

# PSYC36H3: PSYCHOTHERAPY

WINTER 2017

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## **Teaching Assistants:**

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**Course Information:** Tuesdays 9-11, room SW 143

## **Course Website**

All course information, including the syllabus, will be available on Blackboard.

## **Course Objective**

This course will provide education on a range of empirically-supported and/or traditionally employed therapeutic orientation. Each week will focus on a different school of psychotherapy, with lectures and readings focused on the creation of the therapy, specific therapeutic techniques, and empirical evidence surrounding the efficacy of the therapy. By the end of the class, students should have a more thorough understanding of the common and specific factors of most psychotherapies, as well as be more acquainted with evidence-based practice.

## **Course Requirements**

**Attendance:** Students are expected to attend every class meeting.

**Textbook:** "Twenty-First Century Psychotherapies," by Jay L. Lebow

**Psychotherapy from a Personal Perspective:** This paper will involve describing a personal encounter with mental illness (either self-, friend- or family-related). Students will be responsible for selecting the most effective psychotherapy to treat the described primary symptoms and justifying their choice with the support of research findings. The paper should be a minimum of five pages. This paper should be submitted through Blackboard no later than 11:59 pm on **February 20, 2017**. Note that it must be submitted **TWICE** on

Blackboard – once as a regular assignment and once as a turnitin assignment. Ten points will be deducted off the final grade for each day that it is late, starting on February 21, 2017. This paper is worth 20% of the final grade.

**In-Class Midterm Exam:** Students will complete an in-class, multiple-choice exam on **February 28, 2017**. The exam must be completed during class (by 10:50 am). This exam will be worth 30% of the final grade.

**Psychotherapist Interview:** All students will be required to interview a psychotherapist utilizing a combination of class-assigned and original questions. Students will then write a 3-5 page paper detailing what they have learned from the interview. This paper should be submitted through Blackboard no later than 11:59 pm on **March 26, 2017**. Ten points will be deducted off the final grade for each day that it is late, starting on March 27, 2017. This paper is worth 20% of the final grade.

**Final Exam:** Students will complete a non-cumulative multiple-choice and short-answer essay exam during finals week (date TBA). This exam will be worth 30% of the final grade.

### Class Schedule

Date	Topics	Chapter Assignment
1/3/2017	Definition of psychotherapy	
1/10/2017	Evidence-based practice	
1/17/2017	Non-specific therapeutic factors	Ch 14
1/24/2017	Behavior Therapy	Ch 2
1/31/2017	Cognitive-Behavioral Therapy	Ch 3
2/7/2017	Mindfulness-Based Treatments	Ch 5
2/14/2017	Positive Psychotherapy	
	READING WEEK	
2/28/2017	<b>IN-CLASS MIDTERM</b>	
3/7/2017	Dialectical Behavior Therapy	
3/14/2017	Psychodynamic Therapy	Ch 7
3/21/2017	Interpersonal Therapy/Emotion-Focused Therapy	Ch 4
3/28/2017	Therapy for children, couples, and families	Ch 10
Finals Week	<b>FINAL EXAM</b>	

### Policies

## **Accessibility:**

Students with diverse learning styles and needs are welcome in this course. In particular, if you have a disability/health consideration that may require accommodations, please feel free to approach me and/or the *AccessAbility* Services Office as soon as possible. I will work with you and *AccessAbility* Services to ensure you can achieve your learning goals in this course. Enquiries are confidential. The UTSC *AccessAbility* Services staff (located in S302) are available by appointment to assess specific needs, provide referrals and arrange appropriate accommodations (416) 287-7560 or [ability@utsc.utoronto.ca](mailto:ability@utsc.utoronto.ca).

## **Video and Auditory Recording**

For reasons of privacy as well as protection of copyright, unauthorized video or audio recording in classrooms is prohibited. This is outlined in the Provost's guidelines on *Appropriate Use of Information and Communication Technology*. Note, however, that these guidelines include the provision that students may obtain consent to record lectures and, "in the case of private use by students with disabilities, the instructor's consent must not be unreasonably withheld."

