

## SYLLABUS

### Course Information:

COUN 5399: Independent Study Advanced Theories and Evidence Based Practice

Semester: Fall 2021

Course Location: Online (Synchronous & Asynchronous)

### Instructor Information:

Instructor: Erin West, Ph.D., LPC

Office Hours: By Appointment via Zoom

Office: HPR 214

Email: [ewest@uttyler.edu](mailto:ewest@uttyler.edu)

### Course Catalog Description:

This course is designed to provide students with a greater understanding of evidence based practices (i.e., Motivational Interviewing, Cognitive Behavioral Therapy, Dialectical Behavioral Therapy) and how evidence based practices are determined. Additionally, students will engage in an in depth study of a major counseling theory covered in COUN 5312 Counseling Theories.

### Course Prerequisites:

COUN 5312 Counseling Theories; COUN 5392 Helping Relationships

### Student Learning Outcomes and Assessments:

Upon successful completion of this course, a student will be able to:

1. Articulate theories and theoretical assumptions associated with evidence based practices (i.e., Motivational Interviewing, CBT, DBT), and a major counseling theory.
2. Apply evidence based practices and personal theory to conceptualize sample therapy cases, form hypotheses for treatment based on available initial data, and understand and describe evidence based practices and a major counseling theories adaptations to a variety of psychological problems.
3. Develop initial skills in applying evidence based practices and strategies from a major counseling theory.

Each learning outcome will be assessed with written assignments, role-play, class discussion and participation.

### Required Text:

Readings for this class will be provided by the instructor, additionally students will identify a theory they wish to explore further and will obtain a book from the list in this syllabus that pertains to the theory.

*Note: A student at UT-Tyler is not under any obligation to purchase a textbook from a university affiliated bookstore. The same textbook may also be available from an independent retailer, including an online retailer*

### Recommended Text:

APA 7<sup>th</sup> Edition Publication Manual

### CACREP 2016 Standards addressed through this course:

*CACREP Common Core Standards II.G.*

5. HELPING RELATIONSHIPS—studies that provide an understanding of the counseling process in a multicultural society, including all of the following:
- d. Counseling theories that provide the student with models to conceptualize client presentation and that help the student select appropriate counseling interventions. Students will be exposed to models of counseling that are consistent with current professional research and practice in the field so they begin to develop a personal model of counseling;

*CACREP Clinical Mental Health Counseling Standards*

1. Understands a variety of models and theories related to clinical mental health counseling, including the methods, models, and principles of clinical supervision. (III.A.5) 2
2. Understands current literature that outlines theories, approaches, strategies, and techniques shown to be effective when working with specific populations of clients with mental and emotional disorders. (III.E.3)
3. Demonstrates the ability to modify counseling systems, theories, techniques, and interventions to make them culturally appropriate for diverse populations. (III.F.3)

**Course Policies:**

**Participation:** Participation is an essential component of this class. Students are expected to come to class fully prepared to actively participate in class activities and discussions.

**Ethical Behavior:** Ethical behavior is important in every professional endeavor. It is of paramount importance in your graduate degree because you will be working directly with people in need. Ethical violations and unprofessional behavior will result in course failure, an incomplete grade, or other appropriate action. Remediation will be determined by the instructor.

**Course Assignments**

**Modules (100 points)**

There are 10 modules in CANVAS for you to complete as part of this class (you can earn 10 points for each module). Modules consist of readings, videos, discussion posts, and other activities. Modules will become available on Saturdays at 12:01 AM; modules are due (to be completed by) Fridays at midnight (for specific dates please see the course schedule). Late modules will not be accepted.

**Evidence Based Practice Reflection (50 points)**

Evidence based approaches and practice is a topic of growing popularity in the mental health arena. The topic is complex with real world implications for the services Licensed Professional Counselors provide and the processes of documenting and getting reimbursed for those services. In your own words, please discuss what you perceive as being the pros and cons of the push to use evidence based approaches with clients. This paper should be at least three double spaced APA formatted pages. This means three pages of content (title and reference page do not count as pages of content).

**Theory of Change Paper (100 points)**

In a minimum of five content pages (APA formatted, double spaced, title and reference pages do not count towards the five page number) discuss your beliefs about how people change and how this relates to your chosen theory. In the first half of the paper focus on your beliefs about how people

change, how problems can develop for people, and assumptions you hold about human beings and the therapeutic process. Some questions for reflection are:

- What are some of the core assumptions that inform your therapy approach?
- How do you believe people change?
- How do people become stuck/how do problems develop?
- How does the change process work?
- What hinders change from occurring?

