

**PSYC 433**
**Clinical Psychology**
**Winter 2016**

<b>Instructor:</b>	Jennifer Ference	<b>Lecture Location:</b>	SH 288
<b>Phone:</b>	403-990-7159	<b>Lecture Days/Time:</b>	MWF 9:00am – 9:50am
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<b>Office Hours:</b>	By appointment	<b>Lab TA Email:</b>	jcthomas@ucalgary.ca

### Course Description and Goals

This course is designed to introduce the student to the knowledge base, ethical orientation, practical skills and research focus required of clinical psychologists. Students will learn about the professional components of the field, including training models, codes of conduct, and regulatory aspects of the profession. The course will cover applied skills involved in assessment, diagnosis, and therapy. A number of theoretical models of therapy will be discussed. Students will also be introduced to empirical research on topics discussed. This course has both a lecture and lab component.

### Prerequisites

Psychology 312 – Experimental Design and Quantitative Methods for Psychology, and  
 Psychology 385 – Abnormal Psychology

### Required Text

Hunsley, J., & Lee, C. M. (2013). *Clinical Psychology: An Evidence-based Approach (3rd Edition)*. New York: J. Wiley and Sons. Available at University Bookstore. Also available through John Wiley, as an e-Book. (go to <http://ca.wiley.com/WileyCDA/WileyTitle/productCd-EHEP003073.html?filter=TEXTBOOK> ).

### Evaluation

<b>Component</b>	<b>% of Grade</b>	<b>Material</b>	<b>Date</b>
Midterm 1	30%	Chapters 1-6 & Lecture Material	February 5, 2016
Midterm 2	30%	Chapters 7-12 & Lecture Material	March 21, 2016
Quiz 1	10%	Chapters 13, 15 & Lecture Material	April 13, 2016

Each exam will consist of fill-in-the-blank, short answer, and written answer questions. The use of iPods, iPads, computers, books, or notes is prohibited during exams. Only assigned textbook chapters and lecture material prior to the exam date are eligible to appear on the exam. There is no final exam. If an exam is missed it can only be made up following the provision of a Physician/ Counselor Statement, otherwise a grade of 0 will be assigned for that exam.

**Lab Evaluation:**

<b>Component</b>	<b>% of Grade</b>	<b>Date</b>
Article Review	10%	February 9, 2016
Mobile Web/App Review	5%	March 1, 2016
Individual Presentation	10%	As arranged in lab
Participation and attendance	5%	Throughout the term

**You will be provided with a lab syllabus with TA contact information, office hours, tentative schedule, and assignments.** The article review will consist of a paper of between 5 and 7 pages in length plus a cover page (typed, double spaced, 12-point font), which describes (1 page maximum), and then discusses (3- 5 pages) the methodology, strengths and limitations of an original *research* (not a theoretical article) article, and concludes with a one page discussion of possible “next steps” in the development of the research described in the article. Choose any article from a current (defined as since 2010) issue of the following journals: *Journal of Consulting and Clinical Psychology*, *Psychological Assessment*, *Behaviour Research and Therapy*, or the *British Journal of Clinical Psychology* (all are available on line through OVID), and submit the article with your review. More information will be provided in your lab section. This paper is due in your lab on **February 9, 2016**. Only paper copies will be accepted – NO ELECTRONIC ASSIGNMENTS. Late assignments will be accepted and should be handed in at the main office of the Department of Psychology. However, the penalty for late assignments will be 10% per day, including weekends.

For the mobile/web app review, you will be required to select and utilize a mental health resource available as a mobile application or web resource. The review will consist of a paper between 3 and 5 pages in length plus a cover page (typed, double spaced, 12-point font), which describes the app/resource and your experience using the app/resource, and evaluates the evidence-base for the app/resource based on the available scientific literature. More information will be provided in lab. This review is due in your lab on **March 1, 2016**. Only paper copies will be accepted – NO ELECTRONIC ASSIGNMENTS. Late assignments will be accepted and should be handed in at the main office of the Department of Psychology. However, the penalty for late assignments will be 10% per day, including weekends.

Presentations will be given individually during the lab sessions and will last approximately 15-30 minutes (final amounts will be discussed in lab). Presentations will consist of a case study of a single person (e.g., actor, musician, athlete, etc.) or a show, movie or book character with a psychological disorder. Students will be responsible to discuss background information, presenting psychological symptoms, diagnosis, and empirically supported psychosocial treatments through their in-depth analysis of the selected case. The presentation is required for the lab; it is not an option. If missed, presentations can only be made up with Physician/Counselors Statements; otherwise a grade of 0 will be assigned for the presentation.

