

# PSYC36H3: PSYCHOTHERAPY

FALL 2019

**Instructor:** Amanda A. Uliaszek, Ph.D., C.Psych.

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**Office hours:** Wednesdays 9-10am, SW405

**Teaching Assistants:**

**Course Information:** Fridays 10:00-12:00, room SY110

**Course Website:** [q.toronto.ca](http://q.toronto.ca)

All course-related materials will be posted to Quercus, including the syllabus, assignments, quizzes, grades, and course calendar. I will also post announcements on the course website, such as class cancellations. Check the course page regularly for these announcements.

## Course Objective

This course will provide education on a range of empirically-supported and traditionally employed therapeutic orientations. 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. Upon completion, 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.

**Learning Outcomes:** By the end of this course, students should be able to

1. Describe the history, theoretical foundations, and key features of several schools psychotherapies
2. Understand the definition of evidence-based practice
3. Explain the concepts of specific and common factors relevant to psychotherapy
4. Contrast specific psychotherapies in terms of treatment targets, goals, and features
5. Define empirically-supported treatments and related concepts in clinical practice and research
6. Identify specific psychotherapy techniques related and how they target symptoms of specific disorders

## Course Requirements

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

**Required Textbook:** The Handbook of Adult Clinical Psychology: An Evidence-Based Practice Approach 2<sup>nd</sup> edition

**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 no later than 9:59am on **October 11, 2019** through Quercus. Ten percent will be deducted off the final grade for each day that it is late, starting on **October 11, 2019**. This paper is worth 20% of the final grade. **This paper will not be accepted through email.**

**Please note:** Foundational research and writing skills are needed to complete this assignment. We will discuss these skills in class, including strategies, supports and resources for developing and enhancing your ability to use them. We will also discuss the written assignment in detail, with an emphasis on helping you identify how to complete it in an effective fashion. This includes how to:

- carefully review assignment guidelines to identify steps and key elements of your task
- search for and acquire peer-reviewed, empirical research papers related to specific therapies
- critically evaluate theories and evidence presented in these papers
- make appropriate use of citations and references that are in line with APA formatting

**In-Class Midterm Exam:** Students will complete an in-class, multiple-choice exam on **October 25, 2019**. The exam must be completed during class (by 11:50 am). This exam will be worth 30% of the final grade.

**Weekly Quizzes:** Students will complete weekly quizzes beginning the week of September 9, 2019. These 10-item quizzes will assess knowledge of the weekly course readings. Students will access the quizzes through Quercus. They will be made available by Monday at 5pm and due Friday by 10am. Late quizzes will not be accepted as they are not covered by the missed term work policy (see below). There will be a total of 10 quizzes. Students can drop the three lowest grades. Quizzes are worth 10% of the final grade.

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

## Evaluation

Your final grade in PSYC36 is based on points obtained on the midterm test, paper, quizzes, and final exam utilizing the percentages described above.

A+	A	A-	B+	B	B-	C+	C	C-	D+	D	D-
90% +	85- 89	80- 84	77- 79	73- 76	70- 72	67- 69	63- 66	60- 62	57- 59	53- 56	50- 52

## Class Schedule

Date	Topics	Chapter Assignment
9/6/2019	Introduction to Psychotherapy	
9/13/2019	Evidence-Based Practice	8
9/20/2019	Assessment; Common Factors; Motivational Interviewing	24
9/27/2019	Cognitive-Behavioural Therapy	3
10/4/2019	Cognitive-Behavioural Therapy	13 & 15
10/11/2019	Mindfulness-Based Psychotherapies	9
10/12/2019- 10/18/2019	READING WEEK	
10/25/2019	IN-CLASS MIDTERM	
11/1/2019	Psychodynamic Therapy	4
11/8/2019	Dialectical Behaviour Therapy	27
11/15/2019	Interpersonal Psychotherapy	22
11/22/2019	Emotion-Focused Therapy	5
11/29/2019	Multi-Person Therapy	6
FINAL EXAM: TBD		

## General Course Policies & Guidelines

Courtesy & Civility: Please be respectful of your classmates, instructor, and teaching assistants at all times, and strive to make the classroom a comfortable place for everyone to learn. Respect the experience of your classmates by not engaging in distracting behavior. This includes off-topic talking, texting, and using laptops for social media, watching videos, or other uses not related to the class. If you are on your

computer, please be mindful about engaging in practices that might distract other students; if others complain about your actions, you may be asked to leave.

Active Participation: Please arrive to class having completed the week's reading assignment and ready to participate.