In the second half of the paper focus on theory and how your theory fits in with the beliefs you outlined.

- Theory – what is your theory, how does it fit with your beliefs about change?
- For this section please reflect on and reference the book you read for this class, you are also welcome to reference other credible sources. Remember to use APA citations if you are referencing someone else’s work.

**Requirements/Grading**

During the semester you will have opportunities to earn up to 400 points for your final grade. Grading is on the following scale: 100%-90% = A; 89%-80% = B; 79%-70% = C; 69% or less = F. You must receive an A or B to receive credit for passing this course.

|  |                   |
|--|-------------------|
| Modules (10 modules, 10 points per module) | 100 points        |
| Evidence Based Practice Reflection         | 50 points         |
| Theory of Change Paper                     | 100 points        |
| <b>Total Points Possible</b>               | <b>250 points</b> |

**Late Policy**

Assignments are due prior to the date specified on the course schedule in the syllabus. Late modules will not be accepted. Late papers will be reduced by 10% (one letter grade) for each day the paper is late. After three days past the due date, late papers will no longer be accepted.

**APA Format and Writing Tips**

All papers must be presented professionally. Unless otherwise instructed they should be prepared in Microsoft Word (or compatible format), double spaced on 8.5 x 11 paper, using 12 point Times New Roman font, following the writing style, formatting, and referencing guidelines of the American Psychological Association (APA) Manual, 7<sup>th</sup> edition. Copies of the manual are available in the university bookstore and library.

**Tentative Course Plan**

| <b>Week</b> | <b>Topic</b>                                   | <b>Assignment/Readings</b>                    |
|-------------|--|---|
| 8/23        | <b>Synchronous:</b><br>Overview of Class       | Module 1                                      |
| 8/30        | <i>Introduction to Evidence Based Practice</i> | Module 2                                      |
| 9/6         | <i>Dialectical Behavior Therapy</i>            | Module 3                                      |
| 9/13        | <i>Motivational Interviewing</i>               | Module 4                                      |
| 9/20        | <i>Cognitive Behavioral Therapy</i>            | Module 5                                      |
| 9/27        | <i>Developing Your Theoretical Orientation</i> | <b>Evidence Based Practice Reflection Due</b> |

|       |   |   |
|-------|---|---|
|       |   | Module 6  |
| 10/4  | Apply your theory to Client Ellen                   | Theory of Choice Book   |
| 10/11 | Theory Reflection:<br>Solution Focused<br>Narrative | Theory of Choice Book<br>Module 7   |
| 10/18 | Apply your theory to Client Andrew                  | Theory of Choice Book   |
| 10/25 | Theory Reflection:<br>Feminist and IPT              | Theory of Choice Book<br>Module 8   |
| 11/1  | Apply your theory to Client James                   | Theory of Choice Book   |
| 11/8  | Theory Reflection:<br>Existential                   | Theory of Choice Book<br>Module 9   |
| 11/15 | Apply your theory to Client Linda                   | Theory of Choice Book   |
| 11/22 | THANKSGIVING  | THANKSGIVING  |
| 11/29 | Theory Reflection:<br>Person-centered               | Theory of Choice Book<br>Module 10<br><b>Theory of Change Paper Due Friday<br/>Midnight</b> |
| 12/6  | Apply your theory to Client Ralph                   |   |

**Book Options for Class:**

**Cognitive Behavioral Therapy:**

Beck, J. S. (2011). *Cognitive behavior therapy: Basics and beyond*. 2<sup>nd</sup> Ed. The Guilford Press.

Wright, J. H., Brown, G. K., Thase, M. E., & Ramirez Basco, M. (2017). *Learning cognitive behavior therapy: An illustrated guide*. 2<sup>nd</sup> Ed. American Psychiatric Association Publishing.

**Reality Therapy/Choice Theory:**

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Wubbolding, R. E. (2013). *Reality therapy for the 21st century*. Routledge.

### **Gestalt Therapy**

Perls, F. S., & Hefferline, R. F. (1994). *Gestalt therapy: Excitement and growth in the human personality*. The Gestalt Journal Press. Gouldsboro, ME

### **Solution Focused Theory**

Interviewing for Solutions 4<sup>th</sup> Edition by Peter De Jong & Insoo Kim Berg

### **Narrative Therapy**

Parry, A., & Doan, R. E. (1994). *Story re-visions: Narrative therapy in the postmodern world*. The Guilford Press.

