

Clinical Psychology Spring 2018

Course Information

- PSY 354, Section 01
- Tu/Th 2:30-3:45, Clarke Hall Room 215

Professor Information

- Professor: Dr. Taryn A. Myers
- Office: Roop 3
- E-mail: tmyers@vwu.edu
 - E-mail is the best way to reach me. I check my e-mail multiple times per day and it is sent to my smartphone. However, if your e-mail requires more than a sentence or two to answer, I will usually ask that you come see me after class, stop by during office hours, or set up an appointment to discuss the topic in more detail.
- Office Hours
 - By appointment.
 - Set hours will be announced and posted on Blackboard after the first week of classes.
 - Please note: These office hours are tentative and may have to be changed during the course of the semester. Any changes will be announced in class and via e-mail.
- VWC number to call for class closings and delays due to inclement weather: (757) 455-5711
 - Or check the top of the page at www.vwu.edu – a banner will be displayed across the top with relevant information on closings and delays.

Required Texts

- Prochaska, J. O., & Norcross, J. C. (2014). *Systems of Psychotherapy: A Transtheoretical Analysis (8th ed.)*. ISBN: 978-1-133-31451-6.
- Wedding, D., & Corsini, R. J. (2014). *Case Studies in Psychotherapy (7th ed.)*. ISBN: 9780840032577.

Orientation

This is a 300-level course with prerequisites of General Psychology and Junior or Senior standing, thus, a moderate level of sophistication regarding general psychology and methods for studying psychology is assumed. Those without such background who are unwilling to put in extra work to compensate for any deficiencies may experience limited success.

Course Purpose and Objectives

This course will introduce students to the field of clinical psychology through a primary focus on the different theories and modalities of psychotherapy. Time will also be spent addressing the other roles of clinical psychologists. Objectives for student learning are as follows:

1. Learn about the different therapies and techniques used by clinical psychologists.
2. Be exposed to writings by the creators or proponents of each of these methods.
3. Gain first-hand experience of the therapy process via videos, role-plays, and assignments.
4. Learn about the writing skills used by clinical psychologists in research and practice, and implement these skills via writing assignments and exams.

Blackboard

Throughout the semester, class assignments, handouts, and general guidance about various aspects of this course may be made available on Blackboard, Virginia Wesleyan University's on-line course management system. To log into Blackboard, you will need your VWU e-mail address and password. Once in the system, you will find a course listing for Clinical Psychology.

It is your responsibility to check Blackboard on a regular basis in order to download copies of materials you will need to participate fully in class discussions and activities. Further information about the use of Blackboard in this course will be provided in class.

Attendance & Participation**100 pts**

VWC policy requires that I monitor attendance. If I notice that absences are common for you, I will discuss this problem with you. Because we will cover so much material in class not in the readings and will have many interactive activities, it is imperative that you attend and actively participate in class. Therefore, you will receive **100 points** for your attendance and participation throughout the semester.

You are allowed to miss 2 classes (1 week's worth of class) whether these absences are excused or unexcused. In other words, you don't need to explain to me why you missed class – you get two missed classes, no questions asked. **For every absence beyond those 2, regardless of why you miss class, I will deduct 10 points off your attendance grade at the end of the semester.** This means that even absences that are considered “excused” for other courses – including athletic absences and family emergencies – will not be excused for this particular course if they cause you to miss more than 2 classes. You should treat all of your courses like they are your job. Therefore, you should treat your 2 absences like you would a sick day at your job and plan accordingly.

You are also expected to come to class on time. If you are more than 5 minutes late to class, you will be marked tardy. Three tardies will equal one unexcused absence at the end of the semester and will count similarly toward deductions on your end of semester grade.

If you choose not to come to class, you are still responsible for all material covered in class. In addition, you are also responsible for any announcements made in class, which may include, but are not limited to, changes regarding the syllabus, exam dates, and office hours.

I would strongly recommend getting the contact information of a fellow student in case you miss a class and need the notes. I will not provide anyone with a copy of my personal class notes.

