

## **PSYC 3317: Introduction to Clinical Counseling Theories**

Spring 2018, Monday/Wednesday/Friday 10:00-10:50

Room: Life Sciences (LS) 118

**Instructor:** Ryan Gertner

**Office:** LS 537

**Email:** [ryan.gertner@mavs.uta.edu](mailto:ryan.gertner@mavs.uta.edu)

**Office Hours:** Mondays 11:00-12:00 or by appt.

**Blackboard:** <https://elearn.uta.edu>

**Prerequisite:** PSYC 1315 (Intro to Psych)

### **GENERAL COURSE INFORMATION**

**Required Textbook:** Tinsley, H.E.A., Lease, S.H., & Giffin Wiersma, N.S. (2016). *Contemporary theory and practice in counseling and psychotherapy*. Thousand Oaks, CA: SAGE Publications. Print ISBN: 9781452286518

**Additional reading:** Frankl, V. (2006). *Man's search for meaning*. Boston, MA: Beacon Press. Print ISBN: 9780807014295

Students are expected to read in advance the chapters designated each week and to complete video related assignments (see schedule, starting on page 7). Please note that the schedule may change throughout the course of the semester – I will communicate all changes to you accordingly.

Most of the information for this class will come from your books and slides. There may be supplemental readings and handouts that I will provide throughout the course. I will coordinate lectures with readings, but there may be some class material that is NOT presented in the book. For any outside materials, you will be given detailed information in the lecture slides.

### **Description of Course Content and Student Learning Outcomes:**

This course will allow you to:

- Become familiar with major schools of traditional and contemporary therapeutic systems and develop a theoretical and practical approach to counseling and psychotherapy
- Become aware of major concepts, ethical, and professional issues in counseling practice
- Gain an understanding of the personal and educational requirements of various clinical and counseling psychology professions, and review career paths for helping professions

### **SPECIFIC COURSE INFORMATION**

#### **Electronic Communication:**

UT Arlington has adopted MavMail as its official means to communicate with students about important deadlines and events, as well as to transact university-related business regarding financial aid, tuition, grades, graduation, etc. All students are assigned a MavMail account and are responsible for checking the inbox regularly. There is no additional charge to students for

using this account, which remains active even after graduation. Information about activating and using MavMail is available at <http://www.uta.edu/oit/cs/email/mavmail.php>.

Important information will be sent via Blackboard (<https://elearn.uta.edu>). With this in mind, you should either routinely log into Blackboard or forward your Blackboard messages to your e-mails. The best way to contact me is via email at [ryan.gertner@mavs.uta.edu](mailto:ryan.gertner@mavs.uta.edu).

### **Class Rules:**

1. Turn off your phone or switch your phone to silent before class.
2. Laptop use during lecture should be for class purposes only.
3. Be professional and respectful when you communicate with me and your fellow classmates.
  - a. In lecture: Given the nature of clinical psychology, we may discuss difficult topics throughout the course. Please maintain a civil atmosphere, and remember that we are all here to learn.
  - b. Via email or Blackboard: You are expected to communicate in a formal manner. Include all relevant information (e.g., your name, information in the subject line), use proper grammar (capitalization, spelling, and punctuation), and be clear in your message. If you do not do these things, you may not get a response.
4. Outside of office hours, please do not drop in without an appointment. If you make an appointment, please make sure that I have confirmed your appointment. If you do not receive a confirmation from me, I cannot guarantee that I will be available.
5. Please note that food and drink is not allowed in the classroom, and please help keep the lecture hall clean.

### **Frequently Asked Questions (FAQs):**

- ***“How can I make an A in this class?”*** The best way to succeed in this class is to read, study, and participate! More specifically, flash cards/straight memorization is helpful for key terms, whereas coming up with stories, examples, or analogies can help you learn more abstract ideas. Finally, remember that success is not measured solely by the grade you get. Work hard, and you will do well!
- ***“Can you bump me up to the next letter grade?”*** Refer to this syllabus for the point distribution for the course. You will also have opportunities for extra credit through Sona and/or class review days. I use conventional rounding (e.g., an 89.4 will stay a B, but an 89.5 will round up to an A). Note that I cannot discuss grades via email – refer to Blackboard or meet with me.
- ***“When is the exam?” / “When is the assignment due?” / “What are we covering in class today?”*** Read the syllabus and slides very carefully before emailing these kinds of questions. If you ask a general question that is explained in your materials, I will simply refer you back to your materials.
- ***“I was absent. What did I miss?”*** Check your syllabus for the general schedule. (Sensing a theme?) If you miss class without a university-approved excuse, do not contact me to let me know that you will be missing class, or to ask what you missed. (Pro tip: Study buddies/groups are very helpful in situations like these!)
- ***“How do I format this in APA style?”*** You learned about APA format in PSYC 1315 (Intro to Psychology), which is a prerequisite for this course. Refer to your APA manual, or use The OWL at Purdue (<https://owl.english.purdue.edu/owl/resource/560/01/>) for APA style questions. I can give you feedback on assignments, but it is your responsibility to meet all formatting requirements for the course. I also highly encourage you all to visit the UTA Writing Center: <http://www.uta.edu/owl/>