Combs, G. & Freedman, J. (1996). *Narrative therapy: The social constructions of preferred realities*. WW Norton & Company

### **Person Centered Therapy:**

Rogers, C., (1995). *A way of being*. Houghton Mifflin Company.

Rogers, C. (1995). *On becoming a person*. Houghton Mifflin Company.

### **Existential Therapy:**

Fabry, J. B. (1988). *Guideposts to meaning: Discovering what really matters*. New Harbinger Pubns Inc.

### **Individual Psychology/Adlerain**

Carlson, J., Watts, R. E., & Maniaci, M. (2006). *Adlerian therapy: Theory and practice*. American Psychological Association.

Oberst, U. E., & Stewart. A. E. (2003). *Adlerian psychotherapy: An advanced approach to individual psychology*. Routledge.

### **Feminist Therapy:**

Evans, K. M., Kincade, E. A., & Seem, S. R. (2011). *Introduction to feminist therapy: Strategies for social and individual change*. Sage.

## **University Policies**

### **UT Tyler Honor Code**

Every member of the UT Tyler community joins together to embrace: Honor and integrity that will not allow me to lie, cheat, or steal, nor to accept the actions of those who do.

### **Students Rights and Responsibilities**

To know and understand the policies that affect your rights and responsibilities as a student at UT Tyler, please follow this link: <http://www.uttyler.edu/wellness/rightsresponsibilities.php>

### **Campus Carry**

We respect the right and privacy of students 21 and over who are duly licensed to carry concealed weapons in this class. License holders are expected to behave responsibly and keep a handgun

secure and concealed. More information is available at <http://www.uttyler.edu/about/campus-carry/index.php>

#### UT Tyler a Tobacco-Free University

All forms of tobacco will not be permitted on the UT Tyler main campus, branch campuses, and any property owned by UT Tyler. This applies to all members of the University community, including students, faculty, staff, University affiliates, contractors, and visitors.

Forms of tobacco not permitted include cigarettes, cigars, pipes, water pipes (hookah), bidis, kreteks, electronic cigarettes, smokeless tobacco, snuff, chewing tobacco, and all other tobacco products.

There are several cessation programs available to students looking to quit smoking, including counseling, quitlines, and group support. For more information on cessation programs please visit [www.uttyler.edu/tobacco-free](http://www.uttyler.edu/tobacco-free).

#### Grade Replacement/Forgiveness and Census Date Policies

Students repeating a course for grade forgiveness (grade replacement) must file a Grade Replacement Contract with the Enrollment Services Center (ADM 230) on or before the Census Date of the semester in which the course will be repeated. (For Fall, the Census Date is Sept. 12.) Grade Replacement Contracts are available in the Enrollment Services Center or at <http://www.uttyler.edu/registrar>. Each semester's Census Date can be found on the Contract itself, on the Academic Calendar, or in the information pamphlets published each semester by the Office of the Registrar.

Failure to file a Grade Replacement Contract will result in both the original and repeated grade being used to calculate your overall grade point average. Undergraduates are eligible to exercise grade replacement for only three course repeats during their career at UT Tyler; graduates are eligible for two grade replacements. Full policy details are printed on each Grade Replacement Contract. The Census Date (Sept. 12th) is the deadline for many forms and enrollment actions of which students need to be aware. These include:

- Submitting Grade Replacement Contracts, Transient Forms, requests to withhold directory information, approvals for taking courses as Audit, Pass/Fail or Credit/No Credit.
- Receiving 100% refunds for partial withdrawals. (There is no refund for these after the Census Date)
- Schedule adjustments (section changes, adding a new class, dropping without a "W" grade)
- Being reinstated or re-enrolled in classes after being dropped for non-payment
- Completing the process for tuition exemptions or

waivers through financial aid

#### State-Mandated Course Drop Policy

Texas law prohibits a student who began college for the first time in Fall 2007 or thereafter from dropping more than six courses during their entire undergraduate career. This includes courses dropped at another 2-year or 4-year Texas public college or university. For purposes of this rule, a dropped course is any course that is dropped after the census date (See Academic Calendar for the specific date).

Exceptions to the 6-drop rule may be found in the catalog. Petitions for exemptions must be submitted to the Enrollment Services Center and must be accompanied by documentation of the extenuating circumstance. Please contact the Enrollment Services Center if you have any questions.