The use of electronic devices, such as cell phones, laptops, iPads or other tablets, and iPods, are prohibited during scheduled class time. If I see you using any of these electronic devices, I will ask you to leave class and you will be marked “absent” that day. The format of the class will include lecture, group activities, watching videos, and discussion. **I will expect you to bring your books with you to each class, having done the assigned reading before class, in order to fully participate in discussions.** Just how much discussion depends on all of you. I encourage you to share your questions, opinions, and comments to the extent that you feel comfortable. However, this class is NOT the appropriate forum for discussing personal issues relating to the class material (i.e., your, your friend's, or your family members' struggles with therapy, etc.). If you are experiencing these difficulties, or know someone else who is, proper referral information can be provided, but please note that I will NOT be able to serve as your therapist or provide advice beyond this referral information because of ethical guidelines set forth by the American Psychological Association.

Please also be aware that some of the topics we discuss will relate to personal issues and may foster strong opinions in each of us. We will strive to keep communication in the classroom civil and respectful. Also be aware that some of the terminology and topics discussed in the context of certain topics may be uncomfortable, offensive, and/or objectionable to some. We will discuss these issues because of their relevance to the material that are central to this class and to our knowledge in this area.

Exams**200 pts**

Exams will consist of take-home essays and will include information from the text as well as material presented in the lectures and from class discussions. There will be two take-home exams – a midterm and a final. The final will *not* be cumulative. Each exam will be worth **100 points**. Students will be expected to work independently on these exams. These papers will be uploaded via SafeAssignment, which detects plagiarism both from online sources and from the papers of other students in the course. *Students caught collaborating or cheating on exams will be dealt with severely according to the Honor Code. Late take-home exams will be docked 2 points for each hour they are late.*

Short Reaction Papers**200 pts**

Throughout the semester, you will be asked to engage in role-playing and other activities to illustrate the techniques we will discuss in class. On 10 of those occasions, you will be asked to write a short (1-2 page) reaction paper assignment worth **20 points each for a total of 200 points** to help you to process your experience. Assignments will be given in class the day of the activity, and students will have 1 week to complete the assignment from that date. *Late reaction papers will not be accepted.* These assignments will allow students to practice their clinical writing skills.

Paper & Preliminary Assignments**300 pts**

As this course is a W (General Studies Writing) course, you will be asked to write a 12-15 page paper (excluding title page, abstract, and references) in APA style. The bibliography needs to include at least 10 scholarly references – that is, edited and/or peer-reviewed journal articles, books, and/or book chapters. (Wikipedia, webmd, most web sources, and your textbooks are *not* scholarly references!)

The topic of this paper will ask you to take a case **not** included in our case study book. This case could be a celebrity, a criminal, or just a case study you find in some other source. The paper considering this case must proceed via the following steps, due dates for which are in **bold**: *Note that late assignments will be deducted 10% for each calendar day they are late.*

- A topic paragraph for the paper – 10 points – **2/13**
- An outline for the paper – 10 points – **2/20**
- A detailed description of the case (from more than one source, if possible) – 10 points – **3/1**
- An assessment plan for this case with justification from your literature search as to why that this assessment plan would help you to arrive at a correct diagnosis. – 10 points – **3/20**
- A careful consideration of three of the types of therapies we will discuss in class that may be applicable to this case, again citing scholarly references. – 30 points – **4/3**
- A rationale for which of these therapies you would choose. – 10 points – **4/17**
- A detailed case formulation for your case based on your chosen therapy. – 10 points – **4/26**

The final paper, which will combine all of the previous sections, will be worth 200 points and use the following rubric:

- _____/20 A detailed description of the case (from more than one source, if possible)
- _____/20 An assessment plan for this case with justification from your literature search as to why that this assessment plan would help you to arrive at a correct diagnosis.
- _____/60 A careful consideration of three of the types of therapies we will discuss in class that may be applicable to this case, again citing scholarly references.
- _____/20 A rationale for which of these therapies you would choose.
- _____/20 A detailed case formulation for your case based on your chosen therapy.
- _____/20 APA style
- _____/20 Spelling/Grammar
- _____/20 Clear Explanations/Transitions

_____/200 **TOTAL, GRADE:** _____

Final Papers will have *10 points deducted for every calendar day they are late.*

The final paper will be due on Tuesday, 5/8 by 11:59 p.m.!

