

# DABATEM 2019-2020 Syllabus

## Week 0: pre-course obligatory reading material

### ○ Reading List

#### ▪ Book:

- *Learning and Memory from Brain to Behaviour*  
Mark A. Gluck  
Eduardo Mercado  
Catherine E. Myers  
2016 (3<sup>th</sup> edition)
  - Introductory Module
    - chapter 1: the psychology of learning and memory
  - Learning Module
    - chapter 3: habituation, sensitization, and familiarization
    - chapter 4: classical conditioning
    - chapter 5: operant conditioning
    - chapter 6: generalization, discrimination learning, and concept formation
- *Abnormal Psychology*  
James N. Butcher  
Jill M. Hooley  
Susan M. Mineka  
2013 (13<sup>th</sup> edition)
  - chapter 1: abnormal psychology: an overview
  - chapter 2: historical and contemporary views of abnormal behaviour
  - chapter 3: causal factors and viewpoints
  - chapter 5: stress and physical and mental health
  - chapter 6: panic, anxiety, obsessions, and their disorders
  - chapter 7: mood disorders and suicide
  - chapter 8: somatic symptom and dissociative disorders

## Week 1: Introduction to Theoretical Framework

### ○ Reading List

#### ▪ Articles:

- The role of uncontrollable and unpredictable stress in post-traumatic stress responses in torture survivors  
Metin Başoğlu

Susan Mineka  
1992

- A Contemporary Learning Theory Perspective on the Etiology of Anxiety Disorders: It's Not What You Thought It Was  
Susan Mineka  
Richard E. Zinbarg  
2006

## Week 2: A learning theory formulation of earthquake trauma

### ○ Reading List

- Book chapter:
  - A Mental Healthcare Model for Mass Trauma Survivors - Control-Focused Behavioural Treatment of Earthquake, War, Torture Trauma  
Metin Başoğlu et al, 2011
    - Chapter 1. A learning theory formulation of earthquake trauma

## Week 3: Review and Discussion of Evidence Base

### ○ Reading List

- Articles:
  - Başoğlu et al (2001). A study of the validity of a Screening Instrument for Traumatic Stress in Earthquake Survivors in Turkey. *Journal of Traumatic Stress*, 14, 491–509.
  - Başoğlu et al (2002). Traumatic stress responses in earthquake survivors in Turkey. *Journal of Traumatic Stress*, 15, 269–276.
  - Livanou, M., Başoğlu, M. et al (2002). Traumatic stress responses in treatment-seeking earthquake survivors in Turkey. *Journal of Nervous and Mental Disease*, 190, 816–823.
  - Başoğlu et al (2003). A single session with an earthquake simulator for traumatic stress in earthquake survivors. *American Journal of Psychiatry*, 160, 788–790.
  - Şalcıoğlu, E., Başoğlu, M. et al (2003). Long-term psychological outcome for non-treatment-seeking earthquake survivors in Turkey. *Journal of Nervous and Mental Disease*, 191, 154–160.
  - Başoğlu et al (2003). A brief behavioural treatment of chronic post-traumatic stress disorder in earthquake survivors: Results from an open clinical trial. *Psychological Medicine*, 33, 647–654.
  - Başoğlu et al (2004). Prevalence of posttraumatic stress disorder and comorbid depression in earthquake survivors in

Turkey: An epidemiological study. *Journal of Traumatic Stress*, 17, 133–141.

- Başoğlu, M., et al (2005). Single-session behavioral treatment of earthquake-related posttraumatic stress disorder: A randomized waiting-list controlled trial. *Journal of Traumatic Stress*, 18, 1–11.
- Şalcıoğlu, E., Başoğlu, M. et al (2007). Post- traumatic stress disorder and comorbid depression among survivors of the 1999 earthquake in Turkey. *Disasters*, 31, 115–129.
- Başoğlu, et al (2007). A randomized controlled study of single-session behavioural treatment of earthquake-related post-traumatic stress disorder using an earthquake simulator. *Psychological Medicine*, 37, 203–213.
- Başoğlu, M., et al (2009). Single- case experimental studies of a self-help manual for traumatic stress in earthquake survivors. *Journal of Behavior Therapy and Experimental Psychiatry*, 40, 50–58.

#### Week 4: A learning theory formulation of torture and war trauma

##### ○ Reading List

###### ▪ Book chapter:

- Chapter 2. A learning theory formulation of torture and war trauma

#### Week 5: Review and Discussion of Evidence Base

##### ○ Reading List

###### ▪ Articles:

- Başoğlu et al (1994). Psychological effects of torture: A comparison of tortured with nontortured political activists in Turkey. *American Journal of Psychiatry*, 151, 76–81.
- Başoğlu, M., et al (1994). Factors related to long-term traumatic stress responses in survivors of torture in Turkey. *Journal of the American Medical Association*, 272, 357–363.
- Başoğlu, M., et al (1996). Appraisal of self, social environment, and state authority as a possible mediator of posttraumatic stress disorder in tortured political activists. *Journal of Abnormal Psychology*, 105, 232–236.
- Başoğlu, M., Mineka, S., et al (1997). Psychological preparedness for trauma as a protective factor in survivors of torture. *Psychological Medicine*, 27, 1421–1433.
- Başoğlu, M., et al (2005). Psychiatric and cognitive effects of war in former Yugoslavia: Association of lack of redress for

trauma and posttraumatic stress reactions. *Journal of the American Medical Association*, 294, 580–590.