**Students are expected to attend labs regularly and to participate in discussions.** For every lab, each student will receive a mark for participation in class exercises and discussion. Normally students will not be able to make up marks for missed labs. More specific details regarding grading and expectations will be discussed in class and posted on D2L. **Students must achieve a passing grade on both the class and lab components to pass this course.**

**Department of Psychology Grade Distribution Policy**

The distribution of grades in Psychology courses (the percentage of A grades, B grades, etc.) will be similar to the distribution of grades in other courses in the Faculty of Arts. The Department monitors the

grade distributions of 200-, 300-, and 400-level courses in the Faculty to ensure that the grade distributions in Psychology courses are comparable. Based on these reviews, students can expect that 1) up to 30% of grades in 200- and 300-level psychology courses will be "A" grades (A+, A, and A-), and 2) up to 40% of grades 400-level psychology courses will be "A" grades.

### Department of Psychology Criteria for Letter Grades

Psychology professors use the following criteria when assigning letter grades:

**A+ grade: *Exceptional Performance.*** An A+ grade indicates near perfect performance on multiple choice and short answer exams. For research papers/essays/course projects/presentations, an A+ grade is awarded for exceptional work deserving of special recognition and is therefore not a common grade.

**A, A- Range: *Excellent Performance.*** Superior understanding of course material. Written work is very strong in terms of critical and original thinking, content, organization, and the expression of ideas, and demonstrates student's thorough knowledge of subject matter.

**B Range: *Good Performance.*** Above average understanding of course material. Written work shows evidence of critical thinking and attention to organization and editing but could be improved in form and/or content.

**C Range: *Satisfactory Performance.*** Adequate understanding of course material. Knowledge of basic concepts and terminology is demonstrated. Written work is satisfactory and meets essential requirements but could be improved significantly in form and content. Note: All prerequisites for courses offered by the Faculty of Arts must be met with a minimum grade of C-.

**D range: *Marginally meets standards.*** Minimal understanding of subject matter. Written work is marginally acceptable and meets basic requirements but requires substantial improvements in form and content. Student has not mastered course material at a level sufficient for advancement into more senior courses in the same or related subjects.

**F grade: *Course standards not met.*** Inadequate understanding of subject matter. Written work does not meet basic requirements. Student has not demonstrated knowledge of course material at a level sufficient for course credit.

### Grading Scale

A+	96-100%	B+	80-84%	C+	67-71%	D+	54-58%
A	90-95%	B	76-79%	C	63-66%	D	50-53%
A-	85-89%	B-	72-75%	C-	59-62%	F	0-49%

As stated in the University Calendar, it is at the instructor's discretion to round off either upward or downward to determine a final grade when the average of term work and final examinations is between two letter grades. To determine final letter grades, final percentage grades will be rounded up or down to the nearest whole percentage (e.g., 89.5% will be rounded up to 90% = A but 89.4% will be rounded down to 89% = A-).

## Tentative Lecture Schedule

Date	Topic/Activity/Readings/Due Date
M Jan 11	<i>Winter term lectures begin</i> Chapter 1: The Evolution of Clinical Psychology
W Jan 13	Chapter 1 cont...
F Jan 15	Chapter 2: Contemporary Clinical Psychology
M Jan 18	Chapter 2 cont... Chapter 3: Classification and Diagnosis
W Jan 20	Chapter 3 cont... Chapter 4: Research Methods in Clinical Psychology
F Jan 22	<i>Last day to drop Winter Term half-courses.</i> Chapter 4 cont...
M Jan 25	<i>Last day to add or swap Winter Term half courses.</i> <i>Last day for change of registration from audit to credit or credit to audit.</i> Pseudoscience: Optional reading, Lilienfeld, S. O. (2007). Psychological treatments that cause harm. <i>Perspectives on Psychological Science</i> , 2, 53-70.
W Jan 27	Pseudoscience cont... Chapter 5: Assessment Overview
F Jan 29	<i>Fee payment deadline for Winter Term fees.</i> Chapter 5 cont... Chapter 6: Assessment – Interviewing & Observation
M Feb 1	Chapter 6 cont...
W Feb 3	Chapter 6 cont... Midterm Review, Chapters 1 – 6, plus lecture material
<b>F Feb 5</b>	<b>Midterm 1</b>
M Feb 8	Chapter 7: Assessment – Intellectual & Cognitive Measures
W Feb 10	Chapter 7 cont...
F Feb 12	Chapter 7 cont...
Feb 14-21	Reading Week. No lectures. University open (except Family Day).
M Feb 15	Alberta Family Day, University closed (except Taylor Family Digital Library, Law, Medical, Gallagher and Business Libraries). No lectures.
M Feb 22	Chapter 8: Assessment – Self-Report & Projective Measures
W Feb 24	Chapter 8 cont... Chapter 9: Assessment – Integration & Clinical Decision-Making
F Feb 26	Chapter 9 cont... Chapter 10: Prevention
M Feb 29	Chapter 10 cont...
W Mar 2	Positive Psychology
F Mar 4	Chapter 11: Intervention Overview
M Mar 7	Chapter 11 cont...
W Mar 9	Chapter 12: Intervention
F Mar 11	Cognitive Behavior Therapy for Depression

