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PSYX 378.01: Introduction to Clinical Psychology

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PSYX 378: INTRO TO CLINICAL PSYCHOLOGY

University of Montana
Spring 2017 (CRN 33646)

COURSE INFORMATION

INSTRUCTOR

Oak Reed

- Email: oakleigh.reed@umontana.edu
- Office: Skaggs 360
- Office Hours: Monday & Wednesday 3-4; Friday 1-2; and by appointment

TEACHING ASSISTANT

Finn Story

- Email: anina.story@umontana.edu

LECTURE

- Location: LA 201
- Day: Monday, Wednesday, Friday
- Time: 2:00 – 2:50 PM
- Website: Moodle

WHAT IS THIS COURSE ABOUT?

This 3-credit course introduces you to the wonderful world of clinical psychology! Throughout the course, my hope is that you will gain a broad knowledge regarding the development and practice of the field. Not only will we talk about *what* psychologists *know*, but also about *how* psychologists *think*. We will thoroughly explore scientific explanations of human behavior, those that are grounded in both theory and data. By the end of the course, you should be able to think critically about human behavior in the manner of a psychologist.

WHAT ARE WE TRYING TO ACHIEVE?

By the end of the course, you should be able to:

- Know what distinguishes clinical psychology from other mental health professions
- Understand different theoretical orientations and treatment approaches
- Listen and think critically about various practical mental health situations
- Be familiar with current controversies, ethical dilemmas, and future outlooks of the field

MATERIALS: WHAT DO YOU NEED?

REQUIRED TEXT

Pomerantz, A. M. (2014). *Clinical Psychology: Science, Practice, and Culture (Third Edition, DSM-5 Update)*. Thousand Oaks, CA: Sage Publications. ISBN: 9781483345048.

***Pomerantz, A. M. (2013) is acceptable as well**

OPTIONAL TEXT

Halgin, R. P., & Whitbourne, S. K. (Eds.) (1998). *A Casebook in Abnormal Psychology: From the Files of Experts*. NY: Oxford University Press.

***Selected cases will be posted on Moodle**

Course Reserves: Textbook (Pomerantz, A.M., 2014) is on reserve in Mansfield Library for in-library use only.

Any additional readings will be posted on Moodle.

ASSESSMENT OF LEARNING: HOW WILL WE KNOW IF WE HAVE MET OUR GOALS?

Activity	% of Grade	Additional Information
Exams	80%	
<i>Exam 1</i>	20%	
<i>Exam 2</i>	20%	
<i>Exam 3</i>	20%	
<i>Exam 4</i>	20%	
<i>Final Exam (optional)</i>	----	*See exams section for explanation
In-Class Activities	15%	Throughout the semester
Attendance	5%	Taken every day
Extra Credit	----	Up to 8 points
Total	100%	

EXAMS (80%)

The exams will focus on the material presented in lectures, the textbook, supplemental readings, and videos. The class TA will arrange and facilitate study sessions. Exams 1 - 4 are NOT cumulative. The exams will consist of multiple choice and possibly short answers. *The optional final exam will be cumulative.*

*The exams count toward your grade as follows:

- 4 exams will each count for 20% of your grade.
- If you choose to take the optional final exam, it can be used to replace your lowest exam grade.
- Overall, your 4 highest exam grades will be used to determine your final grade.

IN-CLASS ACTIVITIES (15%)

Throughout the semester we will do brief, in-class activities. These activities will be relevant to the current topic being discussed, and they will not be announced ahead of time, so make sure you attend class. Instructions will be given in class for each activity, and they will be due by

the end of that class. In-class activities cannot be turned in late or made up*.

ATTENDANCE (5%)

Attendance is not necessarily mandatory, but it will be taken every day. In order for you to get the full 5% for attendance, you will, in fact, need to attend lecture. With that, I understand that things come up unexpectedly, so I will give you 3 freebies (1 week) that can count as an ‘excused absence.’

EXTRA CREDIT

Extra credit opportunities will be announced and explained in class. Each extra credit assignment can add up to two points to the exam that follows it. Therefore, up to 8 extra points can be obtained. The extra credit can be turned in at any point throughout the unit it was introduced either in person, through e-mail, or uploaded to Moodle. But, the extra credit for each unit must be turned in the class period *before* each exam to receive credit.

