Syllabus Format

Division: Theoretical and Behavioral Foundations
Program Area: Educational Psychology
Course #: EDP 7240, /EDP 8319 (Practicum)
Course Title: Psychotherapy with Adults/ Practicum in Psychotherapy
Section /Ref#: 2017
Term/Year: 2017
Course Location: 404 Oakland Center
Day: Tuesday
Time: 4:30p.m. -7:15 p.m.
Practicum Supervision or as scheduled: 7:20-8:10p.m

Practicum hours: These hours are scheduled independently with your client. Consider scheduling during day hours until 4p.m. You may also schedule at the Oakland Center- talk to me about this option.

INSTRUCTOR: Francesca Pernice-Duca, Ph.D.
TELEPHONE: Mobile Line: 248-217-7396; Office: 313-577-1718
E-MAIL: perniceduca@wayne.edu
OFFICE HOURS: W: 1-4p.m main campus

Assistants: Jonathon Aguis, MA

Course/Bulletin Description: Theory of psychotherapy, including stages of therapy, issues of therapy, and techniques of therapy with adults

Course Objectives:
1. Understand and effectively use empathy-based theories of psychotherapy and strengthen interpersonal skills related to therapy process.
2. Understand the process and therapeutic issues related to the various stages of psychotherapy.
3. Understand a variety of empathy-based and analytic techniques and skills used in psychotherapy.
5. Understand detection and treatment issues related to domestic violence.
6. Understand the ecological influences of the urban setting upon the characteristics and problems of clients who live there.
7. Revisit ethical codes related to the practice of psychotherapy.
8. Demonstrate therapeutic skills within 12 therapy sessions; conceptualize client issues and treatment approach; use recovery oriented approach to establish healing and recovery; establish goals with the client; develop collaborative working relationship with clients; demonstrate accurate and sustained empathic understanding through responses; appropriately use best therapeutic practices; demonstrate an understanding of client’s metaphoric meaning; generate curiosity and hypotheses about client’s working model of self and other; uncover and use primary emotions to heal attachment injuries; bring to awareness genetic or unconscious material; use uncovered material to develop useful insights and hypotheses by client; provide appropriate and timely responses and interpretations; establish a sustained, but gentle therapeutic movement; and, complete all appropriate paper work in client’s chart.
Required Texts:
4. Miller, W. R. Motivational Interviewing: Helping people change. The following book can be accessed free online through the WSU Library

Course Assignments:
1. **EDP 7240:** Be up to date with readings and demonstrate mastery through class discussion and content-driven examination.
   a. Weekly chapter quizzes on Systems of Psychotherapy Text book online. We may or may not cover each of these readings in class, but you need to know them for your state exam.
   b. We will cover various therapy topics in class using a “flipped classroom” model where you read the materials online and then come to class to practice. Be ready to role play and have fun with concepts.
   c. Book Presentation Review- Select a book you may recommend to a client. Prepare a one page summary for your fellow therapist and create a library of resources.

2. **EDP 8319 Pre-Practicum Experience**
   a. **Complete Treatment Plan and Psychosocial Assessment.** You will develop a treatment plan for your client and conduct a psychosocial assessment.
   b. You will be assigned a client with whom you will conduct 8-12 sessions. You will select 2-3 sessions that will be audio recorded for feedback. **Begin each recording with your name, date and session number.**
   c. Participate in supervision

Pre-Practicum Procedures

1. You will be responsible for scheduling and meeting with your client at either the WSU Counseling Clinic or arrange for a room at the WSU Oakland Center. If you are unable to make days and times on these campus, you will need permission from the instructor about alternative locations to meet with your client.
2. Each student will have folder with their name located in the “clinic file cabinet.” This folder contains all the forms necessary for you and the client. Please keep all paperwork in this folder throughout the semester.

3. All students must submit a copy of their graduate student liability form. This form should be placed in your file within the clinic cabinet. Random audits will be conducted to ensure your insurance form is located in this file.

4. Students will be assigned an audio recorder. This recorder is to capture sessions with your client. You will have your client sign a consent form permitting us to do this.

5. All audio files will be sent to me.

6. You must complete and submit the Consent Form for Therapy, Client Face Sheet, Psychosocial History after the first session. Submit these forms to your T.A. for approval and signatures. Place these forms in your clinic folder. Folders will be audited by the TA and instructor.

7. After each client session, including the first session, you must complete and progress note. Submit your Weekly Progress Notes promptly after each session. Place these notes in your clinic folder.

8. A complete set of weekly notes will be maintained in the file cabinet- located outside room 337 Education after being submitted to the T.A. with the Face Sheet, Psychosocial History, Psychotherapy Notes, and Treatment Notes. The Closing Summary will be submitted at the time of termination. The student is responsible for keeping the chart up-to-date and for the final audit of the chart to ensure its completeness for submission to the professor prior to being given credit for the course. Recording equipment must be returned at the conclusion of the therapy. Each student is encouraged to continue with their client beyond the end of the class. Either the TA or this instructor will continue supervision.

9. In-Class Group Supervision: We will determine dates during the semester to hold group supervision for the practicum component of the course. This will be an opportunity to share your case with others and receive constructive feedback and support from your instructor.

