

Approaches to Clinical Psychology

Psy 3333.001 | Spring 2022
MW 11:30-12:45 | CRA 12.110

Professor: Regina Kakhnovets Ybarra, Ph.D.



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972-883-2326



Green Hall 4.526



Office Hours on MS Teams or in person – by appt.

Schedule at: <https://tinyurl.com/RYbarraBookings>

Course Description

This course will provide a survey of therapeutic approaches used in modern psychotherapy. Topics covered include a variety of psychotherapeutic approaches, including psychodynamic, behavioral, humanistic, cognitive, and medical. The course will also focus on therapeutic assessment, modern updates to treatment, graduate school, and other professional issues.

Prerequisite

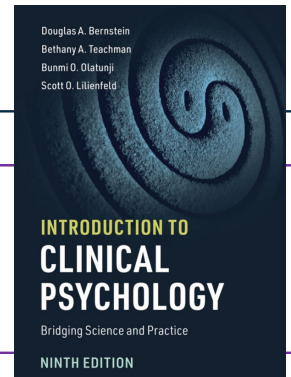
- Psychology 2301

Course Objectives

- Describe the science of clinical psychology.
- Describe and analyze various ways clinical psychologists approach mental health from a variety of therapeutic perspectives.
- Understand the role of modern, evidence-based practices in the field of clinical psychology.
- Identify major tasks and responsibilities of clinical psychologists.
- Explain the different models of training of clinical psychologists.
- Identify ethical issues faced by clinical psychologists in their daily practice.

Required Text

- Bernstein, D.A., Teachman, B. A., Olatunji, B. O., & Lilienfeld, S. O. (2021). *Introduction to Clinical Psychology: Bridging Science and Practice, 9th Edition*. Cambridge University Press: Cambridge, UK.
- Purchase through Perusall; Register through eLearning



Classroom Safety and COVID-19: Masks and Vaccinations





To help preserve the University's in-person learning environment, UT Dallas recommends that everyone adhere to the University's [CDC Updated Guidelines](#) issued on July 30, 2021. All students are encouraged to read the [Recommendations for Students Returning to Campus](#) issued on August 2, 2021. **All Comets are strongly encouraged to wear face coverings indoors regardless of vaccination status.**

Vaccinations are widely available, free, and not billed to health insurance. The vaccine will help protect against the transmission of the virus to others and reduce serious symptoms in those who are vaccinated. I encourage you to get a COVID-19 vaccine and register your vaccination status through the [voluntary vaccine report form](#). All Comets will be expected to complete the mandatory [Required Daily Health Screening](#). Visit [Comets United webpage](#) for the latest information on the University's guidance and resources for campus health and safety.



Please do not come to class if you are sick. UTD requires students who test positive for COVID-19 or who are close contacts as determined by the campus contact tracing program to isolate or quarantine as applicable. Students need to self-report COVID-19 positive results or exposures via an [online form](#) so that university campus tracers can verify, record, and take necessary campus precautions. Once you notify the university, the Dean of Students' Office will contact me to verify that you are ill and I will work with you to make sure that you are able to complete the course work.

