PSYC 5322  
Theories and Methods in Psychotherapy  
Spring 2015  
1:30-2:50, Tuesday and Thursday  
Room: Psychology 310

Professor:  
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Office: 201-A Psychology Building  
Hours: Thursday 3:00-4:00

Course Description

Psychotherapy is a multidimensional field which includes both research and practice. Though multiple theoretical models inform multiple therapy orientations, the focus of this class will be on empirically validated treatments. This course will introduce you to key elements of the field, including both psychotherapy research and practice. Foci will include: diagnosis, ethics, multiculturalism, theoretical models, assessment, and intervention. The course will highlight not only these topics and the state of the art research related to psychotherapy but also specific practical process elements useful for novice clinical psychology students in their upcoming practice endeavors.

Required Readings


**Additional readings are required and will be available for copying. Also, students will provide additional empirical readings for specific topics.

Evaluation

Reaction papers: Five reaction papers are due throughout the course of the semester and are listed on the dates due. Reaction papers are designed to have you critically think and write about the readings for the date assigned. Reaction papers should be grammatically well written and be between one and two pages double spaced. Each reaction paper is worth 10 points of your grade. In addition, reaction papers are designed to stimulate class discussion. On days when reaction papers are not required, please be sure to have developed some critical thinking based questions and/or comments about the readings. Should discussion and participation be lacking on days when reaction papers are not assigned, Dr. Cooper reserves the option to assign additional reaction papers to further course discussion and goals. (Total points=50)
**Case Note Exercise:** Each student will prepare an example of a case note based on a client session role played in class. Students will be given a specific format in which case notes should be written prior to the assignment’s due date. \( \text{(Total points}=20 \) \)

**Oral Presentation of Empirical Reading:** Toward the beginning of the course, each student will select or be assigned a disorder covered later in the class. The student will thoroughly search the psychotherapy research literature and prepare an oral presentation of one article regarding treatment of the disorder. The article should be current, and students are encouraged to discuss their article with Dr. Cooper prior to preparing their presentation to ensure it is a relevant, useful article for class purposes. The oral presentation will be 15-20 minutes in length and should cover the study’s background, methodology, results, implications, limitations, strengths, potential future directions, and its relationship to the assigned readings for that disorder. \( \text{(Total points}=25 \) \)

**Research paper:** Each student will be required to write an APA formatted review paper of a psychological disorder discussed in class. Each student will thoroughly review the research literature on the disorder and related psychotherapy research. It is expected that papers will be of high quality to promote the possibility of future publication of the review. More details of the expectations and format of this assignment will be provided early in the semester. \( \text{(Total points}=75 \) \)

**Class participation:** In a course of this sort that deals with the psychotherapy and includes practical exercises, role plays, and the like, class participation is crucial. During class, we will discuss the readings, class assignments, and participate in class exercises. Lose your inhibitions, join in, and demonstrate critical thinking skills. \textbf{NOTE:} Missed classes should be avoided unless a student is engaged in university-related activities during class \textit{and} has followed the appropriate procedure for notifying the professor of the impending absence. Unexcused absences will be reflected in your class participation grade. \( \text{(Total points}=30 \) \)

**Final grade for the course:**

- A= 180-200
- B= 160-179
- C= 140-159
- D= 120-139
- F= <119

**Academic Dishonesty**

Academic dishonesty is prohibited and is considered a violation of the UTEP Handbook of Operating Procedures. It includes, but is not limited to, cheating, plagiarism, and collusion. Cheating may involve copying from or providing information to another student or possessing unauthorized materials during a test. Plagiarism occurs when someone intentionally or knowingly represents the words or ideas of another person’s as one’s own. And, collusion involves collaborating with another person to commit any
academically dishonest act. Any act of academic dishonesty attempted by a UTEP student is unacceptable and will not be tolerated. Violations will be taken seriously and will be referred to the Dean of Students Office for possible disciplinary action. Students may be suspended or expelled from UTEP for such actions.

Important Note

Please recognize that sharing any issues related to harm of self, harm of others, and/or child/elder abuse and neglect are subject to mandatory reporting to the proper authority by Dr. Cooper. This applies to written assignments, class discussion, and one on one discussions with Dr. Cooper during office hours.

Reading and Assignment Dates

1/20
- Introductions
  - Course introduction
  - Review syllabus

1/22
- Diagnosis

  Familiarize yourself with the content and layout of the DSM 5.


1/27
- Ethics
  - Reaction Paper #1 due


1/29
- Therapeutic Alliance


2/3 and 2/5
- CADCA

2/10
- Multicultural Issues in Psychotherapy


2/12

**Psychotherapy Research**

Reaction paper #2 due


2/17

**Psychotherapy Research (continued)**

2/19

**Therapeutic Relationship**

Self Disclosure


3/3

**Panic Disorder and Agoraphobia**

Barlow, Ch 1

3/5

**PTSD: Social Anxiety Disorder**

Barlow Chs 2, 3

3/17

**OCD; Emotional Disorders**

Barlowl 4,5
3/19 Depression
Barlow 6, 7, 8

3/24 Borderline Disorder
Barlow 9

3/26 Bipolar Disorder; Schizophrenia
Barlow 10, 11

3/31 Alcohol Use; Drug Use
Barlow 12, 13

4/2 Eating Disorders; Sexual Disfunction
Barlow 14, 15

4/7 Couple Distress
Barlow 16

4/9 Therapeutic Challenges; Supervision


4/14 Case Notes
How to write a BIRP note
In class treatment session

4/28 Case Notes due

5/5 Termination

Papers due