

PSYC36H3: PSYCHOTHERAPY

FALL 2012

Instructor: Amanda A. Uliaszek, Ph.D.

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Office Hour: Tuesday 11-12

Office Hour: Monday 12:30-1:30

Course Information: Tuesdays 9-11, SW 143

Required Reading Material

“Twenty-First Century Psychotherapies,” by Jay L. Lebow

Course Website

All course information including the syllabus and assigned readings will be available on the Blackboard system.

Course Requirements

Attendance: Students are expected to attend every class meeting.

In-Class Midterm Exam: Students will complete an in-class, multiple-choice exam on October 23. The exam will not exceed two hours. This exam will be worth 30% of the final grade.

Thought Paper: Students will complete a 5-page paper on a specific form of therapy on the final day of class before 9am. These assignments will be submitted electronically through Blackboard. 10% will be deducted off of the grade for each day that it is late, with the first 10% deducted if it is submitted after 9am on the due date. This paper is worth 30% of the final grade.

Final Exam: Students will complete a multiple-choice and short-answer essay exam during finals week (date TBA). The exam will not exceed two hours. This exam will be worth 40% of the final grade.

Class Schedule

Date	Topics	Reading
9/11/2012	General Class Overview; History of therapy	

9/18/2012	Non-specific therapeutic factors	Chapter 14
9/25/2012	Empirically-based treatments	Assigned Readings
10/2/2012	Learning theory; Behavior therapy	Chapter 2
10/9/2012	Cognitive therapy; Cognitive-behavioral therapy	Chapters 3
10/16/2012	Assignment of review paper; Psychoanalysis/psychodynamic therapy	Chapter 7
10/23/2012	MIDTERM EXAM	
10/30/2012	Mindfulness; Acceptance and commitment therapy	Chapter 5
11/6/2012	Dialectical behavior therapy	Assigned Readings
11/13/2012	Positive Psychotherapy	Assigned Readings
11/20/2012	Humanistic/existential/interpersonal therapies	Chapters 4 and 8
11/27/2012	Family and couples therapy; Paper Due	Chapter 10
Finals Week	FINAL EXAM	

Policies

Academic integrity: Cheating, copying, plagiarism, or any other serious breach of integrity is unacceptable at all times. Any occurrences of this type will be dealt with in accordance to the policies of the University of Toronto.

Photo IDs: A student must provide photo identification (ideally a student ID) on both the midterm and final exam days. The student will show the ID when handing in the test form. If a student does not provide photo ID, he or she has 24 hours to provide it to the professor.

Makeup exams: A makeup exam will be held approximately one week after the regularly schedule exam at a time and date to be determined. Students will be permitted to write a deferred midterm exam only in the event that they are unable to appear on the day of the exam due to a verified illness, a serious family emergency (e.g., a death in the family), or religious observances. With respect to absences due to illness, please note that students will only be permitted to write a deferred exam if they provide a valid UTSC Medical Certificate. The medical certificate must indicate: (a) that the student sought medical attention on the day of the exam (not the day before or after), (b) the nature/timeline of the student's problem and the diagnostic tests that were performed, and (c) how the problem prevented the student from writing the regularly scheduled midterm exam. Medical certificates must be signed by the physician and include his or her contact information in order to be considered valid. Students will be required to submit their medical certificates for verification before they will be permitted to write the deferred midterm exam.