

DABATEM 2019-2020 Syllabus

Professor Metin Başoğlu

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 (3th 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 (13th 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: Written exam & evaluation