## **Academic Integrity:**

Academic integrity is essential to the pursuit of learning and scholarship in a university, and to ensuring that a degree from the University of Toronto is a strong signal of each student's individual academic achievement. As a result, the University treats cases of cheating and plagiarism very seriously. The University of Toronto's *Code of Behaviour on Academic Matters* (<http://www.governingcouncil.utoronto.ca/policies/behaveac.htm>) outlines the behaviours that constitute academic dishonesty and the processes for addressing academic offences. Potential offences include, but are not limited to:

In papers and assignments:

- Using someone else's ideas or words without appropriate acknowledgement.
- Submitting your own work in more than one course without the permission of the instructor.
- Making up sources or facts.
- Obtaining or providing unauthorized assistance on any assignment.

On tests and exams:

- Using or possessing unauthorized aids.

- Looking at someone else's answers during an exam or test.
- Misrepresenting your identity.

In academic work:

- Falsifying institutional documents or grades.
- Falsifying or altering any documentation required by the University, including (but not limited to) doctor's notes.

All suspected cases of academic dishonesty will be investigated following procedures outlined in the Code of Behaviour on Academic Matters. If you have questions or concerns about what constitutes appropriate academic behaviour or appropriate research and citation methods, you are expected to seek out additional information on academic integrity from your instructor or from other institutional resources (see <http://www.utoronto.ca/academicintegrity/>).

Please review this website which describes tips on how not to plagiarize: <http://www.writing.utoronto.ca/advice/using-sources/how-not-to-plagiarize>.

Normally, students will be required to submit their course essays to Turnitin.com for a review of textual similarity and detection of possible plagiarism. In doing so, students will allow their essays to be included as source documents in the Turnitin.com reference database, where they will be used solely for the purpose of detecting plagiarism. The terms that apply to the University's use of the Turnitin.com service are described on the Turnitin.com web site.

### **Missed Term Work due to Medical Illness or Emergency:**

All students citing a documented reason for missed term work (this includes assignments and midterm exams) must bring their documentation to the Undergraduate Course Coordinator, Ainsley Lawson, **within three (3) business days** of the term test / assignment due date. All documentation must be accompanied by the departmental [Request for Missed Term Work form](http://uoft.me/PSY-MTW) (<http://uoft.me/PSY-MTW>).

In the case of missed term work due to illness, only an **original copy** of the [official UTSC Verification of Illness Form](http://uoft.me/PSY-MED) (<http://uoft.me/PSY-MED>) will be accepted. Forms are to be completed in full, clearly indicating the start date, anticipated end date, and severity of illness. The practitioner's registration number and business stamp are required.

In the case of other emergency, a record of visitation to a hospital emergency room or copy of a death certificate may be considered.

**Forms should be dropped off in SW427C between 9 AM - 4 PM, Monday through Friday.** Upon receipt of the documentation, you will receive an email response from the Course Instructor / Course Coordinator within three business days. The Course Instructor reserves the right to decide what accommodations (if any) will be made for the missed work.

If all policies are followed and accepted, a makeup midterm exam will be held approximately 1 week after the original exam.

Note that this policy applies only to missed term work (assignments and midterms). Missed final exams are dealt with by the Registrar's Office (<http://www.utsc.utoronto.ca/registrar/missing-examination>).

**Failure to adhere to any aspect of this policy may result in a denial of your request for accommodation.**

**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.

### **Grade Scales and Meaning of Grades**

NUMERICAL MARKS	LETTER GRADE	GRADE POINT VALUE
90 - 100%	A+	4.0
85 - 89%	A	4.0
80 - 84%	A-	3.7
77 - 79%	B+	3.3
73 - 76%	B	3.0
70 - 72%	B-	2.7
67 - 69%	C+	2.3
63 - 66%	C	2.0
60 - 62%	C-	1.7
57 - 59%	D+	1.3

53 - 56%	D	1.0
50 - 52%	D-	0.7
0 - 49%	F	0.0