- ***“Can I turn this in late?”*** You will not be able to submit assignments/papers after the designated assignment date. I can still give you feedback on the rough draft if you submit it late but you will not receive any credit for it. Please make sure to submit assignments on time!

### **Attendance/Participation (10 points total):**

UTA instructors are allowed to develop their own methods of evaluating students' academic performance, which includes establishing course-specific policies on attendance and participation. For this course, attendance is mandatory and built into your grade. There are no makeup points for missed attendance/participation.

***Attendance/Participation (10 points):*** There will be 10 random attendance points throughout the semester. Some of these points will come from signing your name on the sign-in sheet during class. Some of these points will come from completing a task/activity during lecture. It is your responsibility to attend class on time and meet these requirements.

### **Theory Paper (90 points total):**

As you learn the different types of theories that exist, think about how those theories can apply to individuals. For this paper, you must pick one fictional character and apply one theory to that character. The paper must be 5-6 pages and in APA format. More information and a copy of the rubric will be given in class and/or made available on Blackboard.

### **Exams (200 points total):**

There will be 3 multiple-choice exams (50 questions, each worth 2 points) on assigned dates. I will drop your lowest exam grade. Each exam will cover the chapters reviewed and the lectures. You will need blue scantrons (<http://www.uta.edu/oit/eos/scanning/docs/example0.PDF>).

***THERE ARE NO MAKEUP EXAMS. If you arrive late to an exam, and a student has already turned in an exam, you will NOT be permitted to take your exam. Please do not be late, especially on test days!***

### **Point Distribution and Grading Policy:**

Points (300 total)		Grade Breakdown
Exam 1	100	269 to 300 points = A
Exam 2	100	239 to 268 points = B
Book Report	90	209 to 238 points = C
Attendance/Participation	10	179 to 208 points = D
		178 or fewer = F

Grades are additive. There is no average weighting, and there is no curve. To calculate your grade, just add up all the points and see which range you fall in the grade breakdown. Any extra points are simply added to your total. If you are taking the course PASS/FAIL, you must have at least 209 points (69.5%) to PASS. Any coursework not completed by the last day of class will be converted to a zero.

## UNIVERSITY POLICIES AND SPECIAL CIRCUMSTANCES

### Academic Integrity:

Students enrolled all UT Arlington courses are expected to adhere to the UT Arlington Honor Code:

*I pledge, on my honor, to uphold UT Arlington's tradition of academic integrity, a tradition that values hard work and honest effort in the pursuit of academic excellence.*

*I promise that I will submit only work that I personally create or contribute to group collaborations, and I will appropriately reference any work from other sources. I will follow the highest standards of integrity and uphold the spirit of the Honor Code.*

UT Arlington faculty members may employ the Honor Code in their courses by having students acknowledge the honor code as part of an examination or requiring students to incorporate the honor code into any work submitted. Per UT System Regents' Rule 50101, §2.2, suspected violations of university's standards for academic integrity (including the Honor Code) will be referred to the Office of Student Conduct. Violators will be disciplined in accordance with University policy, which may result in the student's suspension or expulsion from the University. Additional information is available at <https://www.uta.edu/conduct/>. **In addition to the university sanctions, you will fail this course if you are caught participating in any form of academic dishonesty.**

### Drop Policy (deadline to submit a request to your advisor is **March 30th at 4 PM**):

Students may drop or swap (adding and dropping a class concurrently) classes through self-service in MyMav from the beginning of the registration period through the late registration period. After the late registration period, students must see their academic advisor to drop a class or withdraw. Undeclared students must see an advisor in the University Advising Center. Drops can continue through a point two-thirds of the way through the term or session. It is the student's responsibility to officially withdraw if they do not plan to attend after registering. Students will not be automatically dropped for non-attendance. Repayment of certain types of financial aid administered through the University may be required as the result of dropping classes or withdrawing. For more information, contact the Office of Financial Aid and Scholarships (<http://www.uta.edu/aao/fao/>).

