Introduction to Psychotherapy
Psychology 5350.001 Spring, 2016
Syllabus

Instructor: Robert Mims, Ph.D.  
Class Location: Island Hall 158
Email: robert.mims@tamucc.edu  
Class Time: Wed., 7:00 - 9:30 PM
Office: Bay Hall, Room 356  

Office Hours:  Tuesday 6:00 - 7:00 PM
               Wednesday 6:00 - 7:00 PM or by Appointment
Office Phone: (361) 825-2389


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

STUDENT LEARNING OUTCOMES
1. The student will be able to demonstrate a professional level of knowledge about the different types and forms of psychotherapy.
2. The student will be able to demonstrate knowledge of the basic techniques involved in the practice of psychotherapy.
3. The student will 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. 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 demonstrating a specific type of psychotherapy on a given type of client problem.

EVALUATION/DETERMINATION OF GRADES
Course grades will be based on a total of 500 points.
(A) There will be 3 examinations worth 100 points each. Tests will be given on the date announced unless you are instructed to the contrary. There will be no make up examinations. At the discretion of the instructor, make up tests may be allowed for a personal emergency involving a student. If you are a student that is an athlete, inform me immediately and provide a schedule of anticipated absences.
(B) **80 points:** Self-Improvement Project and presentation.
(C) **40 points:** Assignments involving presentations, short papers, short quizzes or role plays.
(D) **80 points:** Role-play/therapeutic technique/clinical problem.

The following point system can be used to calculate your final grade: 90%-450 points=A; 80%-400 points=B, 70%-350 points=C, etc.

Two (2) points may be deducted from the final Self-Improvement grade of 60 points for each instance that the student is not able to demonstrate that he/she has been completing their weekly monitoring involved in 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 or (2) notable improvement during the course.

**CLASSROOM POLICIES**

**Blackboard:** Materials related to the course may be posted on Blackboard. Also, grades will be posted on Blackboard. This or group emails/texts will be the primary means of communicating with the class regarding cancellations or any other changes. 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).

**Withdrawal/Incomplete:** The last day you may drop a course with a grade of “W” is April 8, 2015 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.
**Students with Disabilities:** The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodations of their disabilities. The audio or video recording of lectures or other class activities is prohibited without permission from the instructor, although exceptions will always be made for students with disabilities. If you believe you have a disability requiring an accommodation, please call or visit Disability Services at (361) 825-5816 in Corpus Christi Hall, Room #116. If you are a returning veteran and are experiencing cognitive and/or physical access issues in the classroom or on campus, please contact the Disability Services for assistance at (361) 825-5816.

**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. Degree plans are prepared in the CLA Academic Advising Center. The University uses an online Degree Audit System. Any amendment must be approved by the Department Chair and the Office of the Dean. All courses and requirements specified in the final degree plan audit must be completed before a degree will be granted. The CLA Academic Advising Office is located in Driftwood #203 and more information can be found by calling 361-825-3466. The Graduate Adviser in the Department of Psychology and Sociology is Dr. Amy Houlihan in BH 311, and can be reached at 361-825-2971.

**Grade Appeal Process:** Students who feel that they have not been held to appropriate academic standards as outlined in this class syllabus, equitable evaluation procedures, or appropriate grading, may appeal the final grade given in the course. A student with a complaint about a grade is encouraged to first discuss the matter with the instructor. For complete details on the process of submitting a formal grade appeal, please visit the College of Liberal Arts website, cla.tamucc.edu/students/studentinfo.html. For assistance and/or guidance in the grade appeal process, students may contact the Associate Dean’s Office.

**COURSE SCHEDULE:** (The instructor reserves the right to modify presentation, content, or sequencing of topics and tests as necessary for optimum learning environment). Viewing of DVD assignments are to be completed *before* the chapter(s) that will comprise the lecture on that date.

- **1/20/16**  
  Course Introduction and Syllabus Review/*Watch DVD Ch. 1 & 2*  
  Chapter 1-Psychotherapy & Counseling Essentials: An Introduction  
  Chapter 2-Psychoanalytic Approaches

- **1/27/16**  
  Chapter 3-Individual Psychology: Adlerian Therapy/*Watch DVD Ch. 3 & 5*  
  Chapter 5-Person-Centered Theory & Therapy
(Handout on Chapter 4-Existential Theory & Therapy)

2/03/16  Self-Improvement Project Assignment/Watch DVD Ch. 6
         Chapter 6-Gestalt Theory & Therapy

2/10/16  TEST 1

2/17/16  Chapter 7-Behavioral Theory & Therapy/Watch DVD Ch. 7

2/24/16  Chapter 8-Cognitive-Behavioral Theory & Therapy/Watch DVD Ch. 8

3/02/16  Chapter 10-Feminist Theory & Therapy/Watch DVD Ch. 10
         (Handout on Chapter 9-Choice Theory & Reality Therapy)

3/09/16  TEST 2

3/23/16  Self-Improvement Project Presentations & Turn in Project paper

3/30/16  Chapter 11-Constructive Theory & Therapy/Watch DVD Ch. 11

4/06/16  Chapter 12-Family Systems Theory/Watch DVD Ch. 12

4/13/16  Chapter 13-Developing Your Multicultural Orientation & Skills
         Chapter 14-Integrative & Evidence-Based New Generation Therapies

4/20/16  Psychopharmacological (Biological) Approaches: Handout

4/27/16  Role-Play/Therapeutic Techniques/Clinical Problem

5/11/16  Final Exam: TEST 3