Email & Communications: When time permits, there may be a few minutes to discuss straightforward issues or simple questions after class. However, please understand that this is not always possible or practical. For more complex or personal matters, come to office hours or arrange a meeting. Please keep your emails professional, concise, and clear: **start with an informative title that includes the course name and some detail on your question** (i.e., "PSYC36 - question about Mindfulness chapter"). The most effective emails are short, focused on a single question, and demonstrate some effort on your part to explain your understanding or where you are stuck, will likely be most effective. If you are not familiar with writing academic emails, you may find this resource helpful: <https://goo.gl/ik1iw7>

Office Hours: There are two office hours offered per week – one from the instructor and one from the teaching assistant. Office hours should be used exclusively for class-related matters. It is inappropriate to discuss personal mental health matters (either regarding the student or someone known to the student) during office hours. The only exception to this is regarding questions related to the paper assignment. Neither the instructor nor the teaching assistants will provide any mental health advice or counselling and will instead refer the student to the Health and Wellness Centre.

Sharing Personal Info in Class: The classroom setting is not an appropriate environment to share your detailed personal experiences with a disorder or to offer specific information about someone you know. If you have a comment you'd like to share, please make sure you are protecting the privacy of the person involved. Additionally, please take a moment to consider whether or not sharing your story will be relevant and helpful to the class, and aim to be sensitive to the rights of others, not to sensationalize.

Course Materials & Audio/Video Recording: Instructional materials are made available only for the purposes of this course, and should not be distributed or used for any other purpose. As outlined in the Provost's guidelines on Appropriate Use of Information and Communication Technology, for reasons of privacy as well as protection of copyright, unauthorized video or audio recording in classrooms is prohibited unless written permission has been granted by the instructor or for students with specific accommodations to do so.

Enrollment Status: Attendance in class is restricted to registered students. Auditing is not permitted, except with written approval from the instructor ahead of time. This class

usually has an extensive waitlist and is limited to students in the Mental Health Studies program, meaning that students from other programs are unlikely to be able to enroll.

Syllabus Changes: I may make minor changes to the course syllabus based on pacing and needs of the class, or other unexpected events. These will not impair your ability to succeed in the class, and I will notify you when this occurs through Quercus.

Mental Health Resources and Trigger Warning: We will focus on mental health issues in this course. These topics may prove triggering to some, causing a negative emotional reaction. Students should take appropriate measures to prepare for and alleviate such concerns. If you feel that you need to seek help for yourself or someone you care about, you may wish to contact the Distress Centre (416-408-HELP), Good2Talk (866-925-5454) or UTSC Health & Wellness Centre.

Photo IDs: Students must provide photo identification (ideally a student ID) at both the midterm test and final exam. 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.

AccessABILITY Services: 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, you should contact AccessAbility Services as soon as possible. AccessAbility Services staff (located in Rm SW302, Science Wing) are available by appointment to assess specific needs, provide referrals and arrange appropriate accommodations 416-287-7560 or email [ability@utsc.utoronto.ca](mailto:ability@utsc.utoronto.ca).

PSYC36-Specific Policies for Absences and Late/Missed Work: If you know in advance of a legitimate reason for being absent or unable to meet a specific class deadline (e.g., religious holiday or academic event), please contact Professor Cooper directly ASAP. You must notify Professor Cooper by email if you have submitted paperwork for an extension and definitely within 3 days of the relevant event (e.g., assignment); failure to do so may result in your request being denied.

Missed Term Work due to Medical Illness or Other Emergency: All students citing a documented reason for missed term work must submit their request for accommodations within three (3) business days of the deadline for the missed work.

Students must submit BOTH of the following:

1. A completed Request for Missed Term Work Accommodations form (<http://uoft.me/PSY-MTW>)
2. Appropriate documentation to verify your illness or emergency, as described below.

Appropriate documentation:

For missed TERM TESTS due to ILLNESS:

- Submit the Request for Missed Term Work Accommodations form (<http://uoft.me/PSY-MTW>), along with an original copy of the official UTSC Verification of Illness Form ([uoft.me/UTSC-Verification-Of-Illness-Form](http://uoft.me/UTSC-Verification-Of-Illness-Form)) or an original copy of the record of visitation to a hospital emergency room. Forms are to be completed in full, clearly indicating the start date, anticipated end date, and severity of illness. The physician's registration number and business stamp are required.
- Note: If an end date of "ongoing" is specified, the medical note will be assumed to cover a period of two weeks. If no end date / an "unknown" end date is specified, the note will be assumed to cover a period of three business days (starting from illness start date.)

For missed TERM TESTS due to ACCESSABILITY REASONS:

- Meet with your AccessAbility consultant and have them email Keely ([keely.hicks@utoronto.ca](mailto:keely.hicks@utoronto.ca)) detailing the accommodations required.

For missed ASSIGNMENTS due to ILLNESS:

- Submit the Request for Missed Term Work Accommodations form (<http://uoft.me/PSY-MTW>), along with a hardcopy of the Self-Declaration of Student Illness Form ([uoft.me/PSY-self-declare-form](http://uoft.me/PSY-self-declare-form)).

