

PSYC36H3: PSYCHOTHERAPY

FALL 2021

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

Pronounced: yoo-LIE-zik

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Course Information: online - asynchronous

Teaching Assistants:

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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 announcements. Check the course page regularly. You are responsible for checking your University of Toronto email for updates.

Quercus Modules:

Each week, a module will be posted by Tuesday at noon. This will include the lecture slides, a recorded lecture, the weekly quiz, and any relevant reading.

Course Objective:

This course will provide education on a range of empirically-supported 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 how psychological science uses cultural adaptations to reach a broader spectrum of clients

3. Reflect on how their own individual identities, in terms of culture, race, gender, sexuality, class, religion, and other aspects of identity and the intersections among them, influence perspectives on mental health.
4. Understand the definition of evidence-based practice
5. Explain the concepts of specific and common factors relevant to psychotherapy
6. Contrast specific psychotherapies in terms of treatment targets, goals, and features
7. Identify specific psychotherapy techniques and how they target symptoms of specific disorders

Course Requirements:

Students will be required to submit their course written assignments and essays to the University's plagiarism detection tool 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 tool's reference database, where they will be used solely for the purpose of detecting plagiarism. The terms that apply to the University's use of this tool are described on the Centre for Teaching Support & Innovation web site (<https://uoft.me/pdt-faq>).

*All written assignments and essays are due by 11:59 on the due date. Failure to submit by this date will result in a late penalty of a 15% per day. **Extensions are only granted through official mechanisms (Accessibility accommodation or through the missed term work policy at the end of this document). DO NOT EMAIL THE PROFESSOR TO ASK FOR AN EXTENSION ON ANY ASSIGNMENT OUTSIDE OF THESE PARAMETERS.***

Weekly Quizzes: Students will complete a weekly quiz beginning the week of September 7, 2021. 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 Tuesday at noon 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. Quizzes are worth 20% of the final grade.

Writing Assignment 1: Cultural/Diversity Reflection

This writing assignment is a brief reflection piece that allows students to examine how their own culture/race/gender/sexual orientation/ethnicity

intersects with how they think about treatment and psychopathology. This assignment is due on October 1, 2021 and worth 20% of the final grade.

Writing Assignment 2: Brief Research Paper

Student will select a DSM-5 mental disorder and locate 3 research articles examining a single evidence-based treatment for this disorder. Students will turn in these citations on October 29, 2021 to have them checked by the teaching assistants for their appropriateness. The final research paper will include a description of the selected therapy and a review of the supporting evidence for this therapy. It is due on November 19, 2021 and worth 20% of the final grade.

Final Exam - Multiple choice

Students will complete a cumulative multiple-choice exam during finals week (date TBA). This portion of the final exam is worth 20% of the final grade.

Final Exam - Short answer essays

Students will complete a cumulative short-answer essay exam. The exam will be distributed on December 3, 2021 and will be due December 10, 2021 and submitted to plagiarism detection software like all writing assignments. It is worth 20% of the final grade.

Class Schedule:

Date Posted	Topics	Chapter Assignment
9/7/2021	Introduction to Psychotherapy	Syllabus
9/13/2021	Evidence-Based Practice	8
9/20/2021	Common Factors Cultural/Identity factors	Readings posted
9/27/2021	Cognitive-Behavioural Therapy	3
10/4/2021	Cognitive-Behavioural Therapy	13 & 15
10/9 - 10/15	READING WEEK	
10/18/2021	Mindfulness-Based Psychotherapies	9
10/25/2021	Dialectical Behaviour Therapy	27
11/1/2021	Psychodynamic Therapy	4
11/8/2021	Motivational Interviewing	24
11/15/2021	Interpersonal Psychotherapy	22
11/22/2021	Emotion-Focused Therapy	5
11/29/2021	Multi-Person Therapy	6

Office Hours: There is one office hour per week conducted in drop-in format through Zoom. Please see the office hours document on Quercus for specific dates, times, and links. When attending office hours you will be held in the waiting room until it is your turn. At that time, you will get a maximum of five minutes to have your questions answered. If you need more time or help, it is recommended you schedule a separate meeting with the instructor or 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. 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.

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. The University of Toronto 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. 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"). Emails to the instructor should address her as "Dr. Uliaszek" or "Professor Uliaszek". 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.

Evaluation:

Your final grade in PSYC36 is based on points obtained on the writing assignments, quizzes, and final exam components 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.

Psychology Department Missed Term Work Policy, FALL 2021

For missed term work (assignments and term tests) due to illness, emergency, or other mitigating circumstances, please follow the procedures outlined below.

