Syllabus
2014

DIVISION: Theoretical and Behavioral Foundations
PROGRAM AREA: Educational Psychology
COURSE: EDP 7240, Psychotherapy with Adults (3cr.) / EDP 8319, Practicum in Psychotherapy (1cr.)

REFERENCE/SECTION: EDP 7240/21584-002 EDP 8319/24048-001
COUSE CREDIT: 3 credit course, 1 credit Practicum
TERM/YEAR: Winter 2014
COURSE LOCATION: 300 Education Building- Wayne State University-
DAY/TIME: Thursday 4:30 PM -7:15 PM
INSTRUCTOR: Francesca Pernice-Duca, Ph.D.
TELEPHONE: Dr. Duca: Mobile Line: 248-217-7396: Office: 313-577-1718
E-MAIL: perniceduca@wayne.edu
OFFICE HOURS: W: 1-4p.m.
Th: 1-4 p.m. Other times by appointment

Teaching Assistants: Heather Chateauvert hchateau@wayne.edu
TA #2 TBA

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 (EDP 7240 & EDP 8319): Demonstrate on 10-12 therapy session; 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:

3. Miller, W. R. Motivational Interviewing: Helping people change. The following book can be accessed free online through the WSU Library.

Motivational interviewing [electronic resource]: helping people change
EBOOK
Miller, William R. (William Richard)
c2013
Connect to Online Resource (WSU authorized users)
AVAIL. ONLINE - Libraries Electronic Books - ELECTRONIC BOOKS-DDA -

4. Assigned Readings

Assignments:

1. EDP 7240: Be up to date with readings and demonstrate mastery through class discussion and content-driven examination.

   **Psychopathology and Case Conceptualization Treatment-Presentation.** You and your group of 2 additional peers will select a disorder from last semester’s psychopathology course. Provide an overview of the disorder, and conceptualization of the disorder from a client’s perspective (case presentation) and then present a treatment approach. Your team will review theories, articles, and provide hand-outs for your peers during the presentation. You will present a powerpoint or video or anything that will help your audience learn about the disorder and the best treatment approach. The treatment approach must be informed by theory and data. (25%)

2. EDP 8319 Practicum Experience: You will be assigned a client with whom you will conduct 10-12 sessions that are audio recorded. Begin each recording with your name, date and session number. This recording is to be delivered via Dropbox, to either your TA or to me as instructed by your TA. It is expected you will have one session per week and the recording is a clear and audible recording. If you wish specific feedback, write a critique of the session. The critique should include:
   a. the developing themes of the session (3-6 sentences)
   b. a self-evaluation of your therapeutic skills
   c. where, or with what section, you wish help

You must complete and submit the Consent Form for Therapy, Face Sheet, Psychosocial History after the first session. Submit these forms to your T.A. for approval and signatures. Submit your Weekly Progress Notes promptly after each session.

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 be 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.

**Group Supervision:** We will determine dates during the semester to hold group supervision for the practicum component of the course. These will consist of hour meetings held immediately before class or after class depending on availability. This will be an opportunity to share your case with others and receive constructive feedback and support from your instructor.

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.

Evaluation and Grading:

Total Points: 200
1. **EDP 7240**: Three examinations will be given covering the assigned reading material and class lecture (150pts). One group presentation on selected disorder and therapy (50pts)

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 student will write a one page critique of her/his therapy skills indicating what he/she learned about oneself and one’s strengths and weaknesses conducting psychotherapy and a plan to acquire needed skills and knowledge. 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.

**Class Policies:**
1. Attend each class and participate freely. Attendance is expected for each class. Students missing more than two classes will lose 10 points per class.

2. Students who lose their clients before the required 10-12 sessions will profit from starting with another client and conducting the 10-12 therapy sessions with her/him. Keep the professor informed if you suspect that your client may leave before the 10th 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. 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.

**College/University Policies**

**Academic Dishonesty**

No form of academic dishonesty will be tolerated. You are in this class to learn, and you must commit the effort to obtaining your own knowledge and skills. You should already be aware, but for specific examples of academic dishonesty, including what constitutes plagiarism, you should read the Undergraduate and Undergraduate Bulletins found at [http://www.bulletins.wayne.edu/](http://www.bulletins.wayne.edu/). The Student Due Process Policy at [http://students.slis.wayne.edu/policies/index.php](http://students.slis.wayne.edu/policies/index.php) and any other formal documents that are created for students at WSU found through [www.wayne.edu](http://www.wayne.edu). You will be asked to sign a "denial of academic dishonesty/pledge of authenticity" statement and attach it to each product turned in for credit in this class. Any academic dishonesty will clearly be considered premeditated and not accidental. Expulsion is probably not worth the few hours of work you will avoid by cheating, so please think carefully and thoroughly, ask for help when needed, and make smart decisions.