Course Tools

Tool	Description
eLearning 	<p>eLearning is an online Learning Management System available for all courses. I will post the course syllabus and announcements here. You will use eLearning to complete the course exams, and to access course assignments, lecture videos and other materials. I will update your gradebook in eLearning so that you can see your progress in the course. You can use the email in eLearning to contact me, but it would be much easier and faster to do in Microsoft Teams (see below).</p> <p>Technical Requirements In addition to a confident level of computer and Internet literacy, certain minimum technical requirements must be met to enable a successful learning experience. Please review the important technical requirements on the Getting Started with eLearning webpage.</p> <p>Course Access and Navigation This course can be accessed using your UT Dallas NetID account on the eLearning website. Please see the course access and navigation section of the Getting Started with eLearning webpage for more information. To become familiar with the eLearning tool, please see the Student eLearning Tutorials webpage.</p> <p>UT Dallas provides eLearning technical support 24 hours a day, 7 days a week. The eLearning Support Center includes a toll-free telephone number for immediate assistance (1-866-588-3192), email request service, and an online chat service.</p>
Perusall 	<p>Perusall helps you master readings faster, understand the material better, and get more out of your classes. To achieve this goal, you will be collaboratively annotating the textbook and completing discussion/application assignments with others in your class. The help you'll get and provide your classmates (even if you don't know anyone personally) will get you past confusions quickly and will make the process more fun. While you read, you'll receive rapid answers to your questions, help others resolve their questions (which also helps you learn), and advise me how to make class time most productive.</p> <p>Perusall assignments will be linked through eLearning. You will not need to create a separate account. Assignments will include reading and annotating the textbook, discussing videos, and reading and discussing additional readings.</p>
Microsoft Bookings 	<p>I use Microsoft Bookings to allow students an easy way to be able to schedule meetings with me. By following my scheduling link (https://tinyurl.com/RybarraBookings) you can see my availability and schedule a meeting. Once you schedule, the meeting will be automatically added to my calendar and you will receive a confirmation email with the details of the appointment, including a Microsoft Teams Meeting link for online appointments.</p>
Microsoft Teams 	<p>Microsoft Teams is a platform for communication and collaboration. It allows a safe and secure method of communication for students and faculty at UTD. I have created a team for our course and have added you to it. In Teams, you can send me, the course TA, and the course Undergraduate TA direct messages. You can work and communicate with other students. Teams offers a really easy way to be able to communicate with everyone in our class. I will be using Teams for course announcements, questions, and meetings.</p>

Assignments

Assignment	Description
Reading Assignments	The textbook for this class and reading assignments are available through a collaborative annotation/discussion platform, Perusall. For each chapter covered, you will have a reading assignment to complete in Perusall. To successfully complete the assignment, please read the chapter and add comments, annotations, and questions. Please read early! Your grade on Perusall assignments can be improved by accessing the readings multiple times, reading in small chunks (rather than all at once) and by responding to the questions of others. Come back to the reading often and check on the comments made by others, try to answer their questions, or respond to their posts. I will drop your lowest 2 Perusall reading grades when calculating your final grade. Be sure to look over the Perusall information posted on eLearning. Please ONLY access Perusall assignments through the links in eLearning.
Quizzes	Each module will have an online quiz associated with it. The quizzes will cover the assigned readings and lecture material for each module topic. Questions will be drawn from a random question bank and each quiz will be different from any other person's quiz. Quizzes are timed and you will have one attempt to take them within the allotted time window and cannot be made up. That means that while you may have time to look through your notes to answer <i>some</i> questions, you will not have enough time to look at your notes for all questions. Please study and prepare for the quizzes. At the end of the semester, I will drop two of your lowest quiz grades.
Exams	All students will complete a Midterm and a Final Exam. The exams will cover all topics from the course covered in that half of the semester and will be similar in style of questions as the module quizzes. The exams will be administered at the UTD Testing center. You must reserve your exam appointment at least 72 hours in advance (https://ets.utdallas.edu/testing-center/students)
Syllabus Discussion	To help you get more familiar with the course syllabus and Perusall, you will interact with the syllabus in Perusall by asking questions, making annotations, etc. If you complete this assignment by actively participating in the discussion, you will earn a bonus of 0.5% of the final grade.
Class Participation	There will be several activities during the semester for which you can earn class participation points. The activities must be completed during class time and cannot be made up if you miss class and cannot be completed if you are not actually in class. To earn full credit for participation you must collect 100 points (more than 100 points will be available over the course of the semester so you do not need to complete every activity to earn full credit).

