

PSYC36H3: PSYCHOTHERAPY

FALL 2020

Instructor: Amanda A. Uliaszek, Ph.D., C.Psych. (she/her)

Pronounced: yoo-LIE-zik

Email: amanda.uliaszek@utoronto.ca

Course Information: online - asynchronous

Teaching Assistants:

Tahira Gulamani: tahira.gulamani@mail.utoronto.ca

Kevin Hamdullahpur: kevin.hamdullahpur@mail.utoronto.ca

Office Hours: There are two office hours offered per week – one from the instructor and one from the teaching assistant. These will be conducted in drop-in format through Zoom. 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.

Attending office hours through remote mechanisms requires appropriate dress, behavior, and location. All students attending office hours should find a location with reasonable privacy and noise level for asking questions. Students should be dressed appropriately (as they would for attending an in-person class). Any degree of unprofessionalism observed on the part of the professor or TA (e.g., the student lying in bed; obviously intoxicated; in various states of undress; using profanity) will result in immediate termination of the online meeting and the potential banning of the student from attending office hours.

Dr. Uliaszek's office hours: Wednesdays @10am. See course calendar for details.

TA office hours: Mondays @9am. See course calendar for details.

Required Textbook: The Handbook of Adult Clinical Psychology: An Evidence-Based Practice Approach 2nd edition

Course Website:

All course-related materials will be posted to Quercus, including the syllabus, assignments, links to office hours, lectures, quizzes, grades, and course

calendar. I will also post announcements on the course website. Check the course page regularly for these announcements.

Quercus Modules:

Each week, a module will be posted by Monday at 5pm. This will include: the lecture, associated essay question, quiz, and (if applicable) the video explaining the previous week's quiz.

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 of psychotherapy
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 and how they target symptoms of specific disorders

Course Requirements:

Lecture short-answer essay: Students will complete a weekly short-answer essay beginning the week of September 8, 2020. These short-answer essays can be answered in a single paragraph and will be based on learning from the weekly lecture. Essay questions will be posted in the weekly module on Quercus. They will be made available by Monday at 5pm and due Friday by 11:59pm. Essays will be submitted through Quercus and will not be accepted through email. Late essays will not be

accepted as they are not covered by the missed term work policy (see below). There will be a total of 12 essays assigned. Students can drop the two lowest grades. Essays are worth 20% of the final grade.

Weekly Quizzes: Students will complete a weekly quiz beginning the week of September 8, 2020. 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 11:59pm. 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 12 quizzes. Students can drop the two lowest grades. Quizzes are worth 20% of the final grade.

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 six pages. Students will submit the paper in three separate installments in order to receive feedback throughout the paper-writing process.

Part one of this assignment involves describing a personal encounter with mental illness and what disorder it most closely represents. This assignment is due **October 9, 2020**. Part two of the assignment involves describing the selected therapy and choosing three research articles. This assignment is due **October 23, 2020**. The final, full paper is due **November 27, 2020**. Each assignment will be due by 11:59pm on the date indicated and should be submitted through Quercus; submitting any of the assignments late will include points being deducted from the assignment. No assignments will be accepted through email. The final paper will be submitted through TurnItIn and Quercus. This paper is worth 30% 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 30% of the final grade.

Class Schedule:

Date Posted	Topics	Chapter Assignment
9/7/2020	Introduction to Psychotherapy	Syllabus
9/14/2020	Evidence-Based Practice	8
9/21/20120	Common Factors	Reading posted
9/28/2020	Cognitive-Behavioural Therapy	3
10/5/2020	Cognitive-Behavioural Therapy	13 & 15
10/10 - 10/16	READING WEEK	
10/19/2020	Mindfulness-Based Psychotherapies	9
10/26/2020	Dialectical Behaviour Therapy	27
11/2/2020	Psychodynamic Therapy	4
11/9/2020	Motivational Interviewing	24
11/16/2020	Interpersonal Psychotherapy	22
11/23/2020	Emotion-Focused Therapy	5
11/30/2020	Multi-Person Therapy	6
FINAL EXAM: TBD		

Course Policies & Guidelines:

Policy on Equity, Diversity, and Inclusion: The University of Toronto is committed to equity, human rights and respect for diversity. All members of the learning environment in this course should strive to create an atmosphere of mutual respect where all members of our community can express themselves, engage with each other, and respect one another's differences. U of T does not condone discrimination or harassment against any persons or communities.

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 are available by appointment to assess specific needs, provide referrals and arrange appropriate accommodations 416-287-7560 or email ability@utsc.utoronto.ca.