M Mar 14	Cognitive Behavior Therapy for Depression cont...
W Mar 16	Couple's Therapy
F Mar 18	Family therapy Midterm 2 Review, Chapters 7-12 plus lecture material since last exam
<b>M Mar 21</b>	<b>Midterm 2</b>
W Mar 23	Third Wave Therapies: Acceptance & Commitment Therapy
F Mar 25	<i>Good Friday. No Classes. University Closed</i>
M Mar 28	Third Wave Therapies: Mindfulness-Based Stress Reduction Third Wave Therapies: Dialectical Behavior Therapy
W Mar 30	Chapter 13: Children & Adolescent Intervention
F Apr 1	Chapter 13 cont... Evidence-Based Treatment for Autism Spectrum Disorder
M Apr 4	Parent-Child Interaction Therapy
W Apr 6	Chapter 15: Clinical Health Psychology, possible guest lecturer
F Apr 8	Chapter 15: Clinical Neuropsychology, Guest Lecturer: Linette Savage, M.Sc.
M Apr 11	Chapter 15: Forensic Psychology Quiz 1 Review: Chapters 13, 15, and lecture material since last exam
<b>W Apr 13</b>	<i>Winter Term Lectures End.</i> <i>Last day to withdraw from full courses and Winter Term half courses.</i> <b>Quiz 1</b>

### Reappraisal of Grades

A student who feels that a piece of graded term work (e.g., term paper, essay, test) has been unfairly graded, may have the work re-graded as follows. The student shall discuss the work with the instructor within 15 days of being notified about the mark or of the item's return to the class; no reappraisal of term work is permitted after the 15 days. If not satisfied, the student shall immediately take the matter to the Head of the department offering the course, who will arrange for a reassessment of the work within the next 15 days. The reappraisal of term work may cause the grade to be raised, lowered, or to remain the same. If the student is not satisfied with the decision and wishes to appeal, the student shall address a letter of appeal to the Dean of the faculty offering the course within 15 days of the unfavourable decision. In the letter, the student must clearly and fully state the decision being appealed, the grounds for appeal, and the remedies being sought, along with any special circumstances that warrant an appeal of the reappraisal. The student should include as much written documentation as possible.

### Plagiarism and Other Academic Misconduct

Intellectual honesty is the cornerstone of the development and acquisition of knowledge and requires that the contribution of others be acknowledged. Consequently, plagiarism or cheating on any assignment is regarded as an extremely serious academic offense. Plagiarism involves submitting or presenting work in a course as if it were the student's own work done expressly for that particular course when, in fact, it is not. Students should examine sections of the University Calendar that present a Statement of Intellectual honesty and definitions and penalties associated with Plagiarism/Cheating/Other Academic Misconduct.

### **Academic Accommodation**

Students seeking an accommodation based on disability or medical concerns should contact Student Accessibility Services; SAS will process the request and issue letters of accommodation to instructors. For additional information on support services and accommodations for students with disabilities, visit [www.ucalgary.ca/access/](http://www.ucalgary.ca/access/).

Students who require an accommodation in relation to their coursework based on a protected ground other than disability should communicate this need in writing to their Instructor.

The full policy on Student Accommodations is available at [http://www.ucalgary.ca/policies/files/policies/student-accommodation-policy\\_0.pdf](http://www.ucalgary.ca/policies/files/policies/student-accommodation-policy_0.pdf).

Students who have not registered with the Disability Resource Centre are not eligible for formal academic accommodation. You are also required to discuss your needs with your instructor no later than 14 days after the start of this course.

