

Introduction to Clinical and Counseling Psychology (3317)
Fall 2008
Course Syllabus

Instructor: Monica Ramirez Basco, Ph.D.

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Office Hours: Mondays and Wednesdays: 11:00am – 12:00pm, or by appointment

Course Number, Section Number, and Course Title:
Introduction to Clinical and Counseling Psychology (Psyc 3317)

Time and Place of Class Meetings:
Mondays and Wednesdays: 2:30pm to 4:00pm in LS 122

Description of Course Content:
The student will be introduced to basic approaches of counseling and psychotherapy. Common interview and assessment methods will be reviewed.

Student Learning Outcomes:

1. Become familiar with major schools of psychotherapy
2. Learn methods for development, research, and dissemination of evidence-based psychotherapies
3. Gain an understanding of the educational requirements of various clinical and counseling psychology professions and review career paths for helping professions.
4. Apply knowledge of psychotherapeutic method by developing a treatment plan

Requirements: Prerequisite - Psyc 1315

Required Textbooks and Other Course Materials:

Sharf, R.S. (2008). Theories of Psychotherapy and Counseling: Concepts and Cases. Belmont, Ca.:Thomson Brooks/Cole.

Reading Assignments: Students are expected to read in advance the chapters designated by week in the outline below.

For the Week Beginning	Assigned Chapters in Sharf	Topic
Aug 25	1	Introduction to the course Careers in Clinical and Counseling Psychology and other helping professions
Sept 1	2	History of Psychotherapeutic Approaches to Mental health problems Psychoanalysis Labor Day, Monday Sept 1 st - no class
Sept 8	3 4	Jungian Analysis and Therapy Adlerian Therapy Exam #1 on Wednesday, Sept. 10th
Sept 15	12	Constructivist Approaches (Thomas)
Sept 22	6 7	Person-Centered Therapy Gestalt Therapy
Sept 29	8	Behavior Therapy Exam #2 on Wednesday, October 1st
Oct 6	10	Cognitive Therapy Paper Topic Due in Class on Monday, Oct. 6th
Oct 13	9	Rational Emotive Therapy
Oct 20	11 5	Reality Therapy Existential Therapy
Oct 27	13	Feminist Therapy and Multicultural Therapy Exam #3 on Wednesday, October 29th 3/31: Last Day to Drop Classes
Nov 3	14	Family and Child Therapies
Nov 10	handout	Marital Therapy
Nov 17	15 handout	Other Therapies Ethical Principles of Psychologists
Nov 24	16	Integrative Therapies and Psychotherapy Research Paper Due in Class on Monday, Nov. 24th
Dec 1		Dead Week Exam Make-ups this week with prior approval. See Make-Up Exam policy below.

Attendance: Half of the exam questions will come from the book chapters and half will come from the lectures and videos shown in class. The student is responsible for all the materials covered in class. Dr. Basco will not provide copies of slides or lecture notes.

Descriptions of major assignments and examinations with due dates:

Examinations:

- There will be three major examinations. Each will be worth 100 points. They are scheduled for
 - **Wednesday, Sept. 10th** - Chapters 1,2,3,4 and lectures
 - **Wednesday, October 1st** - Chapters 12, 6, 7, 8 and lectures
 - **Wednesday, October 29th** - Chapters 10, 9, 11, 5, 13 and lectures
- The exams will not be cumulative
- The questions will be a mix of multiple choice, true/false, short answer, and essay
- An optional extra credit essay will be added to each exam
- There is no final exam.

Writing Project:

- To test the application of your knowledge of psychotherapeutic methods, you will be asked to select a television show in which a main character struggles with a psychological issue or problem and develop a treatment plan for that individual.
- Paper Length: 8-10 double-spaced pages, **not including references**.
- Select a television show and character to discuss in the paper.
- This selection will be **due** in class **Monday, Oct. 6th**. This will allow Dr. Basco enough time to watch each television show before the papers are turned in. **Selection may not be changed after Monday, Oct. 6th. If you do not turn in a topic in writing by Oct. 6th, 10 points will be deducted from the paper grade.**
- A form for indicating your choice will be handed out in class.
- This writing project is **due in class on Monday, Nov. 24th**
- Contents of paper:
 1. **Describe the character** and the nature of the character's problems. Provide examples from the movie that illustrate this point. If the person has a DSM-IV diagnosis, explain why you believe this is the case. **Use the model of therapy you have chosen to help you describe the character's problems. This is a very important part of the paper.** For example, if you chose cognitive therapy as your model, you might describe how the character has negative thoughts about himself, his future, or the world in general.
 2. Select a form of psychotherapy that you believe might be helpful for that character. **Explain why you chose this form of therapy** for your character. Why do you think it suits his or her problems well? How is it better for your