- The following reasons are not considered sufficient for missed term work: travel for leisure, weddings, personal commitments, work commitments, human error.
- Missed Final Exams are handled by the Registrar's Office and should be declared on eService: <http://www.utoronto.ca/registrar/missing-examination>
- 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>

Accommodations for Illness or Emergency:

For missed work due to ILLNESS OR EMERGENCY, complete the following **three-step** process:

1. Complete the **Request for Missed Term Work Accommodations Form** (<http://uoft.me/PSY-MTW>)
2. **Declare your absence** on **ACORN** (Profile & Settings > Absence Declaration)
3. **Email both the Request for Missed Term Work Accommodations Form AND a screenshot of your Self-Declared Absence on ACORN** to the email address provided by your instructor on the course syllabus **WITHIN 2 BUSINESS DAYS** of the missed work.

Note: If you are unable to submit your documents within 2-business days, **you must still email your instructor within the 2-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: For this semester, we do not require any additional supporting documentation (e.g. medical notes) to support your missed term work accommodation request.

Accommodations for Academic Conflicts:

For missed term work due to an ACADEMIC CONFLICT (i.e. two midterms scheduled at the same time), please complete the following process:

1. Complete the **Request for Missed Term Work Accommodations Form** (<http://uoft.me/PSY-MTW>), choosing "Other" and explaining the conflict in the space provided.
2. Take screenshots of your course homepages that demonstrate the conflict.
3. Email the form and screenshots to your course instructor **at least two weeks (10 business days) before the date of the activity**, or as soon as possible if it was not possible to identify the conflict earlier.

Note: Multiple assignments due on the same day are not considered conflicts. Accommodations may only be possible in the case of quizzes and tests that are both scheduled during the same discrete period. Back-to-back tests/quizzes are not considered conflicts.

Note: Students are responsible for keeping their course timetables conflict-free. Students who choose to register in two synchronous courses with overlapping lecture/tutorial/lab schedules may not necessarily be accommodated.

Accommodations for Religious Conflicts:

For missed term work due to a RELIGIOUS CONFLICT, please complete the following process:

1. Complete the **Request for Missed Term Work Accommodations Form** (<http://uoft.me/PSY-MTW>), choosing "Other" and noting "Religious conflict" in the space provided.
2. Email the form to your course instructor **at least two weeks (10 business days) before the date of the activity**, or as soon as possible if it was not possible to identify the conflict earlier.

Accommodations for 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, please complete the following process:

1. Complete the **Time Zone Conflict Form** (<https://uoft.me/PSY-TimeZone>), and
2. Email the form to your course instructor **at least two weeks (10 business days) before the date of the activity**, or as soon as possible, if it was not possible to identify the conflict earlier.

Accommodations for Students Registered with AccessAbility Services:

For missed **TERM TESTS** due to ACCESSABILITY REASONS:

- **Contact your AccessAbility consultant** and have them email your instructor detailing accommodations required.

For missed **ASSIGNMENTS** due to ACCESSABILITY REASONS:

- If your desired accommodation is **within the scope** of your Accommodation Letter (e.g. your letter includes “extensions of up to 7 days” and you need 3 days):
 1. Complete the **Request for Missed Term Work Accommodations Form**.
 2. Email the form and your **Accommodation Letter** to your instructor, specifying how many days extension you are requesting.
- If your desired accommodation is **outside the scope** of your Accommodation Letter (e.g. your letter includes “extensions of up to 7 days” but you need more time than that):
 1. **Contact your AccessAbility consultant** and have them email your instructor detailing the accommodations required.

Accommodation Procedure:

After submitting your documentation, you will receive a response from your instructor or TA. This form does not guarantee that you will be accommodated. 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. **You are responsible for checking your official U of T email and Quercus course announcements daily**, as accommodations may be time-critical.

For missed assignments, **do not wait for an instructor response to resume work on your assignment**. Extension accommodations may be as short as one business day, depending on the nature of the illness/emergency. You should complete your assignment as soon as you are able and email it your instructor.

For an anticipated event (e.g. scheduled surgery or an illness with a prolonged recovery period), submit a [Verification of Illness Form](#) completed by your doctor, AND this form to your instructor if you would like to request accommodations in advance of the assignment deadline or midterm date. **Declare your future absence on ACORN (absences can be declared up to 14 days in the future).**

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. **Please make it clear in your subject line that you are requesting a second accommodation**. For example, if you are given an extension but are still sick and need more time, or if you miss a make-up midterm, you must submit another request ‘Missed Term Work Accommodations’ form and declare your extended absence on ACORN. ***Note: In the case of a missed make-up test, an opportunity to write a second make-up test may not be provided.