INTRODUCTION TO PSYCHOTHERAPY
PSYCHOLOGY 5350.001
SYLLABUS
SPRING, 2012

Instructor: Dr. Robert Mims
Day and Time: W 7:00 to 9:30 P.M.
E-Mail: robert.mims@tamucc.edu

Office: BH 3.56; 825-2389
Office Hours: W 6-7:00 P.M.
or by appointment

REQUIRED TEXTS:
ARCHER, J.A. & McCARthy, C.J. (2007). Theories of Counseling and
Psychotherapy: Contemporary Applications. Saddle River, N.J.; Pearson
Practice Hall.

COURSE DESCRIPTION:
Psychology 5350 is intended to give the graduate student an introduction to the
basic types of individual psychotherapy and the therapeutic techniques
associated with them. Students will also be introduced to the professional and
ethical issues related to the practice of psychotherapy.

LEARNING OUTCOMES
1. Be able to demonstrate a professional level of knowledge about the different
types and forms of psychotherapy.
2. Be able to demonstrate knowledge of the basic techniques involved in the
practice of psychotherapy.
3. Be able to demonstrate a professional level of knowledge concerning ethical
issues in the practice of psychotherapy.

GENERAL COURSE STRUCTURE
The course will include lectures, individual/group presentations, and discussion
supplemented by video presentations. In the third week of class, students will be
given an individual "self-improvement project" that will involve therapeutic
techniques discussed in class. Near the end of the semester, students will be
given a role-play assignment that will involve using a specific type of
psychotherapy on a given clinical problem.

DETERMINATION OF GRADES
The final course grade will be based on your performance on the three exams,
self-improvement project, and the therapy role-play involving a clinical problem.
Exams: 80 points each (Total=240 points)
Self-improvement Project: 80 Points
Role-play/therapeutic technique/clinical problem: 80 points
Total=400 points
The following point system can be used to calculate your final grade in the
course: 90%-360 pts=A; 80% or 320 pts=B; etc.
Two (2) points may be deducted from the final Self-Improvement Grade of 80 points for each instance that the student is not able to demonstrate that he/she has been completing their weekly monitoring of that assignment. At the discretion of the instructor, the student’s final grade may be raised but never lowered for the following reasons: (1) exceptional class participation, (2) notable improvement during the course, or (3) an isolated low grade. These exceptions will only be considered if the final average is 1-2 points of the cut-off for the next highest grade.

CLASSROOM POLICIES:
Grades will be posted on Blackboard. Please make sure your password information is up to date so you can access this information. Cell phone use of any kind is not permitted in class or any other electronic media that could be disruptive and all cell phones must be turned off completely and put away during class. Students who use phones in class including texting, will be asked to leave by the instructor or referred to the Dean of Students if their behavior persists. Please do not put yourself in this uncomfortable position and be polite and respectful of your instructor and fellow students.

COMPUTER USE:
Computer use for class activities is permitted if it does not disrupt other students. If you use your computer for non-class related activities (e.g. web surfing, Facebook, etc) you will forfeit the opportunity to use it in class and will be asked to leave or referred to the Dean of Students if the behavior persists.

ACADEMIC INTEGRITY:
Academic dishonesty, which includes plagiarism, cheating, handing in materials used in other courses, the use of old exams from previous classes, or the use of any work that is not the student’s will be dealt with according to university policy (see the current University Catalog and Student Handbook).

STUDENTS WITH DISABILITIES:
Federal anti-discrimination statutes provide comprehensive civil rights protection for persons with disabilities. This and similar legislation require that all students will disabilities be guaranteed a learning environment that provides reasonable accommodations for their disabilities. If you believe you have a disability requiring accommodations, please contact the Disability Services Offices (361) 825-5816 or visit the office in Driftwood 101.

Tape recording of lectures, guest speakers, or other class activities is prohibited without prior permission from the instructor. Exceptions may be made for students with disabilities or other special circumstances which might be allowed with the permission of the instructor.

ACADEMIC ADVISING
The College of Liberal Arts requires that students meet with an Academic Advisor as soon as they are ready to declare a major. The Academic Advisor will set up
a degree plan, which must be signed by the student, a faculty mentor, and department chair. The College's Academic Advising Center is located in Driftwood 203 E and can be reached at 825-3466.

**Grade Appeal Process**
As stated in University Rule 13.02.99. C2, Student Grade Appeals, a student who believes that he or she has not been held to appropriate academic standards as outlined in the class syllabus, equitable evaluation procedures, or appropriate grading may appeal the final grade given in the course. The burden of proof is upon the student to demonstrate the appropriateness of the appeal. A student with a complaint about a grade is encouraged to first discuss the matter with the instructor. For complete details, including the responsibilities of the parties involved in the process and the number of days allowed for completing the steps in the process, see University Rule 13.02.99.C2, Student Grade Appeals, and University Procedure 13.02.99.C2.01, Student Grade Appeal Procedures. These documents are accessible through the University Rules Web site at [http://www.tamucc.edu/provost/university_rules/index.htm](http://www.tamucc.edu/provost/university_rules/index.htm). For assistance and/or guidance in the grade appeal process, students may contact the Office of Student Affairs.

**WITHDRAWAL/INCOMPLETE**
The last day you may drop a course with a grade of “W” is March 30th and you must complete the necessary paperwork yourself. A grade of “Incomplete” is given only with the permission of the instructor if you have satisfactorily completed all course requirements to that point and you contact me at least one week prior to the end of class.

**COURSE SCHEDULE:** (The instructor reserves the right to modify presentation or sequencing of topics and tests as necessary for optimum learning environment).

1/11  Course Introduction and Syllabus Review  
  Chapter 1-Introduction to Psychotherapy  
  Chapter 2-Psychanalytic and Psychodynamic Theories

1/18  Chapter 3-Adlerian Counseling

1/25  Self-Improvement Project Assignment  
  Chapter 4-Person Centered Counseling

2/1   Chapter 5-Existential Counseling

2/8   Exam 1

2/15  Chapter 6-Gestalt Therapy

2/22  Chapter 7-Reality Therapy
2/29  Chapter 8-Behavior Therapy
3/7   Presentations: Self-Improvement Project  
      (Spring Break)
3/21  Chapter 9-Cognitive Approaches
3/28  Chapter 10-Feminist Therapy
4/4   Exam 2
4/11  Chapter 11-Family Systems Approaches
4/18  Chapter 12-Solution Focused therapy  
      Chapter 13-Narrative Therapy
4/25  Chapter 14-Psychopharmacological (Biological) Approaches  
      Chapter 15-Review and Current Trends
5/2   Role Play-Therapeutic Techniques/Clinical Problem
5/9   Exam 3/FINAL EXAM  7:15-9:45 P.M.