### Final Review Week:

A period of five class days prior to the first day of final examinations shall be designated as Final Review Week. The purpose of this week is to allow students sufficient time to prepare for final examinations. Classes are held as scheduled during this week and lectures, presentations, attendance points, and quizzes may be given. **Note: Any review days still count as lecture days, and you are responsible for materials covered in class on those days.**

**Student Feedback Survey:**

At the end of each term, students enrolled in face-to-face and online classes categorized as “lecture,” “seminar,” or “laboratory” are directed to complete an online Student Feedback Survey (SFS). Instructions on how to access the SFS for this course will be sent directly to each student through MavMail approximately 10 days before the end of the term. Each student’s feedback via the SFS database is aggregated with that of other students enrolled in the course. Students’ anonymity will be protected to the extent that the law allows. UT Arlington’s effort to solicit, gather, tabulate, and publish student feedback is required by state law and aggregate results are posted online. Data from SFS is also used for faculty and program evaluations. For more information, visit <http://www.uta.edu/sfs>.

***Please complete the survey, as this provides important information that helps us shape this course for the future!***

**Disability Accommodations (please get letters to me by February 1):**

UT Arlington is on record as being committed to both the spirit and letter of all federal equal opportunity legislation, including The Americans with Disabilities Act (ADA), The Americans with Disabilities Amendments Act (ADAAA), and Section 504 of the Rehabilitation Act. All instructors at UT Arlington are required by law to provide “reasonable accommodations” to students with disabilities, so as not to discriminate on the basis of disability. Students are responsible for providing the instructor with official notification in the form of a letter certified by the Office for Students with Disabilities (OSD). Only those students who have officially documented a need for an accommodation will have their request honored. Students experiencing a range of conditions (Physical, Learning, Chronic Health, Mental Health, and Sensory) that may cause diminished academic performance or other barriers to learning may seek services and/or accommodations by contacting The Office for Students with Disabilities (OSD) ([www.uta.edu/disability](http://www.uta.edu/disability)) or calling 817-272-3364. Information regarding diagnostic criteria and policies for obtaining disability-based academic accommodations can also be found at [www.uta.edu/disability](http://www.uta.edu/disability).

**Counseling and Psychological Services (CAPS):**

CAPS is available to all students to help increase their understanding of personal issues, address mental and behavioral health problems, and make positive changes in their lives. For more information, visit [www.uta.edu/caps/](http://www.uta.edu/caps/) or call 817-272-3671.

**Non-Discrimination Policy:**

The University of Texas at Arlington does not discriminate on the basis of race, color, national origin, religion, age, gender, sexual orientation, disabilities, genetic information, and/or veteran status in its educational programs or activities it operates. For more information, visit <http://uta.edu/eos>.

**Title IX Policy:**

The University of Texas at Arlington ("University") is committed to maintaining a learning and working environment that is free from discrimination based on sex in accordance with Title IX of the Higher Education Amendments of 1972 (Title IX), which prohibits discrimination on the basis of sex in educational programs or activities; Title VII of the Civil Rights Act of 1964 (Title VII), which prohibits sex discrimination in employment; and the Campus Sexual Violence Elimination Act (SaVE Act). Sexual misconduct is a form of sex discrimination and will not be tolerated. For information regarding Title IX, visit [www.uta.edu/titleIX](http://www.uta.edu/titleIX) or contact Ms. Jean Hood, Vice President and Title IX Coordinator at (817) 272-7091 or [jmhood@uta.edu](mailto:jmhood@uta.edu).

**Children/Unauthorized Persons:**

No children or unauthorized persons may be brought to classes or during exams without prior instructor permission. Do not leave children unattended in university buildings and facilities.

**Campus Carry:**

Effective August 1, 2016, the Campus Carry law (Senate Bill 11) allows those licensed individuals to carry a concealed handgun in buildings on public university campuses, except in locations the University establishes as prohibited. Under the new law, openly carrying handguns is not allowed on college campuses. For more information, visit <http://www.uta.edu/news/info/campus-carry/>.

**Emergency Exit Procedures:**

Should we experience an emergency event that requires us to vacate the building, students should exit the room and move toward the nearest exit. When exiting the building during an emergency, never take an elevator, and always use the stairwells. Faculty members and instructional staff will assist students in selecting the safest route for evacuation and will make arrangements to assist individuals with disabilities.

**Emergency/Assistance Phone Numbers:**

In case of an on-campus emergency, call 911 and contact the UT Arlington Police Department:

- From a non-campus phone: 817-272-3003
- From a campus phone: 2-3003

For non-emergencies, you can contact the UT Arlington PD at 817-272-3381.