### **Absence From A Test/Exam**

Makeup tests/exams are **NOT** an option without an official University medical excuse (see the University Calendar). A completed **Physician/Counselor Statement will be required** to confirm absence from a test/exam for health reasons; the student will be required to pay any cost associated with this Statement. Students who miss a test/exam have up to 48 hours to contact the instructor and to schedule a makeup test/exam. Students who do not schedule a makeup test/exam with the instructor within this 48-hour period forfeit the right to a makeup test/exam. Makeup test/exam will differ significantly (in form and/or content) from a regularly scheduled test/exam. Except in extenuating circumstances (documented by an official University medical excuse), a makeup test/exam must be written within 2 weeks of the missed test/exam date, during exam make-up hours provided by the department <http://psychology.ucalgary.ca/undergraduate/exam-and-course-information#mues>. If a student cannot write their final exam on the date assigned by the Registrar's Office, they need to apply for a deferred exam [http://www.ucalgary.ca/registrar/exams/deferred\\_final](http://www.ucalgary.ca/registrar/exams/deferred_final). Under no circumstances will this be accommodated by the department.

### **Travel During Exams**

Consistent with University regulations, students are expected to be available to write scheduled exams at any time during the official December and April examination periods. Requests to write a make-up exam because of conflicting travel plans (e.g., flight bookings) will NOT be considered by the department. Students are advised to wait until the final examination schedule is posted before making any travel arrangements. If a student cannot write their final exam on the date assigned by the Registrar's Office, they need to apply for a deferred exam [http://www.ucalgary.ca/registrar/exams/deferred\\_final](http://www.ucalgary.ca/registrar/exams/deferred_final). Under no circumstances will this be accommodated by the department.

### **Freedom of Information and Protection of Privacy (FOIP) Act**

The FOIP legislation disallows the practice of having student's retrieve tests and assignments from a public place. Therefore, tests and assignments may be returned to students during class/lab, or during office hours, or via the Department Office (Admin 255), or will be made available only for viewing during exam review sessions scheduled by the Department. Tests and assignments will be shredded after one year. Instructors should take care to not link students' names with their grades, UCIDs, or other FOIP-sensitive information.

### **Course Credits for Research Participation (Max 2% of final grade)**

Students in most psychology courses are eligible to participate in Departmentally approved research and earn credits toward their final grades. **A maximum of two credits (2%) per course, including this course, may be applied to the student's final grade. Students earn 0.5% (0.5 credits) for each full 30 minutes of participation.** The demand for timeslots may exceed the supply in a given term. Thus, students are not guaranteed that there will be enough studies available to them to meet their credit requirements. Students should seek studies early in the term and should frequently check for open timeslots. Students can create an account and participate in Departmentally approved research studies at <http://ucalgary.sona-systems.com>. The last day to participate in studies and to assign or reassign earned credits to courses is **April 13, 2016**.

### **Evacuation Assembly Point**

In case of an emergency evacuation during class, students must gather at the designated assembly point nearest to the classroom. The list of assembly points is found at <http://www.ucalgary.ca/emergencyplan/assemblypoints>. Please check this website and note the nearest assembly point for this course.

### **Student Organizations**

Psychology students may wish to join the Psychology Undergraduate Students' Association (PSYCHS). They are located in Administration 170 and may be contacted at 403-220-5567.

**Student Union VP Academic:** Phone: 403-220-3911 [suypaca@ucalgary.ca](mailto:suypaca@ucalgary.ca)  
**Student Union Faculty Rep.:** Phone: 403-220-3913 [socialscirep@su.ucalgary.ca](mailto:socialscirep@su.ucalgary.ca)

### **Student Ombudsman's Office**

The Office of the Student Ombudsmen provides independent, impartial and confidential support for students who require assistance and advice in addressing issues and concerns related to their academic careers. The office can be reached at 403-220-6420 or [ombuds@ucalgary.ca](mailto:ombuds@ucalgary.ca) (<http://www.ucalgary.ca/provost/students/ombuds>)

### **Safewalk**

The safewalk program provides volunteers to walk students safely to their destination anywhere on campus. This service is free and available 24 hrs/day, 365 days a year.  
Call 403-220-5333.

### **Important Dates**

The last day to drop this course with no "W" notation and **still receive a tuition fee refund** is **January 22, 2016**. Last day for registration/change of registration is **January 25, 2016**. The last day to withdraw from this course is **April 13, 2016**.