#### Disability/Accessibility Services

In accordance with Section 504 of the Rehabilitation Act, Americans with Disabilities Act (ADA) and the ADA Amendments Act (ADAAA) the University of Texas at Tyler offers accommodations to

students with learning, physical and/or psychological disabilities. If you have a disability, including a non-visible diagnosis such as a learning disorder, chronic illness, TBI, PTSD, ADHD, or you have a history of modifications or accommodations in a previous educational environment, you are encouraged to visit <https://hood.accessiblelearning.com/UTTyler> and fill out the New Student application. The Student Accessibility and Resources (SAR) office will contact you when your application has been submitted and an appointment with Cynthia Lowery, Assistant Director of Student Services/ADA Coordinator. For more information, including filling out an application for services, please visit the SAR webpage at <http://www.uttyler.edu/disabilityservices>, the SAR office located in the University Center, # 3150 or call 903.566.7079.

#### Student Absence due to Religious Observance

Students who anticipate being absent from class due to a religious observance are requested to inform the instructor of such absences by the second class meeting of the semester.

#### Student Absence for University-Sponsored Events and Activities

If you intend to be absent for a university-sponsored event or activity, you (or the event sponsor) must notify the instructor at least two weeks prior to the date of the planned absence. At that time the instructor will set a date and time when make-up assignments will be completed.

#### Social Security and FERPA Statement

It is the policy of The University of Texas at Tyler to protect the confidential nature of social security numbers. The University has changed its computer programming so that all students have an identification number. The electronic transmission of grades (e.g., via e-mail) risks violation of the Family Educational Rights and Privacy Act; grades will not be transmitted electronically.

#### Emergency Exits and Evacuation

Everyone is required to exit the building when a fire alarm goes off. Follow your instructor's directions regarding the appropriate exit. If you require assistance during an evacuation, inform your instructor in the first week of class. Do not re-enter the building unless given permission by University Police, Fire department, or Fire Prevention Services.

#### Student Standards of Academic Conduct

Disciplinary proceedings may be initiated against any student who engages in scholastic dishonesty, including, but not limited to, cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts.

- i. "Cheating" includes, but is not limited to:
  - copying from another student's test paper;
  - using, during a test, materials not authorized by the person giving the test;
  - failure to comply with instructions given by the person administering the test;
  - possession during a test of materials which are not authorized by the person giving the test, such as class notes or specifically designed "crib notes". The presence of textbooks constitutes a violation if they have been specifically prohibited by the person administering the test;
  - using, buying, stealing, transporting, or soliciting in whole or part the contents of an unadministered test, test key, homework solution, or computer program;
  - collaborating with or seeking aid from another student during a test or other assignment without authority;

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- discussing the contents of an examination with another student who will take the examination;
  - divulging the contents of an examination, for the purpose of preserving questions for use by another, when the instructor has designated that the examination is not to be removed from the examination room or not to be returned or to be kept by the student;
  - substituting for another person, or permitting another person to substitute for oneself to take a course, a test, or any course-related assignment;
  - paying or offering money or other valuable thing to, or coercing another person to obtain an unadministered test, test key, homework solution, or computer program or information about an unadministered test, test key, home solution or computer program;
  - falsifying research data, laboratory reports, and/or other academic work offered for credit;
  - taking, keeping, misplacing, or damaging the property of The University of Texas at Tyler, or of another, if the student knows or reasonably should know that an unfair academic advantage would be gained by such conduct; and
  - misrepresenting facts, including providing false grades or resumes, for the purpose of obtaining an academic or financial benefit or injuring another student academically or financially.
- ii. “Plagiarism” includes, but is not limited to, the appropriation, buying, receiving as a gift, or obtaining by any means another’s work and the submission of it as one’s own academic work offered for credit.
- iii. “Collusion” includes, but is not limited to, the unauthorized collaboration with another person in preparing academic assignments offered for credit or collaboration with another person to commit a violation of any section of the rules on scholastic dishonesty.
- iv. All written work that is submitted will be subject to review by plagiarism software.

### UT Tyler Resources for Students

- [UT Tyler Writing Center](https://www.uttyler.edu/writingcenter) (903.565.5995), [writingcenter@uttyler.edu](mailto:writingcenter@uttyler.edu)
- [UT Tyler Tutoring Center](https://www.uttyler.edu/tutoring) (903.565.5964), [tutoring@uttyler.edu](mailto:tutoring@uttyler.edu)
- The Mathematics Learning Center, RBN 4021, this is the open access computer lab for math students, with tutors on duty to assist students who are enrolled in early-career courses.
- [UT Tyler Counseling Center](https://www.uttyler.edu/counseling) (903.566.7254)