For missed ASSIGNMENTS due to ACCESSABILITY REASONS:

- If your desired accommodation is within the scope of your Accommodation Letter (ex. your letter includes "extensions of up to 7 days" and you need 3 days), submit the Request for Missed Term Work Accommodations form (<http://uoft.me/PSY-MTW>) and attach a copy of your letter. Specify how many days extension you are requesting on the request form.
- If your desired accommodation is outside the scope of your Accommodation Letter (ex. your letter includes "extensions of up to 7 days" but you need more time than that) you will need to meet with your AccessAbility consultant and have them email Keely ([keely.hicks@utoronto.ca](mailto:keely.hicks@utoronto.ca)) detailing the accommodations required.

For missed term tests or assignments in OTHER CIRCUMSTANCES:

- Submit the Request for Missed Term Work Accommodations form (<http://uoft.me/PSY-MTW>), along with:

- In the case of a death of a family member or friend, please provide a copy of a death certificate.
- For U of T varsity-level or professional athletic commitments, an email from your coach or varsity administrator should be sent directly to Keely Hicks (keely.hicks@utoronto.ca) well in advance of the missed work, detailing the dates and nature of the commitment.
- For religious accommodations, please email (keely.hicks@utoronto.ca) well in advance of the missed work.
- For circumstances outside of these guidelines, please email Keely (keely.hicks@utoronto.ca) on or before the date of the test / assignment deadline to describe your circumstances and ask what documentation would be appropriate

Documents covering the following situations are NOT acceptable: medical prescriptions, personal travel, weddings/personal/work commitments.

#### Procedure:

Submit your (1) request form and (2) medical/self-declaration/other documents in person WITHIN 3 BUSINESS DAYS of the missed term test or assignment.

Submit to: Keely Hicks, Room SW420B, Monday – Friday, 9 AM – 4 PM. (Slide forms under door if out of office.)

After submitting your documentation, within approximately one to five business days, you will receive a response from your instructor detailing the accommodations to be made (if any).

You are responsible for checking your official U of T email and Quercus course announcements daily, as accommodations may be time-critical.

You should continue to work on your assignments to the best of your ability, as extension accommodations may be as short as one business day, depending on the nature of the illness/emergency.

If an accommodation has been granted but you are unable to meet the conditions of the accommodation (e.g., you need a longer extension, or you missed a make-up test), you will need to repeat the missed term work procedure and submit additional forms to request further accommodation. Note that in the case of a missed make-up test, an opportunity to write a second make-up test may not be provided.

Completion of this form does NOT guarantee that accommodations will be made. The course instructor reserves the right to decide what accommodations (if any) will be

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

### Missed Accommodations

If an accommodation is granted but a continued illness/emergency prevents you from meeting the requirements of your accommodation, you must repeat the missed term work procedure to request additional accommodations.

(E.g.) If you miss a make-up midterm, you would need to submit another Request for Missed Term Work Accommodations form. If your original medical note/documentation included the date of the make-up midterm, then only the Request form is required. If the date of the make-up midterm fell outside of the dates indicated on your original medical note/other documentation, then a new medical note/other appropriate documentation must also be submitted.

### Importance of Three Business Day window:

If you are unable to submit your documents in-person within the three business day window, you must email Keely (keely.hicks@utoronto.ca) within the three business day window to explain when you will be able to bring your documents in person. Exceptions to the documentation deadline will only be made under exceptional circumstances. Attach scans of your documentation, and be prepared to bring your documents to Keely in-person as soon as you are well. Late documents may not be accepted.

NOTE: Assignments due at end of term

Instructors cannot accept term work any later than five business days after the last day of class. Beyond this date, you would need to file a petition with the Registrar's Office (<https://www.utoronto.ca/registrar/term-work>).

NOTE: Final Exams

This policy applies only to missed assignments and term tests. Missed final exams are handled by the Registrar's Office (<http://www.utoronto.ca/registrar/missing-examination>).

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/Assets/Governing+Council+Digital+Assets/Policies/PDF/ppjun011995.pdf>) 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; and
- ☐ When you knew or ought to have known you were doing it.

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; and
- ☐ When you knew or ought to have known you were doing so.

All suspected cases of academic dishonesty will be investigated following procedures outlined in the Code of Behaviour on Academic Matters. If students have questions or concerns about what constitutes appropriate academic behaviour or appropriate research and citation methods, they are expected to seek out additional information on academic integrity from their instructors or from other institutional resources.

Note: You may see advertisements for services offering grammar help, essay editing and proof-reading. Be very careful. If these services take a draft of your work and significantly change the content and/or language, you may be committing an academic offence (unauthorized assistance) under the Code of Behaviour on Academic Matters.

It is much better and safer to take your draft to the Writing Centre as early as you can. They will give you guidance you can trust. Students for whom English is not their first language should go to the English Language Development Centre.

If you decide to use these services in spite of this caution, you must keep a draft of your work and any notes you made before you got help and be prepared to give it to your instructor on request.