- Başoğlu, M., et al (2007). Torture vs other cruel, inhuman, and degrading treatment: Is the distinction real or apparent? *Archives of General Psychiatry*, 64, 277–285.
  - Başoğlu, M. (2009). A multivariate contextual analysis of torture and cruel, inhuman, and degrading treatments: Implications for an evidence-based definition of torture. *American Journal of Orthopsychiatry*, 79, 135–145.
- **Book chapter:**
- **Torture and its Definition in International Law: An Interdisciplinary Approach**  
Metin Başoğlu  
2017
    - Chapter 1: Theory and evidence-based definition of torture  
Metin Başoğlu
    - Chapter 3: A battle for control: resisting torture and cruel, inhuman, or degrading treatment at Guantanamo  
Alexa Koenig

## **Week 6: Behavioural Assessment**

### ○ **Reading List**

- **Book chapter**
- Chapter 3. Assessment
  - Appendix A: Questionnaires
    - Screening Instrument for Traumatic Stress in Earthquake Survivors (SITSES)
    - Screening Instrument for Traumatic Stress in Earthquake Survivors-Child Version (SITSES-C)
    - Fear and Avoidance Questionnaire
    - Depression Rating Scale
    - Screening Instrument for Traumatic Stress in Survivors of War (SITSOW)
    - Global Improvement Scale – Self (GIS-S)
    - Work / Social Adjustment Scale (self-rated)
    - Work / Social Adjustment Scale (assessor-rated)
    - Sense of Control Scale
    - Grief Assessment Scale
    - Behavior Checklist for Grief

## **Week 7: Control-Focused Behavioural Treatment**

### ○ **Reading List**

- **Book chapters:**

- Chapter 4. Control-focused behavioural treatment
- Chapter 6. An overview of treatment efficacy and mechanisms of recovery
- Chapter 7. A mental healthcare model for earthquake survivors
- Articles:
  - Başoğlu, M., et al (1994). Alprazolam and exposure for panic disorder with agoraphobia: Attribution of improvement to medication predicts subsequent relapse. *British Journal of Psychiatry*, 164, 652–659.
  - Başoğlu, M., et al (1994). Relationship of panic, anticipatory anxiety, agoraphobia and global improvement in panic disorder with agoraphobia treated with alprazolam and exposure. *British Journal of Psychiatry*, 164, 647–652.

## Week 8: Review of Evidence Base of Control-Focused Behavioural Treatment

### ○ Reading List

- Articles:
  - Başoğlu, M., et al (2003). A brief behavioural treatment of chronic post- traumatic stress disorder in earthquake survivors: Results from an open clinical trial. *Psychological Medicine*, 33, 647–654.
  - Başoğlu, M., et al (2003). A single session with an earthquake simulator for traumatic stress in earthquake survivors. *American Journal of Psychiatry*, 160, 788–790.
  - Başoğlu, M., et al (2005). Single-session behavioral treatment of earthquake-related posttraumatic stress disorder: A randomized waiting list controlled trial. *Journal of Traumatic Stress*, 18, 1–11.
  - Başoğlu, M., et al (2007). A randomized controlled study of single-session behavioural treatment of earthquake-related post-traumatic stress disorder using an earthquake simulator. *Psychological Medicine*, 37, 203–213.
  - Başoğlu, M., et al (2009). Single- case experimental studies of a self-help manual for traumatic stress in earthquake survivors. *Journal of Behavior Therapy and Experimental Psychiatry*, 40, 50–58.

## Week 9: Delivery of CFBT - Review of Treatment Delivery Manuals

### ○ Reading List

- Book chapters:
  - Appendix B: Helping people recover from earthquake trauma  
Control-focused behavioral treatment delivery manual
  - Appendix C: Recovering from earthquake trauma:  
A self-help manual

## Week 10: Prolonged Grief

### ○ Reading List

- Book chapter:
  - Chapter 5. Assessment and treatment of prolonged grief

## Week 11: A critical review of current psychotherapies in psychological trauma

### ○ Reading List

- Book chapters:
  - Chapter 8. Issues in care of mass trauma survivors
  - Chapter 9. Issues in rehabilitation of war and torture survivors
- Articles:
  - Başoğlu, M. (1993). Prevention of torture and care of survivors: An integrated approach. *Journal of the American Medical Association*, 270, 606–611.
  - Başoğlu, M. and Marks, I. (1988). Torture. *British Medical Journal*, 297, 1423–1424.
  - Başoğlu, M. (2006). Rehabilitation of traumatised refugees and survivors of torture: After almost two decades we are still not using evidence based treatments. *British Medical Journal*, 333, 1230–1231.
    - responses to the article:  
<https://www.bmj.com/content/333/7581/1230/rapid-responses>

## Week 12: Oral exam & evaluation