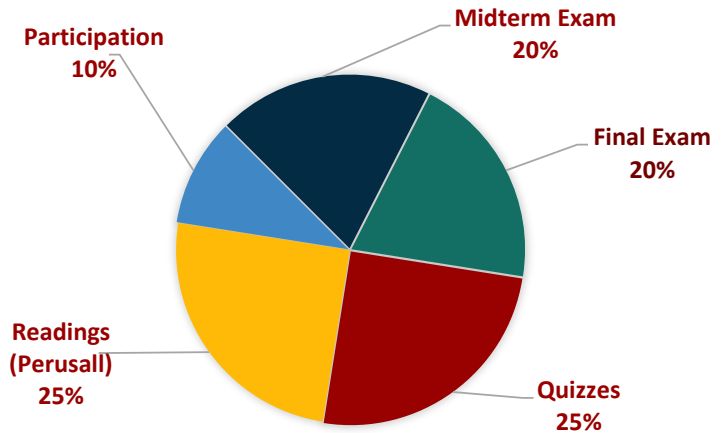
Late Work

All course work will be due by the start of the class on Mondays. I will drop your lowest two Quizzes and Reading assignments. If you submit one of these late, you will receive a zero and it will be one of the two grades dropped. **No late or make-up work (including quizzes) is allowed in this course.** Each quiz will be available on eLearning for about a week, meaning that you can take the quiz at any time during that period. Quizzes started before the deadline but submitted after the deadline will NOT be accepted. **Please be aware that emergencies and illnesses come up unexpectedly and grade drops are intended to help with these. Please do not use up your drops early in the semester for nonemergency circumstances as more than 2 of each type of grade will not be dropped. Exams cannot be taken early and can only be rescheduled with confirmed UTD Quarantine.**

Grading

GRADE CALCULATION

LETTER	PERCENTAGE
A+	97-100
A	93-96.9
A-	90-92.9
B+	87-89.9
B	83-86.9
B-	80-82.9
C+	77-79.9
C	73-76.9
C-	70-72.9
D+	67-69.9
D	63-66.9
D-	60-62.9
F	59 or lower



I will not respond to emails asking me to "round up," to change grades for any reason other than an error, or to reconsider my grading policy as described in the syllabus. Making adjustments to grades of only some students is unfair to other students and would require me to act unethically.

Course Format

Overview: The course is designed to be a traditional, synchronous, face-to-face class. No asynchronous option is available and students are expected to attend live class lectures, participate in class discussion and activities, and complete in-person assessments.

Online classes due to COVID-19: UTD has announced that for the first three weeks of school, all classes will be offered synchronously online. This means that you must attend class at a regular time over Microsoft Teams. The link will be sent out to you. Class recordings will NOT be posted and you are expected to participate in classes live and return to in-person meetings when we are all allowed back to campus.



The format of the class will include completing reading assignments and quizzes online. Some lecture videos will also be posted covering important or difficult concepts. These are not recordings of class sessions held this semester, but are asynchronous videos intended to clarify topics. Students are expected to watch the videos in preparation for class each week. During class meetings (online or in-person), we will engage in discussion, demonstrations, and application activities. The live class meetings will not be recorded so that students can feel comfortable sharing their thoughts and opinions without the worry of being recorded. There will also be participation activities for which grade points will be assigned. To earn full credit, you will need to collect 100 participation points. However, there will be at least 120 points available during the semester to accommodate absences and life circumstances that may interfere in coming to class on occasion. There will also be some asynchronous participation activities available for students who cannot attend class due to extenuating circumstances. However, I strongly encourage you to come to class as you will learn more and will also be able to ask questions. I will record attendance in each class for contact tracing purposes, but no grade points will be assigned for attendance.

Course Policies

Classroom Etiquette

Please be courteous to others during class. **In this course, we will touch on some very sensitive and personal issues** The purpose of the class is to inform broadly about the practice of psychotherapy and assessment and professional issues faced by clinical psychologists. The class is NOT intended to provide individual diagnosis and psychotherapy. UTD's Student Counseling Center (972-883-2575) provides students with free and confidential services that may be helpful if the content of this course brings up difficult feelings or thoughts.

Attendance/ Participation

Attendance is not required but I highly encourage you to come to class and participate as much as you can so that you can get the most out of this class. There will be several class participation activities that will make up your class participation grade. I will collect attendance daily to help with COVID-19 contact tracing.

