

FALL 2014

Instructor: Amanda A. Uliaszek, Ph.D. auliaszek@utsc.utoronto.ca

Office hours: September 3 & 10, 3-4pm

Starting September 17, Wednesdays 2-3, room SW405

Teaching Assistants: Nadia Al-Dajani nadia.al.dajani@mail.utoronto.ca

Greg Williams gr.williams@mail.utoronto.ca

Office hours: Tuesdays 1:30-2:30, room SW406

Course Information: Tuesdays 9-11, room SW 128

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.

Readings: No textbook is required for this course. A full reading list of weekly articles can be found on Blackboard. Students are required to have full understanding of the readings for the exams.

In-Class Midterm Exam: Students will complete an in-class, multiple-choice exam on October 21, 2014. The exam must be completed before the end of class. This exam will be worth 30% of the final grade.

Final Paper: Students will complete a 10-page paper describing research on two types of psychotherapies for a specific disorder. Students will choose two psychotherapies from a designated list provided by the professor. Part A of the final paper requires students to submit their chosen topic and literature review (10 points). Part A will be due on October 28 at 11:59pm and will not be accepted late. The final paper will be worth 90 points and will be due on November 28 at 11:59pm. Five points will be deducted off the final grade for each day that it is late. This paper is worth 30% of the final grade. All assignments will be submitted electronically through Blackboard.

Final Exam: Students will complete a multiple-choice and short-answer essay exam during finals week (date TBA). This exam will be worth 40% of the final grade.

Class Schedule

| Date | Topics |
|-------------|---|
| 9/2/2014 | Definition of psychotherapy |
| 9/9/2014 | Empirically-based practice |
| 9/16/2014 | Non-specific therapeutic factors |
| 9/23/2014 | Behavior Therapy |
| 9/30/2014 | Cognitive-Behavioral Therapy |
| 10/7/2014 | Mindfulness-Based Treatments |
| 10/14/2014 | READING WEEK: NO CLASS |
| 10/21/2014 | IN-CLASS MIDTERM |
| 10/28/2014 | Positive Psychotherapy |
| 11/4/2014 | Dialectical Behavior Therapy |
| 11/11/2014 | Psychodynamic Therapy |
| 11/18/2014 | Interpersonal Therapy/Emotion-Focused Therapy |
| 11/25/2014 | Therapy for children, couples, and families |
| 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 midterm 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.