10. Remember, you are bound by confidentiality and any discussion of a client must protect that person’s identity and be conducted only in the most professional manner and in compliance to the APA Code of Ethics and HIPAA.

Class Policies

You must also maintain a log of the number of sessions, calls, session attempts you have with your client. I suggest if the university is closed, you reschedule your sessions as well.

1. Attend each class and participate freely. Attendance and active participation is expected for each class. This is designed as interactive class and you will be asked to role-play, work with peers, and engage in group work. You must provide notice that you will not be in class. If there is inclement weather, you will be notified via the WSU alert system.

2. Students who lose their clients before the required sessions will profit from starting with another client and conducting the therapy sessions with her/him. Keep the professor informed if you suspect that your client may leave before the 6th session.

3. I do not give incomplete grades (I) as a general rule. If students lose their client and need to start over with a new client, additional time will be needed and granted throughout the Spring semester. An incomplete will be given only with my prior approval. Otherwise, grades will be given on the work available to me at the time of the final examination.

Academic Dishonesty/Plagiarism
The College of Education has a “zero tolerance” approach to plagiarism and other forms of academic dishonesty. (See Student Code of Conduct http://doso.wayne.edu/assets/student-code-of-conduct-brochure.pdf). Plagiarism includes copying material (any more than 5 consecutive words) from outside texts or presenting outside information as if it were your own by not crediting authors through citations. It can be deliberate or unintended. Specific examples of academic dishonesty, including what constitutes plagiarism, can be found in the University’s Undergraduate Bulletin (http://bulletins.wayne.edu/ubk-output/index.html) and Graduate Catalog (http://www.bulletins.wayne.edu/gbk-output/index.html) under the heading “Student Ethics.” These university policies are also included as a link on Blackboard within each course in which students are enrolled. It is every student’s responsibility to read these documents to be aware which actions are defined as plagiarism and academic dishonesty. Sanctions could include failure in the course involved, probation and expulsion, so students are advised to think carefully and thoroughly, ask for help from instructors if it is needed, and make smart decisions about their academic work.

Class Schedule

Tuesday Supervision Following Class
- 7:15-8:10

Empathy Training Nights. Please refer to class schedule to know when we will be implementing
- 4:30- 5:45pm Empathy Training Groups as Scheduled (be prompt!)
- Break- 10 minutes
- 5:50-7:15pm Class Lecture

Class Lecture Nights
- 4:30-5:45 Class Lecture and in Class Activity
- Break- 15 minutes
- 6-7:15

Grading System

1. EDP 7240: examinations covering the assigned reading material and class lecture that cover theoretical approaches.

2. EDP 8319: Psychotherapy skills as demonstrated on a recording of the student’s choice, which is turned in at the time of client termination. This recording is evaluated by the instructor (see Objective #7 for criteria) in the context of previous counseling sessions. The skills demonstrated on the recording based on satisfying the stated expectations for therapy with the client and the final audit of the client’s chart will be used to arrive at the grade for EDP 8319.

Completion of all clinic forms and assessment. Unsatisfactory assessments will be returned for an opportunity to revise and resubmit. This will be part of your grade for 8319 and 7240.

Graduate Grades:

A 96%+
B+ 87-89%
C+ 77-79%
F Less than 69% or less

A- 90-95%
B 84-86%
C 74-76%
Enrollment/Withdrawal Policy

Students must add classes no later than the end of the first week of classes. This includes online classes. Students may continue to drop classes (with full tuition cancellation) through the first two weeks of the term.

Students who withdraw from a course after the end of the 5th week of class will receive a grade of WP, WF, or WN.

- WP will be awarded if the student is passing the course (based on work due to date) at the time the withdrawal is requested
- WF will be awarded if the student is failing the course (based on work due to date) at the time the withdrawal is requested
- WN will be awarded if no materials have been submitted, and so there is no basis for a grade

Students must submit their withdrawal request on-line through Pipeline. The faculty member must approve the withdrawal request before it becomes final, and students should continue to attend class until they receive notification via email that the withdrawal has been approved.

Beginning the fifth week of class students are no longer allowed to drop but must withdraw from classes. The last day to withdraw will be at the end of the 10th full week of classes. The withdrawal date for courses longer or shorter than the full 15-week terms will be adjusted proportionately.

See the university webpage for full details: http://reg.wayne.edu/students/information.php

Attention Students with Disabilities:

If you have a documented disability that requires accommodations, you will need to register with Student Disability Services (SDS) for coordination of your academic accommodations. The Student Disability Services (SDS) office is located at 1600 David Adamany Undergraduate Library in the Student Academic Success Services department. SDS telephone number is 313-577-1851 or 313-202-4216 (video phone). Once you have your accommodations in place, I will be glad to meet with you privately during my office hours to discuss your special needs. Student Disability Services’ mission is to assist the university in creating an accessible community where students with disabilities have an equal opportunity to fully participate in their educational experience at Wayne State University.

Please be aware that a delay in getting SDS accommodation letters for the current semester may hinder the availability or facilitation of those accommodations in a timely manner. Therefore, it is in your best interest to get your accommodation letters as early in the semester as possible.