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.

Enrollment Status: This 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: The instructor 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 you will be notified when this occurs through Quercus.

Course Materials & Audio/Video Recordings: 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, distributing video or audio recordings from this class is prohibited unless written permission has been granted by the instructor or for students with specific accommodations to do so.

The course videos and materials provided belong to your instructor, the University, and/or other sources depending on the specific facts of each situation and are protected by copyright. In this course, you are permitted to download session videos and materials for your own academic use, but you should not copy, share, or use them for any other purpose without the explicit permission of the instructor.

Email & Communications: 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>

Evaluation:

Your final grade in PSYC36 is based on points obtained on the 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

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;
- Communicating with others to jointly determine answers;
- Obtaining the test items in advance;
- 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 you have

questions or concerns about what constitutes appropriate academic behaviour or appropriate research and citation methods, please reach out to the instructor.

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.

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.

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

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.

Turnitin.com: Normally, students will be required to submit their course papers to Turnitin.com for a review of textual similarity and detection of possible plagiarism. In doing so, students will allow their papers 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.

Conflicts and Late/Missed Work:

If you know in advance of a legitimate reason for being unable to meet a specific class deadline (e.g., religious holiday or academic event), please contact Dr. Uliaszek directly as soon as possible. You must notify Dr. Uliaszek by email if you have submitted paperwork for an extension within 3 days of the relevant event (e.g., assignment); failure to do so may result in your request being denied. Please note that homework essays and quizzes will not be accepted late as they are not part of the departmental missed term work policy.

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.

Submit via email to: Keely Hicks, Departmental Assistant,
keely.hicks@utoronto.ca

Students must submit **BOTH** of the following:

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

Appropriate documentation:

For missed **ASSIGNMENTS or TERM TESTS** due to **FLU-LIKE SYMPTOMS or SELF-ISOLATION REQUIREMENTS:**

- Email the Request for Missed Term Work Accommodations form (uoft.me/PSY-MTW) to Keely (keely.hicks@utoronto.ca), and
- **Declare** your absence on **ACORN** (Profile & Settings > Absence Declaration)

For missed **ASSIGNMENTS** due to **OTHER ILLNESS:**

- Email the Request for Missed Term Work Accommodations form (uoft.me/PSY-MTW) to Keely (keely.hicks@utoronto.ca), along with the Self-Declaration of Student Illness Form (uoft.me/PSY-self-declare-form).

For missed **TERM TESTS** due to **OTHER ILLNESS:**

- Email the Request for Missed Term Work Accommodations form (uoft.me/PSY-MTW) to Keely (keely.hicks@utoronto.ca), along with a scan/photo of the **original** copy of the official UTSC Verification of Illness Form (uoft.me/UTSC-Verification-Of-Illness-Form) or an **original** copy of the record of visitation to a hospital ER.

- Forms are to be completed in full, clearly indicating the start date, anticipated end date, and severity of illness. The physician's registration # 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) detailing accommodations required.

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 1-7 more days), email the Request for Missed Term Work Accommodations form (uoft.me/PSY-MTW) to Keely (keely.hicks@utoronto.ca), and attach a **copy of your letter**. Specify how many days extension you are requesting in your email.
- 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) detailing the accommodations required.

For missed ASSIGNMENTS or TERM TESTS in OTHER CIRCUMSTANCES:

Email the Request for Missed Term Work Accommodations form (<http://uoft.me/PSY-MTW>) form to Keely (keely.hicks@utoronto.ca), along with:

- For the **death of a family member/friend**, provide a copy of the 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 (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 (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 determine appropriate documentation.

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

As stated above, your documents must be submitted **within three (3) business days** of the deadline for the missed work.

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 (ex. 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 within the three business day window, **you must email Keely (keely.hicks@utoronto.ca) within the three**

business day window to explain the nature of the delay, and when you will be able to provide your documents. Exceptions to the documentation deadline will only be made under exceptional circumstances.

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.utsc.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.utsc.utoronto.ca/registrar/missing-examination>).

Time Zone Conflicts: If you are physically in a different time zone and a quiz or midterm is scheduled outside of 7:00am to midnight in your local time, you may use the following form to request special arrangements. Note that the form is only for term work. Final exam conflicts are handled by the Registrar's Office.

The form must be submitted at least ten (10) business days before the activity.

Form: <https://uoft.me/PSY-TimeZone>

Submit via email to: Keely Hicks, Departmental Assistant,
keely.hicks@utoronto.ca