SYLLABUS
CAMS-UA 205 - Fear Factor: An Advanced Seminar on Anxiety Disorders

Instructors: Aleta Angelosante, Ph.D. and Carrie Spindel Bashoff, Psy.D
Office Hours: By appointment, please e-mail: aleta.angelosante@nyumc.org or carrie.spindel@nyumc.org

Overview of Course: This advanced seminar will provide students with an in-depth exposure to Anxiety Disorders. Beginning with etiological theories, we will examine various biological, behavioral and cognitive paradigms to conceptualize the developmental links between brain, environment, and behavior. We will then move onto diagnostic and treatment strategies, and finally current cutting-edge topics, such as the role of emotion regulation and disgust in anxiety disorders and efforts to take anxiety treatments into school settings. Primary sources for the course will include scientific papers, current chapters, and classroom demonstrations and discussions.

We will examine the current major areas of anxiety disorders research, including epidemiological studies of the prevalence (and possible reasons for under detection and racial differences), methods of diagnosis (structured interviews), and current treatment techniques and contexts (e.g., exposure therapies, cognitive restructuring, social skills training, peer modeling, mindfulness-based approaches, and school-based interventions). The focus of the class will include the integration of information from the readings and lectures with a heavy emphasis on student participation through discussion of current topics and impressions recorded in their journals. Students will present their observations and ideas each week, and at least one student will be assigned for each session to discuss one of the required readings in more detail and to facilitate discussion of that topic. Students will be taught clinical and educational techniques employed in the assessment and treatment of individuals with Anxiety Disorders. Finally, students will be required to attend a live demonstration of a diagnostic clinical interview of a child or adolescent struggling with an anxiety disorder.

Course Requirements: Grades will be calculated based on weekly participation in class, journaling, two presentations, observation and summary of live clinical demonstration, and a final term paper.

1) **Journals** (25%): 9 out of 10 assigned entries will be required, each of which should be approximately 1 to 2 double-spaced pages. If all 10 are completed, the lowest score will be dropped. Journal entries should be e-mailed to Carrie Spindel Bashoff (carrie.spindel@nyumc.org) by 9:30 am on Monday (class).

   *Late Policy for Journals:* Emails with attached papers dated later than 9:30 am on the day of class will be marked late. If your journal is submitted anytime between 9:30 am and 11:59 pm on Monday, 3 points will be deducted. 1 additional point will be deducted per day after that.

2) **Class Participation** (20%): Students will be graded upon their participation in class, specifically their ability to share their views and opinions about the reading material.

3) **Written Summary of Live Clinical Demonstration** (15%): Each student will be required to attend a live psychiatric evaluation (via one-way mirror) conducted at the NYU Child Study Center by one of the two instructors. This clinical demonstration will take place during class time on -------.
Students will be required to submit a 3 to 5 page summary (due --------) of their experience and observations. A template for this paper with specific questions to answer and topics to address will be posted on NYU Classes.

4) **Class Presentation on Self-help books** (15%): There is an array of self-help materials employing CBT strategies. Some are written for parents and others for teenagers or mental health professionals. All are meant to be easy to understand by individuals without expertise in CBT. We have selected some of the more pertinent and popular publications. Students will be assigned a well-known self-help book for child and adolescent anxiety, and asked to prepare and provide a class presentation of the book. One-to-two students will be assigned to each book. Presentations must include a discussion of the main concepts and strategies included in the book. You may need to purchase the book in advance. Your presentation must be emailed to Dr. Spindel Bashoff (carrie.spindel@nyumc.org) by 11:59 pm on --------. Specific guidelines for the presentations, as well as an overall template for what to present will be provided during the semester and posted to NYU Classes.

5) **Final Paper** (25%): Students will be assigned an 8-page final opinion paper on the ethics surrounding empirically-supported treatments for anxiety. A more detailed description of this paper will be provided on the NYU Classes page for this course. Due Date: -------

**Policy on Late Submissions:** Late papers will be accepted. However, grades on all late papers will be lowered by 1/3 for each day they are late (e.g., from an A- to a B+ on late day #1, from a B+ to a B on late day #2, etc.). Students requesting an exemption from the late submission policy must present a written note from a school Dean, Academic Advisor, or personal physician (e.g., not the student’s parent or family member) justifying the late submission, which will then be considered by the instructors.