



UNIVERSITY OF
CALGARY

DEPARTMENT OF PSYCHOLOGY
Faculty of Arts

Psychology 681

Adult Psychotherapy

Winter 2017

Instructors:	Dr. Deborah Dobson Dr. Lindsay Friesen	Lecture Location:	Ed C 286
Phone:	403-923-2005 (DD)	Lecture Days/Time:	Thursdays 8:30-11:20
Email:	drdebdobson@shaw.ca Lindsay.n.friesen@gmail.com	Labs	Fridays 8:30- 11:20
Office:	Off campus	Office Hours:	By appointment

Course Description and Goals

This course provides an introduction to the practice of psychotherapy with adults. Students will learn about selected psychotherapy theory, research and methods, with an emphasis on evidence-based practice. The course includes an introduction to basic concepts in psychotherapy and psychotherapy research, case conceptualization, and interviewing skills. Students will learn about behavioural, cognitive-behavioural and other psychotherapies. This course will combine instructional methods including lectures, discussion, role-plays, and supervised training cases. Students will learn to assess, conceptualize and treat a defined problem under supervision.

Program Learning Outcomes	Level Met	Primary Instructional Method	Secondary Instructional Method	Primary Assessment Method	Secondary Assessment Method
1. Demonstrate knowledge of cognitive behavior therapy	A	Direct	Experiential	W Exams	W assign
2. Demonstrate knowledge of models of psychotherapy	C	Direct	Interactive	Oral	NA
3. Demonstrates knowledge of therapeutic alliance	C	Direct	Experiential	Oral	Demo
4. Demonstrates ability to apply basic cognitive behavioural strategies with client with specific and/or social anxiety disorder	C	Experiential	Interactive	W Assign	Oral
5. Communicate effectively in verbal, in person format	A	Interactive	Experiential	Oral	Oral
6. Communicate effectively in written format	A	Direct	Indirect	W Assign	NS

Notes. Level met: I = introductory level, C = competency level, A = advanced level, N = not met. Instructional methods: Direct, Interactive, Indirect, Independent, Experiential, NI = not instructed. Assessment methods: MC = multiple choice tests/exams, W Exams = written tests/exams, W Assign = written assignments/papers, Oral = oral, Demo = demonstration of ability, NA = not assessed, NT = not taught, NS = no secondary method.

Required Text

Dobson, D. & Dobson, K.S. (2017). *Evidence-Based Practice of Cognitive-Behavioral Therapy, 2nd Edition*. New York: Guilford Press. Can be obtained from Instructor or through Guilford Press.

Other assigned readings will be made available.

Course Schedule

Date	Lecture (Thursdays)	Lab (Fridays)
Jan 12-13	Introductory Meeting & overview (DD) History of Psychotherapy What is Evidence –Based Treatment?	Practical issues in treatment—consent, privacy & security, record keeping, forms, emergencies Relationship factors—building rapport Discussion of supervision (DD, LF)
Jan 19-20	Intake assessment for therapy & case formulation	Intake assessment & interviewing, starting case formulation Group supervision Last day to drop Winter Term half courses (Jan 20). No refunds for Winter Term courses after this date.
Jan 26-27	Relationship factors in CBT; enhancing motivation	Using the therapeutic relationship, general therapy issues (use of structure, goal setting & homework) Fee payment deadline for Winter Term fees (Jan 27).
Feb 2-3	Avoidance and Exposure Therapy	How to provide exposure therapy. (building & using hierarchies, relaxation training) Group supervision
Feb 9-10	Behavioural Activation and Skills Training	Mid-term exam (80 minutes) Group supervision
Feb 16-17	Cognitive Restructuring	Group supervision
Feb 23-24	Reading week. No lecture.	No lab- supervision on request
March 2-3	Schema Therapy	Working with automatic thoughts Group supervision
March 9-10	Dialectical Behaviour Therapy	DBT Skills Group supervision
March 16-17	ACT/Mindfulness Based CT	Mindfulness Skills Group supervision
March 23-24	Couples & Family Therapies	Group supervision
March 30-31	ST Psychodynamic Therapies	Ending Therapy Group supervision
April 6-7	Service Delivery of EBP Student Presentations	Student Presentations
April 12	Winter Term Lectures End. Last day to withdraw with permission from Winter courses.	

Course Requirements and Evaluation. This course has two components: the lectures, which will focus on the theory and practice of adult psychotherapy and the practicum, in which the student will assume primary clinical responsibility for two individuals with an anxiety disorder and develop clinical skills.

Readings and class participation. (10% of final grade) Grades will be based on your attendance and comments and questions that indicate that you have read and understood the assigned readings and

participate during class presentations, demonstrations, and discussions. You will receive 0 points per class for non-attendance, $\frac{1}{2}$ point for attendance, and 1 point for active participation, up to a maximum of 10 points for participation.

