

**Sam Houston State University**  
**PSY 5333: Theory & Research in Psychotherapy I**  
**Department of Psychology & Philosophy**

Fall 2017  
M: 9a.m. - 11:50a.m.  
CHSS 249

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**Instructor:** Dr. Temilola Salami  
**Office:** CHSS 307  
**Office Hours:** Office hours by appointment, just email me.  
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**Course Description**

This course is a comparative analysis of different systems and techniques of psychotherapy. The role of the therapist, client, and setting are examined along with ethical principles. The process of the course will take several forms including mediated discussion, presentation, and skills practice. This process requires active participation of each member of the class.

**Course Objectives**

1. Gain an appreciation for the historical foundations of current theories and techniques of psychotherapy.
2. Understand the process of researching psychotherapy, how to evaluate treatment research, and how research informs clinical practice.
3. Identify the basic tenets of the major theories of psychotherapy, the therapeutic techniques derived from these theories, and the evidence for the effectiveness for these approaches, or lack thereof.
4. Develop skill in conceptualizing clinical cases from different theoretical points of view.
5. Demonstrate knowledge of ethical principles for the practice of psychotherapy.
6. Appreciate cultural factors that influence and dictate the treatment process.

**Primary Texts**

Prochaska, J. O., & Norcross, J. C. (2014). *Systems of psychotherapy: A transtheoretical analysis* (8<sup>th</sup> ed.). Belmont, CA: Brooks/Cole Cengage Learning.

Lilienfeld, S. O., & O'Donohue, W. T. (Eds.; 2012). *Great readings in clinical science: Essential selections for mental health professionals*. Boston, MA: Pearson.

**Course Requirements and Grading**

**Exams:** There will be **2 exams** for this course, a mid-term and a final. Each exam is worth **25%** of your grade, and will consist of essay and short answer questions. While material on the final exam will not be cumulative, the nature of this course is such that later material will build on material covered earlier in the course. It would then behoove you to review material from throughout the semester in preparation for the final exam.

*Case Conceptualizations (2-3pages single spaced):* Students will prepare **3 written conceptualizations** of cases and include treatment plans that flow logically from those conceptualizations. Students will be provided with a case study and asked to write a conceptualization of that case from a designated theoretical orientation. The purpose of these assignments is to demonstrate one's ability to think critically about clinical material and to do so within a coherent theoretical framework. Details on writing a case conceptualization and treatment plan will be provided in class.

*Psychotherapy Development Plan (5-8 pages single space):* The psychotherapy development plan consists of a self-assessment of the entire semester including what you have learned over the semester regarding your psychotherapy competency (i.e., specific strength and growth areas); which treatments seem to gel the best with your personal style and why; which you hope your supervisor asks you to try and why; and a plan to develop your psychotherapy skills. I would like for you to also submit a timeline of specific developmental steps you would like to take and dates by which you would like to submit them. This could consist of observing x number of hours of more advanced students conducting therapy, readings, etc. Although your following through with this plan is obviously not enforceable, it will give you the opportunity to develop a structured plan, and a certain amount of accountability is embedded in committing these goals, objectives, and deadlines to paper.

### **Grading Policy**

Grades will be assigned based on the scale below. Grades may be curved slightly (e.g., .5 point to round up to a letter grade level) at the instructor's discretion, but only to students' benefit. All final grades will be totaled and entered by the instructor. Grades will only be reviewed and changed if a clerical error was made.

<b>(89.5-100%)</b>	<b>A</b>
<b>(79.5-89.4%)</b>	<b>B</b>
<b>(74.5-79.4%)</b>	<b>C</b>
<b>(69.5-74.4%)</b>	<b>D</b>
<b>(&lt; 69.4) F</b>	<b>F</b>

<b><u>Grading</u></b>	<b>PERCENTAGE</b>
○ Exams (25% x 2)	50%
○ Case conceptualizations (10% x 3)	30%
○ Psychotherapy Development Plan	20%

### **Incomplete Grades**

A grade of incomplete is only assigned in extremely unusual circumstances. Such situations require extensive documentation and approval of faculty supervisors. It is only an option if a student is passing the class and is typically only awarded when a student has completed the majority of the classwork and is only missing few assignments, if any. If a grade of incomplete is approved, a written plan for completion of the coursework must be developed by the instructor and student, and approved by the faculty supervisor.

### **Attendance Policy**

Attendance is required to perform well in this course, therefore, ATTENDANCE IS MANDATORY. Sam Houston State University policy is that no student will be penalized for three or fewer hours of absence. A student may be penalized, however, for more than three hours of absence. Thus, students may miss one class without penalty, but *missing two classes may impact your grade for the class*. The three hours of absence provided by university policy should be used carefully for serious illness and emergencies. If a student has a conflict with a scheduled class, he or she must meet with the instructor to determine an appropriate plan of action. It is the student's responsibility to contact the instructor regarding make-up work, and arrangements must be arranged with the instructor *prior* to the absence or *as soon as possible* after the absence, in the case of an emergency. It is assumed that regular attendance for this course will facilitate students in enhanced learning.

### **Academic Honesty**

The university expects all students to engage in all academic pursuits in a manner that is above reproach. Students are expected to maintain complete honesty and integrity in the academic experiences both in and out of the classroom. Any student found guilty of dishonesty in any phase of academic work will be subject to disciplinary action.

The university and its official representatives, acting in accordance with subsection 5.32 of *The Student Guidelines* of Sam Houston State University, may initiate disciplinary proceedings against a student accused of any form of academic dishonesty including, but not limited to, cheating, plagiarism, collusion and the abuse of resource materials.