1 st Extra Credit Due	2/13/17
2 nd Extra Credit Due	3/10/17
3 rd Extra Credit Due	4/7/17
4 th Extra Credit Due	4/24/17

WHAT IF I MISS AN EXAM OR AN IN-CLASS ACTIVITY?

MAKE-UP EXAMS

The exam dates in this syllabus are non-negotiable. If you have a conflict with one or more of the exam dates due to personal commitments, you should consider taking the class a different semester. A make-up exam may be offered **ONLY** for UNIVERSITY-APPROVED REASONS:

- Medical emergency (verified by a medical professional)
- Family emergency (verified by the Dean of Students Office)
- Participation in University-sponsored activities (verified in advance)

Other reasons for a missed exam – family holiday, friend/relative wedding, etc. – are **NOT** approved excuses.

An exam missed for reasons other than the university-approved reasons will result in an exam grade of zero.

All decisions regarding make-up exams are at the discretion of the professor. Exams will be returned and the answers reviewed in class once graded (except Exam #4 & Final Exam). Once the answers have been reviewed in class, all students who have not yet taken that exam (even for an approved reason) receive a zero on it.

Therefore, you should contact me as soon as possible – preferably **BEFORE** the exam – if you will miss an exam due to the university-approved reasons.

LATE IN-CLASS ACTIVITIES*

One exception for turning in a late in-class activity is if you miss a class for a university approved reason.

Another exception is that I will allow a total of **three late in-class assignments without penalty**, so long as they are received before the exam that ends the unit in which they were introduced. It is your responsibility to get the assignment and instructions from peers.

A FINAL NOTE ON ETHICAL CONDUCT

Don't Cheat. Don't Plagiarize. It's Not Worth It.

ACADEMIC MISCONDUCT is taken seriously and is unacceptable. Please review the UM [Student Conduct Code](#). This code and procedures apply to this course. All work for this class must reflect your own work. As specified in the Student Conduct Code, academic misconduct includes, but is not limited to:

- *Plagiarism*: representing someone else's work (words, ideas, data, materials) as your own.
- *Misconduct during an examination or academic exercise*: Copying from another student's paper/exam, giving information to another student, consulting unauthorized materials.
- *Submitting false information*: Knowingly submitting false, altered, or invented information, data, quotations, citations, or documentation in connection with an academic exercise.

THE CONSEQUENCES are more severe than you may think...

Academic misconduct will result in a zero for that exam or assignment and the incident will be reported to the Dean of Students and the Dean of the College of Humanities and Sciences to be dealt with in accordance with UM Student Conduct Code. *It is your responsibility to know the Student Conduct Code.*

COURSE FORMAT: HOW IS THE COURSE ORGANIZED?

LECTURE

The lectures will provide you with basic information about clinical psychology. Class

periods will include lectures, videos, in-class discussions, and possibly guest speakers. The most effective learning generally occurs in an interactive environment, so please speak up at any point if something is unclear or if you have a comment relevant to the topic at hand. The lecture schedule on the last page is subject to change. Changes will be announced in class and posted on Moodle. If there is a discrepancy between the printed schedule and the schedule on Moodle, we will follow the schedule on Moodle.

MOODLE

Announcements, lecture outlines, extra credit opportunities, and grades will be posted on the course Moodle site. Lecture outlines will be posted before class, so that you can print and take notes on them (if desired).

STUDENT RESPONSIBILITIES

Please come to every class prepared to participate. *If you miss a lecture* you are responsible for obtaining missed notes and important announcements from another student. You are responsible for all material presented in class, all assigned readings, and for completion of all assignments by their due date. If you are having trouble mastering the course content, be sure to take advantage of my office hours each week. I am here to help you learn!

ACADEMIC ACCOMMODATION

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.

FINAL EXAM HARDSHIP

Students may seek relief from writing more than two final examinations during the same day. Students scheduled for more than two final examinations on one day may contact the instructor to request/arrange for an alternate testing time during the final examination week. If satisfactory arrangements cannot be made, the student should seek the assistance of his or her dean.

