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### PSYX 534.03: Applied Clinical Methods

Gyda I. Swaney

University of Montana - Missoula, [gyda.swaney@umontana.edu](mailto:gyda.swaney@umontana.edu)

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# APPLIED CLINICAL METHODS

Psyx 534, Section 3

CPC 121

Tuesdays 1:10 – 3:00 PM

Spring Semester 2015

## **Instructor: Gyda Swaney, PhD**

Office: SB 370

Email: [gyda.swaney@umontana.edu](mailto:gyda.swaney@umontana.edu)

Phone: (406) 243-5630

Office hours: By Appointment

## **Prerequisites:**

Graduate standing in the Clinical or School Program and Consent of Instructor.

## **Introduction and Objectives:**

This section of Applied Clinical Methods will provide you with the opportunity to integrate theoretical learning with applied practice, to diagnose and conceptualize therapy cases, and to develop and implement treatment plans. This practicum will teach and strengthen basic clinical skills associated with multicultural approaches, foster an interest in multicultural psychotherapy (MCT), and cover one specific theoretical model, e.g., Cognitive Behavior Therapy (CBT), applicable to your future clinical work.

A primary focus of this practicum will be on multicultural issues (e.g., age, disability, religion/spirituality, race/ethnicity and culture, class, sexual orientation, nationality, and gender, see Hayes, 2008). Overall course objectives include: identifying how culture influences the clinical encounter, increasing cultural self-awareness, and cultural competency.

Finally, this practicum will introduce you to formal staffing procedures. More specifically, each week you should come prepared to discuss each of your clients and update your peers with regards to the gains and the setbacks your clients and you have experienced in your work together.

## **Learning Objectives and Outcomes:**

1. Integrate theoretical learning with applied practice.
2. Conduct 1-4 Intake Interviews.
3. Conduct appropriate assessments.
4. Diagnose and conceptualize 1-4 therapy cases.
5. Implement 3-4 treatment plans.
6. Conduct culturally aware therapy.
7. Manifest appropriate professional behavior.
8. Conduct one's self in an appropriate and ethical manner.

**Required textbook:**

Persons, J. B., Davidson, J., & Tompkins, M. A. (2001). *Essential components of Cognitive-Behavior Therapy for depression*. Washington, DC: American Psychological Association.

**Recommended textbooks:**

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders, Fifth edition (DSM-5)*. Washington, DC: American Psychiatric Publishing.

Burns, D. D. (1999). *The feeling good handbook*. New York, NY: Penguin Books.

Dana, R. H. (1993). *Multicultural assessment perspectives for professional psychology*. Boston, MA: Allyn & Bacon.

Dana, R. H. (Ed.). (2014). *Handbook of cross-cultural and multicultural personality assessment*. Mahwah, NJ: Lawrence Erlbaum Associates, Publishers.

Hays, P. A. (2008). *Addressing cultural complexities in practice: A framework for clinicians and counselors* (2<sup>nd</sup> ed.). Washington, DC: American Psychological Association.

Hays, P. A. (2006). *Culturally responsive Cognitive-Behavioral Therapy: Assessment, practice, and supervision*. Washington, DC: American Psychological Association.

Paniagua, F. A. (2001). *Diagnosis in a multicultural context: A casebook for mental health professionals*. Multicultural Aspects of Counseling Series 15. Thousand Oaks, CA: Sage.

Sue, D. W., Carter, R. T., Casas, J. M., Fouad, N. A., Ivey, A. E., Jensen, M. . . . Vazquez-Nutall, E. (1998). *Multicultural counseling competencies: Individual and organizational development*. Multicultural Aspects of Counseling Series 11. Thousand Oaks, CA: Sage.

Readings as assigned.

<b>Course Calendar: Spring Semester 2015</b>	
<b>Dates</b>	<b>Activity / Topic</b>
January 27, 2015	Introductions
<b>FEBRUARY 3, 2015</b>	<b>Staff Meeting</b> (1-2 PM): <i>Intro to Clinical Supervision</i> (SB 336) <b>Group Practicum</b> (2-3 PM, CPC 121)
February 10, 2015	<b>Group Practicum</b> (1-3 PM) Persons et al. (2009) <i>Chapter 3</i> . Structure of the therapy session – Hillary
February 17, 2015	<b>Group Practicum</b> (1-3 PM) Persons et al. (2009) <i>Chapter 4</i> . Activity scheduling – Katie
February 24, 2015	<b>Group Practicum</b> (1-3 PM) Persons et al. (2009) <i>Chapter 5</i> . Using the Thought Record – Heather
<b>MARCH 3, 2015</b>	<b>Staff Meeting</b> (1-2 PM): <i>Supervision</i> <b>Group Practicum</b> (2-3 PM)
March 10, 2015	<b>Group Practicum</b> Persons et al. (2009) <i>Chapter 6</i> . Schema changing methods – Ennis
March 17, 2015	<b>Group Practicum</b> Persons et al. (2009) <i>Chapter 7</i> . A case example: Nancy – Meredith