Religious Observance Policy:

Because of the extraordinary variety of religious affiliations represented in the University student body and staff, the Wayne State University calendar makes no provision for religious holidays. It is University policy, however, to respect the faith and religious obligations of the individual. Students who find that their classes or examinations involve conflicts with their religious observances are expected to notify their instructors well in advance so that alternative
arrangements as suitable as possible may be worked out.

**Resources**

Wayne State University Writing Center:

The Writing Center (2nd floor, UGL) provides individual tutoring consultations free of charge for students at Wayne State University. While the center serves both graduate and undergraduate students, undergraduate students in General Education courses, including composition courses, receive priority for tutoring appointments. The Writing Center serves as a resource for writers, providing tutoring sessions on the range of activities in the writing process—considering the audience, analyzing the assignment or genre, brainstorming, researching, writing drafts, revising, editing, and preparing documentation. The Writing Center is not an editing or proofreading service; rather, students are guided as they engage collaboratively in the process of academic writing, from developing an idea to correctly citing sources. To make an appointment, consult the Writing Center website: [http://www.clas.wayne.edu/writing/](http://www.clas.wayne.edu/writing/).

To submit material for online tutoring, consult the Writing Center HOOT website (Hypertext One-on-One Tutoring) [http://www.clas.wayne.edu/unit-inner.asp?WebPageID=1330](http://www.clas.wayne.edu/unit-inner.asp?WebPageID=1330).
Tentative Class Schedule

- There will be a weekly online quiz after each class on the materials
- Additional materials, lectures, and quizzes will be in located in a folder for each class session, e.g., Session 1, 2, etc

Part I: Therapy

1. Jan. 10 Basics of Therapy
   Session 1 Blackboard
   Topics:
   - Structure and beginning therapy; taking a client history; malpractice insurance; note taking; clinical forms; recording sessions and confidentiality; and internship issues.
   - Supervision issues
   - Basics of Therapy
   - Confidentiality and Consent revisited
   - Empathy

   Read: Systems of Psychotherapy: Ch. 16 Integrative Therapies

2. Jan. 17
   Session 2 Blackboard
   Topics: Defense Mechanisms, Projective Identification-Introjection/Gaslighting
   - Psychoanalytic/Psychodynamic Theories
     - Norcross Book: Ch.1 & 12
     - Systems of Psychotherapy: Ch. 1 -3 Psychoanalytic Therapies/ Psychodynamic Therapies
     - QUIZ

3. Jan 24
   Session 3 Blackboard
   Topics:
   - Crises and Suicide/Homicide and Risk Behaviors
   - Existential Therapies / Alliance in Therapy, Empathy, and Transference
     - Norcross: Ch.2 Alliance in Individual Therapy
     - Ch.6 Empathy
     - Systems of Psychotherapy: Ch. 4 Existential Therapies
     - QUIZ
4. Jan 31
   **Session 4 Blackboard**

   **Topics:** Person Centered Therapy, Positive Regard, Genuineness

   **Humanism**
   - Systems of Psychotherapy: Ch.5 Person Centered Therapies
   - Norcross:
     - Ch.8 Positive Regard & Affirmation
     - Ch.9 Congruence/Genuineness
     - Ch.11 Repairing Alliance Ruptures
   - QUIZ on chapter in systems book

5. Feb 7:
   **Session 5 Blackboard**
   **Topics:** Substance Abuse
   Read: Motivational Interviewing Online text

   **Experiential Therapies & Interpersonal**
   - Systems: Ch. 6 & 7
   - QUIZ

6. Feb 14- online
   **Session 6 Blackboard**
   **Readings** Exposure Therapies & Behavior Therapies
   - Systems of Psychotherapy: Ch.8 Exposure Therapies
   - Quiz

7. Feb 21
   **Session 7 Blackboard**
   **CBT Interventions**

   **Readings** Cognitive Therapies
   - Systems of Psychotherapy… Ch.10 Cognitive Therapies
   - Quiz

8. Feb 28  Third Wave Therapies
   **Session 8 Blackboard**
   **Readings**
   - Solution Focused Therapy whole book
   - Quiz

9. Mar 7 Solution Focused Therapy
   **Session 9 Blackboard**
Topics: Applications of Solution Focused
Readings
  - Finish reading book
  - Quiz

10. Mar 14 Spring Break

11. Mar 21  Post Modern Approaches
  Session 10 Blackboard
  - Topic: Mindfulness, Acceptance Commitment Therapy
    Systems of Psychotherapy… Ch. 11 Third Wave Therapies
  - Quiz

12. MAR 28 Post Modern Approaches
  Session 11 Blackboard
  - Systems of Psychotherapy… Ch. 15 Constructivist Therapies
    Ch.13 Gender-Sensitive Therapies
    Ch.14 Multicultural Therapies
  - Quiz

13. Apr 4
  Session 12 Blackboard
  Systems of Psychotherapy… Ch. 17 Comparative Conclusions

14. Apr 11  Therapeutic Book Review Discussion and Exchange

Complete all required paperwork for Pre-Practicum client