Grading

Your final grade will be determined by your performance on the two exams, your performance on in-class and take-home assignments, and your grade on the paper:

Attendance & Participation	100
Exams (2 at 100 points each)	200
Reaction Papers (10 at 20 points each)	200
Preliminary Paper Assignments	100
<u>Paper</u>	<u>200</u>
Total	800

Approximate grades will be based on the following distribution:

<u>Points</u>	<u>Percentages</u>	<u>Grade</u>	<u>Points</u>	<u>Percentages</u>	<u>Grade</u>
752-800	94-100%	A	592-615	74-76%	C
720-751	90-93%	A-	560-591	70-73%	C-
696-719	87-89%	B+	536-559	67-69%	D+
672-695	84-86%	B	512-535	64-66%	D
640-671	80-83%	B-	480-511	60-63%	D-
616-639	77-79%	C+	0-479	< 60%	F

Incompletes

Incompletes will be arranged for severe emergencies only. Arrangements for incompletes MUST be made with me before prior to the end of the semester. A formal contract must be agreed upon and signed.

Honors Section

Honors students should see the Supplement to the syllabus for additional expectations in addition to those contained within this main document.

Extra Credit

Throughout the semester, we will be discussing many findings from psychological research. But what might not be obvious is the fact that much of this research was conducted at colleges and universities like Virginia Wesleyan College, with participants much like yourself. The descriptions of psychological research that appear in textbooks necessarily omit a great deal of information about what participants actually do in these studies, and what the experience is really like.

Serving as a research participant gives you a unique, behind-the-scenes look at how research is conducted. Accordingly, I am giving you the option to earn extra credit points in this course from research experience. Research experience points may be earned either through participation in research studies (conducted by student and faculty researchers in the Department of Psychology) or by writing brief reviews of research articles. Regardless of which option you choose, the goal is to supplement the broad coverage of many topics in class with experiences that will deepen your understanding of psychological research.

Option 1

You may participate in research studies. Here is how points are awarded:

- **If the study is on SurveyMonkey, you will earn 1 point of Extra Credit**
- **If the study is in-person, you will earn 2 points of Extra Credit**
- **If the study requires multiple time points, you will earn 2 points for each in-person portion and 1 point for each online portion.**

If you choose to participate in research studies, note that these are REAL studies that are being conducted by REAL researchers (for example, faculty projects and senior Original Research Projects). You should take your participation seriously – you are helping to promote a better understanding of human thought, emotion, and behavior. (Who knows – you may even participate in a study that gets published in a psychology journal and discussed in the next generation of textbooks.) Opportunities for participation will be announced as they arise.

Option 2 If you would like to earn extra credit but do not wish to participate in research, you can write a short paper (no longer than 4 pages typed, double-spaced) which reviews, connects, and draws conclusions about three recent research articles on one topic about which you have a particular interest which is covered in class or in the text. “Recent” will be arbitrarily defined as since 2000. The articles should be empirical in nature and revolve around the same topic. Topics should be approved in advance by Dr. Myers.

Accommodations for Students with Disabilities

Virginia Wesleyan University is committed to giving all students the opportunity of academic success. If you are a student who is requesting accommodations based on the academic impact of a disability, speak to me about your accommodations letter and your specific needs. If you do not have an accommodations letter for this course, you will need to visit or call for an appointment with Disability Support Specialist Crit Muniz at (757) 233-8898 to coordinate reasonable accommodations. He is located in the Learning Center, Clarke Hall, 2nd floor.