Class Materials

I will provide class materials that will be made available to all students registered for this class as they are intended to supplement the classroom experience. These materials may be downloaded during the course; however, these materials are for registered students' use only. Classroom materials may not be reproduced or shared with those not in class or uploaded to other online environments except to implement an approved Office of Student AccessAbility accommodation. Failure to comply with these University requirements is a violation of the [Student Code of Conduct](#).

Class Recordings

Students are expected to follow appropriate University policies and maintain the security of passwords used to access recorded lectures. Unless the Office of Student AccessAbility has approved the student to record the instruction, students are expressly prohibited from recording any part of this course. Recordings may not be published, reproduced, or shared with those not in the class, or uploaded to other online environments except to implement an approved Office of Student AccessAbility accommodation. Failure to comply with these University requirements is a violation of the [Student Code of Conduct](#).

Technical Requirements

In addition to a confident level of computer and Internet literacy, certain minimum technical requirements must be met to enable a successful learning experience. Please review the important technical requirements on the [Getting Started with eLearning](#) webpage. This course can be accessed using your UT Dallas NetID account on the [eLearning](#) website. Please see the course access and navigation section of the [Getting Started with eLearning](#) webpage for more information. To become familiar with the eLearning tool, please see the [Student eLearning Tutorials](#) webpage.

Technical Difficulties

The University is committed to providing a reliable learning management system to all users. However, in the event of any unexpected server outage or any unusual technical difficulty which prevents students from completing a time sensitive assessment activity, appropriate accommodations may be provided. Students should immediately report any problems to the instructor and also contact the online [eLearning Help Desk](#). The instructor and the eLearning Help Desk will work with the student to resolve any issues at the earliest possible time.

UT Dallas Syllabus Policies and Procedures

The information contained in the following link constitutes the University's policies and procedures segment of the course syllabus. Please go to <http://go.utdallas.edu/syllabus-policies> for these policies. Additional information about some of these is below:

Email

All students must use their UTD student email accounts for communication. I will only respond to email messages sent from your official UTD email address. In your email, please make sure to indicate your course title and section. I will try to respond to all emails within 24 hours during the week and by the next business day when emailed over the weekend.

Academic Dishonesty

Academic dishonesty can occur in relation to any type of work submitted for academic credit or as a requirement for a class. It can include individual work or a group project. Academic dishonesty includes plagiarism, cheating, fabrication, and collaboration/collusion. In order to avoid academic dishonesty, it is important for students to fully understand the expectations of their professors. This is best accomplished through asking clarifying questions if an individual does not completely understand the requirements of an assignment. **Plagiarism** occurs any time someone else's ideas or words are used without proper citation, whether it is intentional or not. This includes taking portions of a paper from the internet, copying the paper of a previous student in the class, producing the same paper as a friend, and paraphrasing someone's research without proper citation. **Any and all academic dishonesty incidents will be reported to the Office of Community Standards and Conduct.**

Special Needs

It is the policy and practice of UT Dallas to make reasonable accommodations for students with properly documented disabilities. If you are a student with a disability and believe you will need academic accommodations for this class, you are encouraged to register with the Office of Student AccessAbility (OSA). Please speak with me if you receive any accommodations.

Helpful Resources

The **Student Counseling Center** offers confidential services to students either for individual appointments or as part of groups. Their main number is 972-883-2575 and the 24/7 Crisis Hotline is 972-883-8255 (972-UTD-TALK).

The **Comet Cupboard** is a UT Dallas food pantry initiative dedicated to helping students in need. The Comet Cupboard is located in MC 1.604, on the first floor of the McDermott Library, and can be contacted by calling 972-883-2709.

The **Student Success Center (SSC)** offers assistance to students in the areas of writing, mathematics, communication, multiple science fields, study skills, and other academic disciplines. Contact info: 972-883-6707 or by sending an email to ssc@utdallas.edu.

Distance Learning Student Resources: Online students have access to resources including the McDermott Library, Academic Advising, The Office of Student AccessAbility, and many others. Please see the [eLearning Current Students](#) webpage for more information.

