

PSYCHOLOGY 452
Introduction to Counseling and Therapy
Spring 2011

Instructor: Erin C. Accurso, M.S.
Office Hours: By appointment, LS-24C
Email: eaccurso@casrc.org

Time: Thursdays 4:00 to 6:40
Location: AL-105
Course web page: <https://blackboard.sdsu.edu>

Required Reading

Psychology 452 Reader: Introduction to Counseling and Therapy (available at bookstore)

Course Description

This course will provide an introduction to the field of counseling psychology and psychotherapy practice. Various psychotherapeutic approaches will be introduced, but class material will focus on the most up-to-date, efficacious treatment approaches as determined by current treatment research. Teaching methods will include lectures, as well as occasional videotapes and in-class activities.

****This course is NOT meant to prepare students to practice as counselors or therapists. Rather, it is meant to provide an introduction into psychotherapy techniques and methods.****

Reading Assignments

Reading assignments will be most helpful if you complete them before class because lectures will build on specific concepts in the readings rather than summarize them.

Worksheets and Response Paper

Students will complete two worksheets and write one paper in response to a prompt provided by the instructor. Students will have one month to prepare these assignments. The first worksheet will deal with ethical issues in psychotherapy. The second worksheet will require you to label cognitive distortions and develop alternative thoughts. You may discuss worksheet topics with your peers but **must complete the written assignments independently**.

The response paper is designed to stimulate thought about case conceptualization and treatment planning, as well as to improve your written expression. Your paper is expected to be approximately 2 pages in length (one-inch margins on all sides, 12-point Times New Roman font, 1.5 line spacing, type your name and RedID at the top of the paper). I will grade papers based on content, organization, and style. Please do not lose points for spelling, grammar, or formatting!

You have the opportunity to earn up to three extra credit points—one for each assignment provided it is turned in one week early (during class prior to the due date). Because you have ample time to complete written assignments, and because you may turn them in early at any time, **late assignments will not be accepted under any circumstances** and will receive a score of 0. If you will be absent on the paper due date, I must receive your paper by the start of class either in hard copy or in my email. If you must email me your paper, it needs to be received by *4:00 pm or it will not be accepted*.

Exams

There will be two exams (true/false, multiple choice, fill-in-the-blank, and short-answer questions), a midterm and a non-cumulative final covering material presented in class and from the assigned readings, with more weight on lecture material. Each student will need to bring a red ParSCORE Scantron on the day of the exam as well as a number 2 pencil. **No make-up exams will be given** unless proof of necessary

absenteeism (e.g., a physician's note) is provided. This must be arranged in advance. If you unexpectedly miss an exam due to exceptional circumstances (e.g., a serious car accident), you must contact the instructor within 24 hours of the exam to discuss the possibility of a make-up exam. If I do not hear from you within 24 hours of the exam (i.e., Friday at 4:00 pm) and/or if there is insufficient proof of necessary absenteeism, you will receive a score of 0 on the exam. Any make-up exams will be in essay format. If you have special circumstances regarding testing conditions due to disability, please speak with me *before the end of the second week of class*, either during my office hours or by email. This is your responsibility so that I can make the appropriate arrangements.

In-class Questions

During each lecture (of which there are 14), you will be asked to provide a written response or opinion related to material presented in class. This will help me gauge your understanding of the material and will provide you with the opportunity to earn extra credit (up to ½ point for each response) for your attendance and attention to the lecture. There will be *no make-ups* for written responses.

Grading

Exams are worth 30 points (60 points total). Worksheets are worth 10 points (20 points total). The response paper is worth 20 points. In addition, you have the opportunity to earn up to 10 extra credit points (3 extra credit points for turning in written assignments early and 7 extra credit points for in-class questions). Grades will be rounded up to the nearest point at the end of the class but will not otherwise be "bumped up."

93-100+	A
90-92	A-
87-89	B+
83-86	B
80-82	B-
77-79	C+
73-76	C
70-72	C-
67-69	D+
63-66	D
60-62	D-
<60	F

Academic Dishonesty

I have **zero tolerance** for academic dishonesty. This includes, but is not limited to, plagiarism, cheating, copying, collaborating with others on solo assignments (papers), using unauthorized aids during test-taking, falsifying doctor's notes, or any other practice which gives you or any other student an unfair advantage in the course. It is expected and required that you independently prepare all assignments for this course. Academic dishonesty will result in a grade of 0 on the assignment with no opportunity for remediation, and you may receive a failing grade for the semester, at the instructor's discretion. In addition, academic dishonesty will be reported to the University. Please familiarize yourself with the University Policy on academic dishonesty: <http://www-rohan.sdsu.edu/dept/senate/policy/pfacademics.html>.

Common Courtesy

You are expected to be attentive in class, stay the entire time, and be prepared for any activities and exams scheduled for that day. All cell phones, pagers, two-way radios, space receivers, etc. must be turned off prior to the start of class.

Website

Use your SDSU username and password to sign into Blackboard.

Schedule of classes and assignments

DATE	TOPIC	ASSIGNMENTS
1/20	Introduction	Corey (2009)
1/27	Ethical Issues in Psychotherapy	Koocher & Keith-Spiegel (1998) American Psychological Association (2002)
2/3	Assessment The Intake Interview	Sommers-Flanagan & Sommers-Flanagan (2003)
2/10	Clinical Skills and Common Factors	Teyber & McClure (2000)
2/17	Evidence-Based Practice	Reed, Kihlstrom, & Messer (2009) Ingram, Hayes, & Scott (2000)
2/24	Cognitive Behavioral Therapy Part I	Worksheet 1 due Wright, Basco, & Thase (2006a, 2006b)
3/3	Cognitive Behavioral Therapy Part II	Gilson, Freeman, Yates, & Freeman (2009a)
3/10	Cognitive Behavioral Therapy Part III	Gilson, Freeman, Yates, & Freeman (2009b) Craske & Barlow (2007)
3/17	MIDTERM EXAM	Prepare for exam
3/24	Interpersonal Psychotherapy	Worksheet 2 due Gotlib & Schraedley (2000)
3/31	SPRING BREAK - No class	None
4/7	Motivational Interviewing	Miller & Rollnick (1991a, 1991b)
4/14	Dialectical Behavior Therapy	Response Paper due Linehan (1993)
4/21	Child Therapy and Parent-Training	Holmbeck, Greenley, & Franks (2003) Kazdin (2003)
4/28	Couples Therapy	Johnson (2008)
5/5	Group Therapy	Corey (2008)
5/12	FINAL EXAM	Prepare for exam