Clinical cases. Each student will be assigned two clients experiencing significant anxiety or an anxiety disorder. In consultation with the instructor, you will take primary responsibility to assess the client and plan treatment, provide treatment and evaluate their progress. Group supervision will occur during each of the lab sessions where you will review client progress, receive feedback and discuss any questions, issues, problems, and concerns. Each session must be recorded for review and supervision purposes. Recordings must be kept in a secure location, identified only by the client's initials and session number, and destroyed once they have been reviewed. You may purchase a digital recorder, or sign one out from the department. Check the recorder before using it to ensure recordings are easily audible. Supervision sessions will allow discussion and feedback on a particular session, issue or problem. In case of emergency, one of the instructors (or an assigned back-up registered psychologist) will be available between scheduled supervision.

Progress notes that document services provided must be completed within 24 hours of each session according to the format provided. You and one of the instructors must sign each entry. The file for each client must be kept in a secure location within the Clinical Psychology Program office. Please bring your progress notes to the group supervision sessions for review and signature.

You are expected to dress professionally, fully respect client confidentiality, and behave in a professional and ethical manner at all times with respect to your clients. A breach of ethical conduct will lead to a failure of the course. You must receive a passing evaluation in your clinical performance to pass this course.

In-class Midterm Examination. (30% of final grade) This 80 minute, closed book examination will occur on Friday, February 10, 2017, and will consist of a single narrative question. You will be presented with a case vignette, and you will use a pre-determined format to provide a case conceptualization of the case. Students are allowed to complete the examination on their computers.

Presentation. (30% of final grade) Each student will give one 25 to 30-minute presentation introducing a type of psychotherapy, a treatment technique, or conceptual issue to the class. The presentation will describe the psychotherapeutic approach, method or issue, its practical utility and research support. Presentation topics will be selected at the beginning of the term. You should provide the historical context, but the presentation should emphasize the theoretical perspective and central techniques used in current practice. Presentations should include information on applications for the approach (i.e., for what problems has this approach been shown to be useful? What is the evidence regarding the efficacy of this treatment approach? What contextual, ethical or cultural issues need to be considered in the application of this method?). You are encouraged to use role-plays, brief video clips or demonstrations, to illustrate critical elements of the approach. You should prepare handouts, which should include an outline of the presentation, a summary of key points, terms, and key references. Also, have some questions ready to help stimulate discussion!

The presentation will be given a percentage grade, based on clarity/ organization (20%), accuracy (20%), completeness (as appropriate for the time allotted; 25%), level of interest (20%), and success in class engagement (15%). At a mutually agreeable time following your presentation, you will receive individualized feedback on the presentation content as well as your presentation skills.

Case review: By April 13, you will write a case review of one of your clients. The grade will not depend on the outcome of the case or whether therapy is complete. Rather, your case review will be graded on the clarity and completeness of the following categories:

1. Presenting problem and history
2. Case formulation
3. Treatment plan
4. Assessment plan
5. Description of the treatment program
6. Description of the outcomes of the therapy
7. Follow-up plan
8. Relationship and other process issues in therapy
8. Any other considerations or observations

Use the knowledge you have gained through course readings and lectures to inform your discussion of the above topics. It may be helpful to prepare charts or graphs to track change on key variables. The case review will be no longer than 10 pages, plus any accompanying charts, graphs, etc. The case review, accompanied by all the session notes and other supporting materials (i.e., completed questionnaires), are due no later than April 13, 2017. The case review must be double-spaced, and prepared with 1 inch margins and 12 point font size. This work will be assigned a percentage grade and will comprise 30% of the course grade.

Course Evaluation.

The evaluation of the class and practicum component of the course will be based upon:

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| 1) In-class participation | 10% |
| 2) In-class examination (February 12, 2016) | 30% |
| 3) Presentation (April 7- 8, 2016) | 30% |
| 4) Written case review (due by April 15, 2016) | 30% |

Students must achieve a passing grade on both the class and lab components to pass this course.

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. In this course there will be no rounding up of final grades.

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. 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/. 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. 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. At the instructor's discretion, a makeup test/exam may 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 during exam make-up hours provided by the department <http://psychology.ucalgary.ca/undergraduate/exam-and-course-information#mues>.

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. Under no circumstances will this be accommodated by the department.

Freedom of Information and Protection of Privacy (FOIPP) Act

The FOIPP 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 275), 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 FOIPP- sensitive information.

Evacuation Assembly Point

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

Student Ombudsman's Office

The Office of the Student Ombudsman 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 (<http://www.su.ucalgary.ca/services/student-services/student-rights.html>).

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 20, 2017**. Last day for registration/change of registration is **January 23, 2017**. The last day to withdraw from this course is **April 12, 2017**.