- character than other therapies? This could include the types of problems the person experiences or something about the personality of the character that makes him or her best suited for the therapy model you have chosen.
3. **Create a goal list** for the character. What problems could benefit from intervention (e.g., drinking problems, conflict with another person, angry outbursts)? The goal list must fit with the type of therapy you have chosen. For example, if you have chosen psychoanalysis as your intervention, a goal that fits with that therapy might be to help the person become aware of repressed anger toward his father and to resolve that emotion.
 4. Explain which **therapy strategies or methods** you would use to address the patient's problems. Tell what the strategy or method is supposed to accomplish.
 5. If you were the therapist, what **challenges** might you encounter in attempting to treat this character? What is it about the character that might present a challenge? What is it about you that might create a challenge?
 6. Create one page of **dialogue** between you, acting as therapist, and the character, in which you attempt one of the interventions from the therapy you have chosen.

To maximize number of points received for this project:

- All 6 elements must be included
- Include references from the textbooks and other sources to substantiate your points about treatment or about the character's problems
- Use **APA style for your references**. Use the *Publication Manual of the American Psychological Association: Fifth Edition*

Grading Policy: The course grade will be based on your performance on the three examinations and the writing project. Each examination will count for 100 points. The paper will be worth 100 points. The total possible number of points for the course is 400 points. Grading is as follows: A=360-400 points; B=320-359 points; C= 280-319 points; D=240 – 279 points; F= 239 points or less.

Drop Policy: Please refer to the University's drop policies. **Note that the last day to drop classes is Oct 31st.**

Americans with Disabilities Act: The University of Texas at Arlington is on record as being committed to both the spirit and letter of federal equal opportunity legislation; reference Public Law 92-112 - The Rehabilitation Act of 1973 as amended. With the passage of federal legislation entitled *Americans with Disabilities Act (ADA)*, pursuant to section 504 of the Rehabilitation Act, there is renewed focus on providing this population with the same opportunities enjoyed by all citizens.

As a faculty member, I am required by law to provide "reasonable accommodations" to students with disabilities, so as not to discriminate on the basis of that disability. Student responsibility primarily rests with informing faculty of their need for accommodation and

in providing authorized documentation through designated administrative channels. Information regarding specific diagnostic criteria and policies for obtaining academic accommodations can be found at www.uta.edu/disability. Also, you may visit the Office for Students with Disabilities in room 102 of University Hall or call them at (817) 272-3364.

Academic Integrity: It is the philosophy of The University of Texas at Arlington that academic dishonesty is a completely unacceptable mode of conduct and will not be tolerated in any form. All persons involved in academic dishonesty will be disciplined in accordance with University regulations and procedures. Discipline may include suspension or expulsion from the University.

"Scholastic dishonesty includes but is not limited to cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts." (Regents' Rules and Regulations, Series 50101, Section 2.2)

Student Support Services Available: The University of Texas at Arlington supports a variety of student success programs to help you connect with the University and achieve academic success. These programs include learning assistance, developmental education, advising and mentoring, admission and transition, and federally funded programs. Students requiring assistance academically, personally, or socially should contact the Office of Student Success Programs at 817-272-6107 for more information and appropriate referrals.

E-Culture Policy: The University of Texas at Arlington has adopted the University email address as an official means of communication with students. Through the use of email, UT-Arlington is able to provide students with relevant and timely information, designed to facilitate student success. In particular, important information concerning registration, financial aid, payment of bills, and graduation may be sent to students through email.

All students are assigned an email account and information about activating and using it is available at www.uta.edu/email. New students (first semester at UTA) are able to activate their email account 24 hours after registering for courses. There is no additional charge to students for using this account, and it remains active as long as a student is enrolled at UT-Arlington. Students are responsible for checking their email regularly.

Students may contact Dr. Basco by email at Basco@UTA.edu or by phone (817) 272-7559. In the event of an emergency, the student should contact the Psychology office (817-272-2281) to leave a message if unable to reach Dr. Basco by phone.

Make-up Exam Policy: Examinations can be taken early with prior arrangement with the professor. Missed examinations can be made up with two conditions. First, the

student must provide prior notification to Dr. Basco that an examination will be missed. This must be done prior to the time of the examination. The student can email or call Dr. Basco or can leave a message with the Psychology office. Second, only absences due to illness, injury, or other extreme circumstance will be accepted. Documentation of the problem, such as a doctor's note, is required in all cases. **The written project will not be accepted late.**