SYLLABUS
PSYC 5350.001 – Introduction to Psychotherapy
Spring 2017

Dr. Kathryn Soward
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REQUIRED TEXTS


Additional readings may be assigned throughout the course and will be distributed in class.

COURSE DESCRIPTION

Psychology 5350 is designed to introduce the graduate student to the primary types of individual psychotherapy, family therapy, and multicultural therapy and the therapeutic techniques associated with them. Students will also be introduced to ethical principals and other professional considerations 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 at a general level.
3. The student will be able to demonstrate a professional level of knowledge related to the ethical practice of psychotherapy.

COURSE STRUCTURE

The primary format for this course will be lecture, individual/group presentations, and discussion supplemented by video presentations. Beginning the second/third week of class, students will be given a variety of assignments, including, but not limited to, take home assignments to be presented in class, brief summaries of the assigned readings, presentations on relevant articles, role play related to assigned topics, etc. (more information will be given on these assignments in class). Point values will be assigned for assignments and presentations.

Students will also be required to complete several individual projects, including a presentation of techniques from one of the therapeutic styles covered in class, a “self-improvement project” employing therapeutic techniques discussed in class, as well as smaller individual assignments. Unless otherwise instructed, all written assignments must use APA style. The instructor must approve all topic choices. Students may also be required to submit their papers to “Turn It In” an on-line plagiarism service (more on this 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.
As is always the case, attendance and class participation are critical learning issues in a graduate class. While attendance is not required per se, random assessment of attendance and class participation will contribute to the course grade. Participation means coming to class prepared to actively contribute to class discussion. Students with three or more absences from class will lose half a letter grade of their final grade for each three absences. Chronic lateness will be assessed as an absence.

**EVALUATION/GRADES**

Final course grades will be based on your performance on three examinations, a Self-Improvement Project and presentation, assignments, and a final exam, for a total **500 possible points**. Tests will be given on the date announced unless you are instructed to the contrary, and **there will be no make-up examinations**. The following point system can be used to calculate your final grades in the course: 90% or 450+ points = A; 80% or 400-449 points = B; 70% or 350-399 points = C and so on. If you need assistance calculating your point total, please see me during office hours.

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.

<table>
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<tr>
<th>Component</th>
<th>Points</th>
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<tbody>
<tr>
<td>Exams (100 points each)</td>
<td>300</td>
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<tr>
<td>Self-Improvement Project</td>
<td>80</td>
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<tr>
<td>Assignments involving presentations, short papers, short quizzes, or role play</td>
<td>40</td>
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<tr>
<td>Role-play/therapeutic technique</td>
<td>80</td>
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<tr>
<td><strong>Total Points</strong></td>
<td><strong>500</strong></td>
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I reserve the right to raise a student’s final grade when it falls within a few points of the cut-off for the next highest grade, for any of the following reasons: 1) exceptional class participation; 2) improvement throughout the course; and 3) isolated low grade.

**CLASSROOM POLICIES:**

**Blackboard:** Materials related to the course, including grades, will be posted on Blackboard. This 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 as well as supporting materials for the course.

**Cell phone use of any kind is not permitted. Cell phones must be turned off completely and put away during class.** Cell phones and laptops are great tools, but web surfing, texting, etc. during class time is disruptive and interferes with everyone’s ability to learn effectively. Students who engage in these behaviors will be asked to stop or leave class. Please be courteous and treat others with respect. Students will be asked to turn off their cell phones during exams and place them face down on the desk in front of them. Students who refuse to comply with this procedure will forfeit the right to take the exam or receive an exam grade of “0” for cell phone use during the exam.

**Computer Use:** Computer use for class activities is permitted in the two front rows of class.

**Recording:** If you wish to record lectures, please request permission from the professor first.
**Academic Integrity**
Academic dishonesty, which includes plagiarism, 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 and 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 7th 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.

**Disability Services**
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 accommodation of their disabilities. If you believe you have a disability requiring an accommodation, please contact Disability Services at (361) 825-5816 in Corpus Christi Hall, Rm 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 office 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. For more information please call 361-825-3466.

**Grade Appeal Process**
As stated in University Procedure 13.02.99.C2.01, Student Grade Appeal Procedures, 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 Procedure 13.02.99.C2.01, Student Grade Appeal Procedures (available at http://academicaffairs.tamucc.edu/rules_procedures/assets/13.02.99.C2.01_student_grade_appeal_procedure.pdf). For complete details on the process of submitting a formal grade appeal, please visit the College of Liberal Arts website, http://cla.tamucc.edu/about/student-resources.html. For assistance and/or guidance in the grade appeal process, students may contact the Associate Dean’s Office.

All dates and assignments on the schedule below are subject to change at the discretion of the instructor.

Viewing of DVD assignments are to be completed before the chapter(s) that will comprise the lecture on that date.
**CLASS SCHEDULE AND READING ASSIGNMENTS:**

<table>
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<tr>
<th>Week</th>
<th>Date</th>
<th>Topic</th>
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| 1    | 1/24 | Introduction to the Course and Syllabus Review/ *Watch DVD Ch. 1 & 2*  
Chapter 1 – Psychotherapy & Counseling Essentials: An Introduction  
Chapter 2 – Psychoanalytic Approaches |
| 2    | 1/31 | Chapter 3 – Individual Psychology: Adlerian Therapy/ *Watch DVD Ch. 3 & 5*  
Chapter 5 – Person-Centered Theory & Therapy  
(Handout on Chapter 4 – Existential Theory & Therapy) |
| 3    | 2/7  | Self-Improvement Project Assignment/ *Watch DVD Ch. 6*  
Chapter 6 – Gestalt Theory & Therapy |
| 4    | 2/14 | Test 1 |
| 5    | 2/21 | Chapter 7 – Behavioral Theory & Therapy/ *Watch DVD Ch. 7* |
| 6    | 2/28 | Chapter 8 – Cognitive-Behavioral Theory & Therapy/ *Watch DVD Ch. 8* |
| 7    | 3/7  | Chapter 10 – Feminist Theory & Therapy/ *Watch DVD Ch. 10*  
(Handout on Chapter 9 – Choice Theory & Reality Therapy) |
| 8    | 3/14 | Spring Break |
| 9    | 3/21 | Test 2 |
| 10   | 3/28 | Self-Improvement Project Presentations & Turn in Project Paper |
| 11   | 4/4  | Chapter 11 – Constructive Theory & Therapy/ *Watch DVD Ch. 11* |
| 12   | 4/11 | Chapter 12 – Family Systems Theory/ *Watch DVD Ch. 12* |
| 13   | 4/18 | Chapter 13 – Developing Your Multicultural Orientation & Skills  
Chapter 14 – Integrative & Evidence-Based New Generation Therapies |
| 14   | 4/25 | Psychopharmacological (Biological) Approaches: Handout |
| 15   | 5/2  | Role-Play/Therapeutic Techniques/Clinical Problem |
| 16   | 5/9  | Final Exam: Test 3  
Tuesday May 9th 4:30–7:00 pm |