SPECIAL DISPENSATION

The scheduled assignments/exams and the grading system in this course apply to all students equally. *Sometimes a student will ask for special dispensation (e.g., changing a due date or test date) or an additional opportunity to earn more points (e.g. re-take a test or do other extra credit assignments). My answer will always be “No” because I do not make concessions or provide opportunities for some students that are not also provided to all other students in the course.*

GRADING SCALE

Final grades are based on the following scale:

Grade	Percent	Grade	Percent
A	93-100%	C	73-76.9%
A-	90-92.9%	C-	70-72.9%
B+	87-89.9%	D+	67-69.9%
B	83-86.9%	D	63-66.9%
B-	80-82.9%	D-	60-62.9%
C+	77-79.9%	F	59.9% & less

For the course schedule below, Pomerantz chapters will be listed first and Halgin/Whitbourne cases will be listed in italics.

	Date	Topic	Reading	Extras
Unit 1:	M 1/23	Introduction & course overview	Syllabus, Chp. 1, <i>Judy – Chp. 5</i>	
	W 1/25	Clinical psychology: definition & training		
	F 1/27	Applying to graduate school	Chp. 2	
	M 1/30	Evolution of clinical psychology	Chp. 3	
	W 2/1	Current controversies		
	F 2/3	Current controversies (cont'd)	Chp. 4	
	M 2/6	Cultural issues		
	W 2/8	Cultural issues (cont'd)	Chp. 5, <i>Joe – Chp. 7</i>	
	F 2/10	Ethical issues		
	M 2/13	Ethical issues (cont'd)		1st EC Due
	W 2/15	Exam 1 (Chps. 1-5; Judy & Joe)	Chp. 6	
	F 2/17	Conducting Research		
Unit 2:	M 2/20	PRESIDENT'S DAY	Chp. 7	
	W 2/22	Diagnosis & classification		
	F 2/24	Diagnosis & classification (cont'd)	Chp. 9	
	M 2/27	Intellectual assessment		
	W 3/1	Neuropsych assessment – guest lecturer	Chp. 8, <i>Irene – Chp. 10</i>	
	F 3/3	The clinical interview		
	M 3/6	The clinical interview (cont'd)	Chp. 10	
	W 3/8	Behavioral assessment		
F 3/10	Personality assessment		2nd EC Due	
Unit 3:	M 3/13	Exam 2 (Chps. 6-10; Irene)	Chp. 11, <i>Ann – Chp. 2</i>	
	W 3/15	Issues in psychotherapy		
	F 3/17	Issues in psychotherapy (cont'd)		
	M 3/20	SPRING BREAK!		
	W 3/22	SPRING BREAK!		
	F 3/24	SPRING BREAK!	Chp. 12	
	M 3/27	Psychodynamic psychotherapy		
	W 3/29	Psychodynamic psychotherapy (cont'd)	Chp. 13, <i>Sheila & Karen – Chp. 6</i>	
	F 3/31	Humanistic psychotherapy		
	M 4/3	Humanistic psychotherapy (cont'd)	Chp. 14	
	W 4/5	Behavior therapy		
F 4/7	Behavior therapy (cont'd)		3rd EC Due	
Unit 4:	M 4/10	Exam 3 (Chps. 11-14; Ann, Sheila & Karen)	Chp. 15, <i>Flora – Chp. 11</i>	
	W 4/12	Cognitive psychotherapy & mindfulness-based therapies		
	F 4/14	Cognitive psychotherapy & mindfulness-based therapies (cont'd) – guest lecturer		
	M 4/17	Cognitive psychotherapy & mindfulness-based therapies (cont'd)	Chp. 16, <i>Paul – Chp. 14</i>	
	W 4/19	Group & family therapy		
	F 4/21	Group & family therapy (cont'd) – guest lecturer	Chp. 18	
	M 4/24	Integrated health care		4th EC Due
	W 4/26	Exam 4 (Chps. 15, 16, 18; Flora & Paul)		
	F 4/28	NO CLASS – OAK OUT OF TOWN		
	M 5/1	FINAL EXAM REVIEW		Class Review
	W 5/3	READING PERIOD		
F 5/5	READING PERIOD			
W 5/10	Final Exam (3:20 – 5:20)		Cumulative	