**WSU Plagiarism Policy**: Plagiarism includes copying material (more than 5 consecutive words) from outside texts or presenting outside information as if it were your own or by not crediting authors through citations. (APA cites require author, year, and page number for direct quotes in quotation marks and for paraphrases with no quotation marks.) It can be deliberate or unintended. If in doubt about the use of a source, cite it. University policy states that students can be subject to multiple sanctions, from reprimand to expulsion as a consequence of academic dishonesty. Students caught plagiarizing information from other sources will receive a failing grade in the course. To enforce this policy, all outside references must be submitted with assignments. [Check out web resources related to plagiarism](http://www.wayne.edu/policies) to learn more. For instance a good plagiarism definition can be found at: [http://www.suite101.com/content/a-definition-for-plagiarism-a102323](http://www.suite101.com/content/a-definition-for-plagiarism-a102323) and paraphrasing examples good and bad at [http://library.csusm.edu/plagiarism/howtoavoid/how_avoid_paraphrase.htm](http://library.csusm.edu/plagiarism/howtoavoid/how_avoid_paraphrase.htm).

**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 provisions 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. They are expected to notify their instructors well in advance so that alternative arrangements as suitable as possible may be worked out.

**Student Disability Services**

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 313-577-3365 (TDD only). 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.

**Withdrawal Deadline**

**Withdrawal Policy**: Students who withdraw from a course after the end of the 4th 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 withdrawal has been approved. Withdrawals can be requested at any point from the fifth week of class through the end of the 10th week of classes. Students are sent two communications each semester regarding course withdrawals and deadlines for withdrawing. The medical withdrawal process can be initiated for up to three months following the end of a term, and is not impacted by this change in withdrawal deadline. Exceptions for other reasons would be considered only when circumstances beyond a student’s control affect ability to complete course requirements, and occur after the end of the withdrawal period and prior to the beginning of the final examination period. In no case will a late withdrawal be approved after a student has taken the final exam, or received a final grade in the class. The appropriate remedy for a poor grade is normally to repeat the course. If questions exist about exceptions for course withdrawal after the deadline, please consult with the Office of the Registrar prior to advising a student to seek an exception.
Tenative Class Schedule
Revised 1.14.14

Date Objective and Readings

1) Jan.9 Overview of class and assignments; structure and beginning therapy; taking a client history; malpractice insurance; note taking; clinical forms; recording sessions and confidentiality; and internship issues.

2) Jan. 16 Basics of Therapy- Comparing the Therapies
   • Mental status exam
   • Systems of Psychotherpy: Ch. 1
Alliance in Therapy
   • Norcross: Ch.1, Ch.2, Ch.4, Ch.11

3) Jan. 24 Psychodynamic Therapies,
   • Systems of Psychotherpy: Ch. 2, 3
   • Norcross: Ch. 12, 13

4) Jan.30 Humanisim
   • Systems: Ch. 5
   • Norcross: Ch. 6, 7, 8, 9

5) Feb.6 Existential, Experiential, and Interpersonal Theories
   • Systems of Psychotherpy: Ch. 4, 6, 7

6) Feb 13 Exam I

7) Feb.20 Introduction to Motivational Interviewing
Read Chapters Part I: 1, 2, 3
   • Norcross: Ch 14 Stages of Change
Introduction to Person-Centered Planning
   • How Philosophy Can Inform Practice – Yale Recovery Center - Tondora et al.
   • Norcross: Ch. 10 & 15

8) Feb.27 Attachment; Use of the metaphor. The metaphor as an empathic tool.
   Read: Norcross: Ch. 17 Coping Style
   Norcross: Chap19 Attachment Style
View: Gifts in psychotherapy (mov).

9) Mar.6 Solution-Focused Therapy
   • Online Reading: Solution Focused Methods

10) Mar.13 Break

11) Mar.20 Behavioral and Exposure Therapies
   • Systems Ch. 8 Exposure Therapies
   Ch. 9 Behavior Therapies
   Ch. 10 Cognitive Therapies
   • Norcorss: Ch.18 Expecatations

12) Mar.27 Exam 2:
13) Apr. 3  Multicultural Theories
   • Systems: Ch. 12 Gender Sensitive Therapies & Ch. 13 Multicultural Theories
   • Norcross: Ch. 16 Culture

Conductivism & Integrative Therapies
   • Systems: Ch. 14
   • Systems: Ch. 15

14) Apr. 10  Crises Intervention, Suicide Assessment, & Grief Lecture
Detecting intimate partner and child abuse in clinical settings; The sexual victimization, cycle of violence.

Read: Grief and crisis

15) Apr. 17  Pulling it all together- Finding your theory and style
   • Systems: Ch. 16 Comparative Conclusions & Ch. 17 Future of psychotherapy
   • Norcross: Ch. 21

16) Apr. 24  Exam 3 Final Recording and Audit of Client’s Chart are Due