### Lecture/Topic Schedule\*

\*Instructor reserves the right to change the schedule throughout the course of the semester.  
Any/all changes will be communicated to students via lecture, email, and/or Blackboard.

Week	Dates	Topics	Assignment (due before class unless otherwise specified)
1	Wed Jan 17	Syllabus	
	Fri Jan 19	Introduction to Clinical and Counseling Psychology	Review syllabus
2	Mon Jan 22	The Counselor: Person and Profession	Review APA Code of Ethics, LPC Code of Ethics (Subchapter C)
	Wed Jan 24	Contemporary Approaches to Counseling and Psychotherapy	Read Chapter 1
	Fri Jan 26	Ethics in Psychology	Characters due Jan 26 via BB, 11:59 PM
<b>Psychodynamic Theories</b>			
3	Mon Jan 29	Evidence-Based Practice in Psychology	Read Chapter 3
	Wed Jan 31	Evidence-Based Practice in Psychology (cont'd)	
	Fri Feb 2	Sigmund Freud, Carl Jung, and the Genesis of Psychotherapy	Read Chapter 2
4	Mon Feb 5	Psychodynamic Psychotherapy	Read Chapter 5
	Wed Feb 7	Psychodynamic Psychotherapy (cont'd)	
	Fri Feb 9	Adlerian Psychotherapy	Read Chapter 4
5	Mon Feb 12	Adlerian Psychotherapy (cont'd)	
	Wed Feb 14	Exam 1 Review Day	
	Fri Feb 16	<b>Exam 1</b>	
<b>Behavioral Theories</b>			
6	Mon Feb 19	Behavior Modification	Read Chapter 6



	Wed Feb 21	Behavior Modification (cont'd)	
	Fri Feb 23	Behavior Modification (cont'd)	
7	Mon Feb 26	Reality Therapy	Read Chapter 7
	Wed Feb 28	Reality Therapy (cont'd)	
	Fri Mar 2	Motivational Interviewing	Read "Motivational Interviewing as a Counseling Style" (link on Blackboard)
<b>Cognitive Theories</b>			
8	Mon Mar 5	Motivational Interviewing (cont'd)	
	Wed Mar 7	Dialectical Behavior Therapy (DBT)	Read Chapter 8
	Fri Mar 9	Rational Emotive Behavior Therapy (REBT)	Read Chapter 9, Rough Draft Due Mar 9 at 11:59 PM on BB
9	Mon Mar 12	SPRING VACATION NO CLASS!	
	Wed Mar 14	SPRING VACATION NO CLASS!	
	Fri Mar 16	SPRING VACATION NO CLASS!	
10	Mon Mar 19	REBT (cont'd)	
	Wed Mar 21	Cognitive-Behavioral Therapy (CBT)	Read Chapter 10
	Fri Mar 23	CBT (cont'd)	
11	Mon Mar 26	Suicide Risk Assessment	
	Wed Mar 28	Exam 2 Review Day	
	Fri Mar 30	<b>Exam 2</b>	
<b>Humanistic Theories</b>			
12	Mon Apr 2	Person-Centered Therapy	Read Chapter 11
	Wed Apr 4	Person-Centered Therapy (cont'd)	
	Fri Apr 6	Existential Therapy	Read Chapter 12
13	Mon Apr 9	Existential Therapy (cont'd) and Coherence Therapy	Read Chapter 13



	Wed Apr 11	Narrative and Art-Based Therapy	Read Chapter 14
	Fri Apr 13	Gestalt Therapy	
<b>Alternative Theories</b>			
14	Mon Apr 16	Family Therapy and Multicultural Theory	Read Chapter 15
	Wed Apr 18	Family Therapy and Multicultural Theory (cont'd)	Theory Paper Due via BB April 20 at 11:59 PM
	Fri Apr 20	Community Psychology and Integrative Theories	Read Chapter 16
15	Mon Apr 23	Developing a Personal Theoretical Orientation	Read Chapter 17
	Wed Apr 25	Exam 3 Review Day	
	Fri Apr 27	<b>Exam 3</b>	
16	Mon Apr 30	NO CLASS	
	Wed May 2	NO CLASS	
	Fri May 4	NO CLASS	

**Important Dates:**

- **Spring Vacation:** March 12-17
- **Add/Drop Deadline:** March 30 at 4 PM (must submit request to advisor)
- **Last Day of Classes:** May 4
- **Final Exam Week:** May 7-11