Counseling Center

The nature of psychology describes some very personal human experiences. Therefore, from time to time, the topics in this course may touch on personal issues for you, especially topics related to mental health, relationships, and/or stress-related experiences. In addition, college in general is an exciting but often challenging time for most students, and there can be lots of ups and downs. Please don't try to manage these problems and issues alone. I encourage you to seek confidential support from the counseling center when you need it. Contact: Bill Brown, 455-5730, bbrown@vwu.edu or Heidi Khatibi, 455-3131, hkhatibi@vwu.edu

Academic Honesty

Honesty is one of the most valuable assets that a member of an academic community possesses. In recognition of this fact, Virginia Wesleyan has enacted an honor code which is available to you in your student handbook. I adhere to this code explicitly and follow its recommended procedures. If I discover you have plagiarized an assignment in any way, I reserve the right to give you a 0 on that assignment. If you repeat this offense or have previously plagiarized in a different class, I reserve the right to fail you for the entire course and/or take your case to the Honor Board.

Lecture and Reading Outline

This outline can be only a rough guide, since dates for particular lecture topics can only be approximate and since material may be added or deleted. If changes are made, they will be announced in class as soon as possible. Assignments in *italics* refer to those associated with the major paper.

Psy 354: Clinical Psychology

Revised Tentative Schedule of Lecture Topics, Readings, and Due Dates

Note: P&N = “Systems of Psychotherapy” and W&C = “Case Studies in Psychotherapy”

<u>Date</u>	<u>Topic</u>	<u>Readings</u>	<u>Due</u>
Tues. 1/30	Class Introduction & Syllabus		
Thurs. 2/1	Introduction to Clinical Psychology	P&N 1	
Tues. 2/6	Library Instruction Day		
Thurs. 2/8	Introduction to Clinical Techniques		
Tues. 2/13	Psychoanalytic Therapies	P&N 2, W&C 1	<i>Topic Paragraph</i>
Thurs. 2/15	Psychoanalytic Therapies		
Tues. 2/20	Psychodynamic Therapies	P&N 3, W&C 2	<i>Outline</i>
Thurs. 2/22	Psychodynamic Therapies		
Tues. 2/27	Person-Centered Therapy	P&N 5, W&C 3	
Thurs. 3/1	Person-Centered Therapy		<i>Case Description</i>
Tues. 3/6	Interpersonal Therapies	P&N 7, W&C 9	
Thurs. 3/8	Interpersonal Therapies		
Tues. 3/13	Existential Therapy	P&N 4, W&C 7	MIDTERM
Thurs. 3/15	Existential Therapy		
Tues. 3/20	Experiential Therapies	P&N 6, W&C 8	<i>Assessment Plan</i>
Thurs. 3/22	Experiential Therapies		
Tues 3/27	NO CLASS – SPRING BREAK		
Thurs. 3/29	NO CLASS – SPRING BREAK		
Tues. 4/3	Exposure & Behavior Therapies	P&N 8&9, W&C 5	<i>Three Therapies</i>
Thurs. 4/5	Exposure & Behavior Therapies		
Tues. 4/10	Cognitive Therapies	P&N 10, W&C 4&6	
Thurs. 4/12	Cognitive Therapies		
Tues. 4/17	Third-Wave Therapies	P&N 11, W&C 11	<i>Rationale</i>
Thurs. 4/19	Third-Wave Therapies		
Tues. 4/24	Systemic Therapies	P&N 12, W&C 10	
Thurs. 4/26	Gender & Culturally-Sensitive Therapies	P&N 13&14, W&C 14	<i>CaseFormulation</i>
Tues. 5/1	Integrating Psychotherapies	P&N 16, W&C 13	
Thurs. 5/3	NO CLASS – PORT DAY		
Tues. 5/8	Comparing Therapies & Future Directions	P&N 17&18	<i>Complete Paper</i>
FRI. 5/11	EXAM 2 (FINAL) DUE @ 3p.m.		FINAL

** Note: The last day to drop a course without record is 2/2 via Webadvisor, and the last day to drop a course without receiving an automatic “WF” is 4/13.