### **Americans with Disabilities Act**

It is the policy of Sam Houston State University that individuals otherwise qualified shall not be excluded, solely by reason of their disability, from participation in any academic program of the university. Further, they shall not be denied the benefits of these programs nor shall they be subjected to discrimination. Students with disabilities that might affect their academic performance should register with the Office of Services for Students with Disabilities located in the Lee Drain Annex (telephone 936-294-3512, TDD 936-294-3786, and e-mail [disability@shsu.edu](mailto:disability@shsu.edu)). They should then make arrangements with their individual instructors so that appropriate strategies can be considered and helpful procedures can be developed to ensure that participation and achievement opportunities are not impaired.

SHSU adheres to all applicable federal, state, and local laws, regulations, and guidelines with respect to providing reasonable accommodations for students with disabilities. If you have a disability that may affect adversely your work in this class, then I encourage you to register with the SHSU Services for Students with Disabilities and to talk with me about how I can best help you. All disclosures of disabilities will be kept strictly confidential. NOTE: No accommodation can be made until you register with the Services for Students with Disabilities. For a complete listing of the university policy, see:

<http://www.shsu.edu/dotAsset/7ff819c3-39f3-491d-b688-db5a330ced92.pdf>

Note: No accommodation can be made until the student registers with the SHSU Services for Students with Disabilities, and there are no retroactive accommodations.

### **Religious Holidays**

Section 51.911 (b) of the Texas Education Code requires that an institution of higher education excuse a student from attending classes or other required activities, including examinations, for the observance of a religious holy day, including travel for that purpose. A student whose absence is excused under this subsection may not be penalized for the absence and shall be allowed to take an examination or complete an assignment from which the student is excused within a reasonable time after the absence. *Religious Holy Day* means a holy day observed by a religion whose places of worship are exempt from property taxation under Section 11.20, Tax Code.

### **Visitors in the Classroom**

Only registered students may attend class. Exceptions can be made on a case-by-case basis by the instructor. In all cases, visitors must not present a disruption to the class by their attendance. Students wishing to audit a class must apply to do so through the Registrar's Office.

For more information, please visit: <http://www.shsu.edu/syllabus/>

### **Instructor Evaluation**

You will be asked to complete a course/instructor evaluation form toward the end of the semester.

### **Decorum in the Classroom**

Personal computers are allowed in the classroom BUT for course related use only such as note taking. For example, browsing unrelated websites, e-chatting, and visiting social network sites are considered inappropriate during class meeting times. Please SILENCE all cell phones during class time to respect the instructor as well as your fellow peers learning time.

### **Additional Readings**

Becker, S. J., & Curry, J. F. (2008). Outpatient interventions for adolescent substance abuse: A quality of evidence review. *Journal of Consulting and Clinical Psychology*, 76, 531-543.

Smith, M. L., & Glass, G. V. (1977). Meta-analysis of psychotherapy outcome studies. *American Psychologist*, 32, 752-760.

Whaley, A. L., & Davis, K. E. (2007). Cultural competence and evidence-based practice in mental health services: A complementary perspective. *American Psychologist*, 62, 563-574.

### **Recommended Reading**

American Psychological Association (2006). Evidence-based practice in psychology. *American Psychologist*, 61, 271-285.

Date	Topic & Lecture FH means First Half of class SH means Second Half of class	Readings for Discussion/ Items Due
Aug 28	NO CLASS: Hurricane Harvey	
Sep 4	NO CLASS: Labor Day	
Sep 11	FH: Introduction/ Syllabus	
	SH: What is Psychotherapy & Clinical Science	L & O Ch. 6, 14
Sep 18	FH: Evidence-Based v. Traditional Practice	L & O Ch. 22
	SH: Researching Psychotherapy	Becker & Curry (2008); Smith & Glass (1977); L & O Ch. 21
Sep 25	FH: Cultural Factors in Psychotherapy	L & O Ch. 23; Whaley & Davis (2007)
	SH: Assessment, Case Conceptualization & Treatment Planning	L & O Ch. 8, 20
Oct 2	FH: Classical Psychoanalytic/ Psychodynamic Therapies	P & N Ch. 2; Ch. 3
	SH: Systemic Therapies	P & N Ch. 12
Oct 9	FH: Interpersonal Therapy	P & N Ch. 7
	SH: Working with Clients, and Practice	
Oct 16	FH: Person-Centered/ Motivational Interviewing	P & N Ch. 5; *additional materials may be provided <b>Conceptualization #1 Due (Interpersonal)</b>
	SH: Working with Clients, and Practice	
Oct 23	<b>Exam I</b>	
Oct 30	FH: Behavioral Therapy/ Exposure Therapy	P & N Ch. 8, 9
	SH: Working with Clients, and Practice	
Nov 6	FH: Cognitive Therapy	P & N Ch. 10 <b>Conceptualization #2 Due (Behavioral)</b>
	SH: Working with Clients and Practice	
Nov 13	FH: Third Wave Therapies	P & N Ch. 11
	SH: Working with Clients, and Practice	
Nov 20	FH: Integrative Therapies	P & N Ch. 16 <b>Conceptualization #3 Due (Cognitive/Third Wave)</b>
	SH: Professional Practice Issues & the Future	P & N Ch. 18
Nov 27	<b>Exam II / Psychotherapy Development Plan Due</b>	

*The course syllabus is a general plan for the course; deviations  
announced to the class by the instructor may be necessary*