavioral treatment for bulimia nervosa and binge eating disorder, Therapist guide. San Antonio, TX: The Psychological Corporation.

HEALTH CARE DELIVERY

Nathan & Gorman (2002). Efficacy, Effectiveness and the Clinical Utility of Psychotherapp Research. In Nathan and Gorman.

O'Donohue, W., Cummings, N., & Ferguson, K. E. (2003). Clinical Integration. The Promise and the Path. In Behavioral Health as Primary Care: Beyond Effectiveness to Effectiveness. (Eds. N. Cummings, O'Donohue, W. T., & Ferguson, K. E.). Context Press, Reno, Nevada.

Kouyoumdjian, H., Zamboanga, B. L. & Hansen, D. (2003). Barriers to Community Mental Health Services for Latinos: Treatment Considerations. *Clinical Psychology: Science and Practice*, 10, 394-422.

Gilbert, S. (2003). Eating disorders in women of color. *Clinical Psychology: Science and Practice*, 10, 444-455.

Simon, G. E., Manning, W. G., Katzelnick, D. J., Pearson, S. D., Henck, H. J., & Helstad, C. P. (2001). Cost effectiveness of systematic depression treatment for high utilizers of general medical care. *Archives of General Psychiatry*, 58, 181-187.

Barlow, D. H.(1994). Psychological interventions in the era of managed competition. *Clinical Psychology: Science and Practice*, 1, 109-122.

Barlow (Update of the 1994 will be made available when I receive it from Barlow this spring)

Christensen, A. & Jacobson, N. S. (1994). Who (or what) can do psychotherapy? The status and challenge of non-professional therapies. *American Psychological Society*, 5, 8-14.