Comet Creed

This creed was voted on by the UT Dallas student body in 2014. It is a standard that Comets choose to live by and encourage others to do the same:

"As a Comet, I pledge honesty, integrity,
and service in all that I do."

Course Schedule

The descriptions and timelines contained in this syllabus are subject to change at the discretion of the Professor. Any changes to the course schedule will be announced in class and on eLearning.

Dates	Topics/Assignments	Assignments	Due Dates Mondays by start of class (11:30 AM)
Week 1 1/19	Module 0: Course Introduction	<input type="checkbox"/> Read course materials on eLearning <input type="checkbox"/> Perusall Practice: Syllabus (Bonus)	1/24
Week 2 1/24, 1/26	Module 1: What is Clinical Psychology?	<input type="checkbox"/> Perusall Reading: Chapter 1	Suggested: 1/24 Due: 1/26
Week 3 1/31, 2/2	Module 2: Clinical Psychology – Past, Present, and Future	<input type="checkbox"/> Perusall Reading: Chapter 2 <input type="checkbox"/> Quiz – Module 1	1/31
Week 4 2/7, 2/9	Module 3: Becoming a Clinical Psychologist	<input type="checkbox"/> Perusall Reading: Chapter 15 (pp. 477-489), Chapter 16 <input type="checkbox"/> Quiz – Module 2	2/7
Week 5 2/14, 2/16	Module 4: Assessment and Diagnosis	<input type="checkbox"/> Perusall Reading: Chapter 3 <input type="checkbox"/> Quiz – Module 3	2/14
Week 6 2/21, 2/23	Module 5: Assessment – Interviewing and Observation	<input type="checkbox"/> Perusall Reading: Chapter 4 <input type="checkbox"/> Quiz – Module 4	2/21
Week 7 2/28, 3/2	Module 6: Assessment – Testing	<input type="checkbox"/> Perusall Reading: Chapter 5 <input type="checkbox"/> Quiz – Module 5	2/28
Week 8 3/7, 3/9	3/7	Module 7: Clinical Interventions - Basics <input type="checkbox"/> Perusall Reading: Chapter 6 <input type="checkbox"/> Quiz – Module 6	3/7
	3/9	No class meeting 3/7-3/9 – Midterm – covers modules 1-6; Take the exam at the testing center - be sure to reserve your seat no later than 72 hours in advance (https://ets.utdallas.edu/testing-center/students/).	
Spring Break 3/14 – 3/20			
Week 9 3/21, 3/23	Module 8: Clinical Interventions – Research	<input type="checkbox"/> Perusall Reading: Chapter 7 <input type="checkbox"/> Quiz – Module 7	3/21
Week 10 3/28, 3/30	Module 9: Clinical Interventions – Psychoanalytic and Humanistic	<input type="checkbox"/> Perusall Reading: Chapter 8 <input type="checkbox"/> Quiz – Module 8	3/28
Week 11 4/4, 4/6	Module 10: Clinical Interventions – Cognitive, Behavioral, and Acceptance	<input type="checkbox"/> Perusall Reading: Chapters 9 <input type="checkbox"/> Quiz – Module 9	4/4
Week 12 4/11, 4/13	Module 11: Delivering Mental Health Services	<input type="checkbox"/> Perusall Reading: Chapter 10 <input type="checkbox"/> Quiz – Module 10	4/11
Week 13 4/18, 4/20	Module 12:	<input type="checkbox"/> Perusall Reading: Chapter <input type="checkbox"/> Quiz – Module 11	4/18
Week 14 4/25, 4/27	Module 13:	<input type="checkbox"/> Perusall Reading: Chapter <input type="checkbox"/> Quiz – Module 12	4/25
Week 15 5/2, 5/4	Module 14: Practice Issues	<input type="checkbox"/> Perusall Reading: Chapter 15 (pp. 490-516) <input type="checkbox"/> Quiz – Module 13	5/2
5/11-5/12	Final Exam – Covers Modules 7- 14. Take the exam at the testing center – be sure to reserve your seat no later than 72 hours in advance (https://ets.utdallas.edu/testing-center/students/).		