PSYC 5322
Theories and Methods in Psychotherapy
Spring 2007
10:30a-11:50a, Tuesday and Thursday
Room: Psychology 306

Professor:
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Hours: Thursday 9:00a-10:30a

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. (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. (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. (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. NOTE: Missed classes should be avoided unless a student is engaged in university-related activities during class and has followed the appropriate procedure for notifying the professor of the impending absence. Unexcused absences will be reflected in your class participation grade. (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

1/16

Introductions
Course introduction
Review syllabus

1/18

Diagnosis

Familiarize yourself with the content and layout of the DSM-IV-TR.


1/23

Ethics

Reaction Paper #1 due


1/25

Therapeutic Alliance


1/30

Multicultural Issues in Psychotherapy


2/01

**The First Interview**

2/06

**Psychotherapy Research**

*Reaction paper #2 due*


2/08

**Psychotherapy Research (continued)**

2/13

**Therapeutic Relationship**

*Self Disclosure*


2/15

**Panic Disorder and Agoraphobia**

Barlow, Ch. 1

2/20

**Posttraumatic Stress Disorder**

Barlow, Ch. 2

2/22

**Therapeutic Challenges**

2/27

**Generalized Anxiety Disorder**
Barlow, Ch. 4

3/01  Case Notes  
      How to write a BIRP note

3/06  Case Notes (continued)  
      In class treatment session

3/08  Obsessive Compulsive Disorder  
      Case Notes Assignment due

Barlow, Ch. 5

3/13  Spring Break  
      No class

3/15  Spring Break  
      No class

3/20  Depression  
      Cognitive Therapy  
      Reaction Paper #3 due

Barlow, Ch. 6

3/22  Society for Behavioral Medicine Conference  
      No class

3/27  No class

3/29  Depression  
      Interpersonal Psychotherapy

Barlow, Ch. 7

4/03  Eating Disorders

Barlow, Ch. 8

4/05  Supervision


4/10  **Alcohol Use Disorders**  
*Reaction Paper #4 due*

Barlow, Ch. 9

4/12  **Cocaine Dependence**

Barlow, Ch. 10

4/17  **Borderline Personality Disorder**  
*Reaction Paper #5 due*

Barlow, Ch. 11

4/19  **Bipolar Disorder**

Barlow, Ch. 12

4/24  **Sexual Dysfunction**

Barlow, Ch. 13

4/26  **Review Papers due**

5/01  **Couple Distress**

Barlow, Ch. 14

5/03  **Termination**