<b>Course Calendar: Spring Semester 2015</b>	
<b>Dates</b>	<b>Activity / Topic</b>
March 24, 2015	<b>Group Practicum</b>
March 31, 2015	NO CLASS: <b>Spring Break</b>
<b>APRIL 7, 2015</b>	<b>Staff Meeting (1-2PM): Supervision</b> <b>Group Practicum</b>
April 14, 2015	<b>Group Practicum</b> <i>Clinical Case Presentation 1:</i>
April 21, 2015	<b>Group Practicum</b> <i>Clinical Case Presentation 2:</i>
April 28, 2015	<b>Group Practicum</b> <i>Clinical Case Presentation 3:</i>
<b>MAY 5, 2015</b>	<b>Staff Meeting (1-2PM): CPC Graduation</b> <b>Group Practicum</b> <i>Clinical Case Presentation 4:</i>
May 12, 2015	<b>FINALS WEEK</b> – Practicum <b>*will*</b> meet. Time to be determined. <i>Clinical Case Presentation 5:</i>
May 18 - 26	Supervision as needed ALL PAPERWORK is to be completed by May 19

**Required assignment: *Clinical Case Presentation (1 hour)*.**

Students will prepare a written and oral case conceptualization paper and oral presentation. The written case conceptualization should include a literature review relevant to the presenting problems, as well as measurement devices used, assessment results and interpretation, case formulation, treatment design, interventions used, and outcome evaluation design. Use the CPC templates to craft your paper. Be thorough and specific in the written and oral presentation. Please bring the 3-5 page, single spaced, written case conceptualization to class with copies for each student and your professor, and come ready to give a 30 minute presentation followed by a question and answer portion; for an hour-long presentation. The written case conceptualization papers will be returned to you with written comments.

**Student Conduct Code**

All students must practice academic honesty. Academic misconduct is subject to an academic penalty by the course instructor and/or a disciplinary sanction by the University. All students need to be familiar with the [Student Conduct Code](#).

**Attendance**

Regular class attendance and participation in class discussion is required. More than two (2) excused absences to class and supervision are not acceptable. We learn from each other and you have much to offer the class.

### **Course withdrawal**

Through the 15<sup>th</sup> instructional day, ALL classes are dropped on CyberBear. From the 16<sup>th</sup> through the 45<sup>th</sup> instructional day, all classes must be dropped using Drop forms (instructor signature required). \$10 fee applies. From the 46<sup>th</sup> to the last instructional day prior to finals week, classes must be dropped using the Drop form (instructor and Dean Signatures required). \$10 fee applies. Make every effort to withdraw in a timely fashion so as not to negatively affect your academic record.

### **Disability modifications**

The University of Montana assures equal access to instruction through collaboration between students with disabilities, instructors, and [Disability Services for Students](#). If you think you may have a disability adversely affecting your academic performance, and you have not already registered with Disability Services, please contact Disability Services in Lommasson Center 154 or call 406.243.2243. I will work with you and Disability Services to provide an appropriate modification.

### **Assignments**

- Carry a minimum caseload of 3 clients. If you are taking the class for 4 credits, you are required to attend supervision 1 hour/week and have 3 1-hour face-to-face contacts with clients per week. That will, in some instances, require you carry a caseload of more than 3 clients.
- One weekly, hour-long individual supervision session with Dr. Swaney.
- Timely charting. Notes from the previous week should be placed in Dr. Swaney's vertical, confidential file for her review prior to your supervision session.
- Outside reading relevant and pertinent to the therapy cases with which you are working.

### **Grading policy**

Practicum is graded on a Credit/No Credit basis. A professional approach and meeting the expectations (see Competency Assessment), engaging in therapy, and diligence will garner a Credit. Missed meetings and appointments, cancelled appointments, slow charting, and missed deadlines will result in a grade of No Credit.