

## **Introduction to Clinical and Counseling Psychology Course Syllabus**

**Instructor:** Monica Ramirez Basco, Ph.D.

**Office Number:** Life Sciences Building, Room 407

**Office Telephone Number:** (817) 272-7559

**Email Address:** [Basco@UTA.edu](mailto:Basco@UTA.edu)

**Office Hours:** Mondays and Wednesdays: 1:00 to 2:00 and 4:00 to 5:00, 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: 1:00pm to 2:20pm 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
Jan 14	1	Introduction to the course Careers in Clinical and Counseling Psychology and other helping professions
Jan 21	2	History of Psychotherapeutic Approaches to Mental health problems Psychoanalysis  Martin Luther King Holiday: Mon 1/21 – No class
Jan 28	3 4	Jungian Analysis and Therapy Adlerian Therapy
Feb 4	12	Constructivist Approaches (Thomas)
<b>Feb 6</b>		<b>Midterm examination #1 on Wednesday 2/6</b>
Feb 11	6 7	Person-Centered Therapy Gestalt Therapy
Feb 18	8	Behavior Therapy
Feb 25	10	Cognitive Therapy
<b>Feb 27</b>		<b>Paper Topic Due in Class</b>
March 3	9	Rational Emotive Therapy
<b>March 5</b>		<b>Midterm examination #2 on Wednesday 3/5</b>
March 10	11 5	Reality Therapy Existential Therapy
March 17		Spring Break
March 24	13	Feminist Therapy and Multicultural Therapy
		<b>3/28: Last Day to Drop Classes</b>
March 31	14	Family and Child Therapies
April 7	handout	Marital Therapy
<b>April 7</b>		<b>Paper Due by midnight CST</b>
April 14	15 handout	Other Therapies Ethical Principles of Psychologists
April 21	16	Integrative Therapies
<b>April 28</b>	17 (optional)	Dead Week  <b>Course Review Wed 4/30 at 1:00</b>
<b>Monday, May 5<sup>th</sup> 11:00am to 1:30pm</b>		<b>Final Exam</b>

**Attendance:** Students are responsible for all material covered in class as well as in each reading assignment. Examinations will include both lecture and reading materials. Note that class lectures will include information not necessarily contained in readings. Videotaped samples shown in class may be the subject of examination questions.

### **Descriptions of major assignments and examinations with due dates:**

#### **Examinations:**

- There will be three major examinations.
- The first midterm examination is scheduled for **Wednesday, February 6th** during class. It will be based on the readings and lectures to date. The first midterm exam will be worth 90 points, 60 for multiple choice questions and 30 for essay questions.
- The second midterm examination is scheduled for **Wednesday, March 5<sup>th</sup>** and will cover the lecture and readings since the last examination. The second midterm exam will be worth 90 points, 60 for multiple choice questions and 30 for essay questions.
- The midterm exam with the lowest score will be dropped. Both exams must be taken. If only one exam is taken, the second one will receive a score of zero and the two midterm grades will be averaged.
- The final examination is scheduled for **Monday, May 5<sup>th</sup> from 11:00am to 1:30pm**. The multiple choice section of the final exam will not be cumulative, but will cover only the chapters since the last exam. The essay section of the exam will be cumulative. The final exam will be worth 90 points, 40 for multiple choice questions and 50 for short answer and essay questions.

#### **Writing Project:**

- To test the application of your knowledge of psychotherapeutic methods, you will be asked to select a movie 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 movie and character to discuss in the paper.
- This selection will be **due Wednesday, February 27<sup>th</sup>**, but may be turned in earlier. This will allow Dr. Basco enough time to watch each movie before the papers are turned in. Selection may not be changed after February 27<sup>th</sup>.
- Topic selection cards will be handed out in class.
- This writing project is **due Monday, April 7<sup>th</sup> by midnight CST** and must be emailed to Dr. Basco at Basco@UTA.edu.
- 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. 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. Include short-term and long-term goals. What problems could benefit from intervention (e.g., drinking problems, conflict with another person, angry outbursts)? Why do you think help is needed in these areas? If the person were successful in treatment, how would he or she be different at the end of treatment? What would you observe in the character that would be a sign of improvement?
  4. Think about how the treatment method you have selected might apply to the character. Describe which methods might be helpful for each of the problems in the goal list. Try to match each goal with a type of intervention from the model you have chosen.
  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 best of the two midterm examinations, the writing project, and the final examination. The midterm examination will account for 30% of the final grade (90 points), the writing project will account for 40% (120 points) of the final grade, and the final examination will account for 30% (90 points) of the final grade. Grading is as follows: A=270-300 points; B=240-269 points; C= 210-239 points; D=180 – 209 points; F= 179 points or less. Note that examination grades may be adjusted depending on the distribution of scores.

**Drop Policy:** Please refer to the University's drop policies. Note that the last day to drop classes is March 28th.

**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](http://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.

**Final Review Week:** A period of five class days prior to the first day of final examinations in the long sessions shall be designated as Final Review Week. This will be the week of April 28<sup>th</sup> to May 2<sup>nd</sup>. The purpose of this week is to allow students sufficient time to prepare for final examinations. During this week, there shall be no scheduled activities such as required field trips or performances; and no instructor shall assign any themes, research problems or exercises of similar scope that have a completion date during or following this week unless specified in the class syllabi. During Final Review Week, an instructor shall not give any examinations constituting 10% or more of the final grade, except makeup tests and laboratory examinations. In

addition, no instructor shall give any portion of the final examination during Final Review Week. A course review will occur on Wednesday, December 5th.

**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](http://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](mailto: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.**