

## **PSYC 5312.001 Evidence Based Psychotherapy**

**Fall 2023**

**Class Meeting:** Thursday 10am-12:45pm HPR 253

**Office Hours:** Thursdays 1:00-2:00, Wednesday 1-3pm & by appointment

**Instructor:** Olga Berkout, Ph.D. Assistant Professor | **Office:** HPR 219 | **Phone:** 903-566-7341 | [oberkout@uttyler.edu](mailto:oberkout@uttyler.edu) (best way to reach me)

### **Course Catalog Description**

**PSYC 5312: Evidence Based Psychotherapy (3 hours)** This course will provide an overview of evidence-based interventions and considerations in their application. Students will integrate case conceptualization and application of empirically supported approaches with consideration of factors important for successful implementation, such as client culture and context. Role plays will be used to develop skills throughout the course.

**Student Learning Outcomes:** Students will integrate case conceptualization and treatment, understand evidence-based practice across psychological difficulties, and demonstrate effective application of intervention techniques.

#### **Required Readings:**

Barlow, D.H. (2021). *Clinical Handbook of Psychological Disorders: A Step-by-Step Treatment Manual, 6<sup>th</sup> Edition*. Guilford.

May be accessible at: <https://ebookcentral.proquest.com/lib/uttyler/detail.action?docID=6637368>

Article readings as listed on course schedule below, available on Canvas.

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.

### **Course Structure and Instructor Expectations**

In this course, class time is largely comprised of lectures, activities, and discussions. You should come to class prepared to discuss assigned readings and to be actively involved in your own learning, by asking questions and being engaged in class activities.

### **Requirements/Grading**

Please check course announcements/email regularly for any changes in requirements. Attendance is expected and needed to do well in the class.

**Exams: (69%)** Students will take three exams over the course of this class. Students should prepare for the exams by reviewing class readings, lecture slides, role play experience, and notes.

**Experiential Reflections (31%)** Students will engage in experiential exercises designed to provide more extensive experience with evidence-based strategies covered in class.

### Grade Composition PSYC 5312

- Exam 1 23%
- Exam 2 23%
- Exam 3 23%
- Experiential Reflections 31%

### Grades:

**A=90-100%**

**B=80-89%**

**C=70-79%**

**D=60-69%**

**F=59% and below**

Rounding is done following mathematical convention, 89.5 would be rounded to a 90, 89.4 to an 89.

### Tentative Course Schedule (please check course announcements/email regularly for any changes)

Article readings are available on Canvas

	Topic	Readings/Assignments.
Week 1: 8/24	Evidence-Based Practice	Tolin et al., 2015
Week 2: 8/31	Behavioral Principles & Application to Youth Behavior Difficulties	Kazdin, 2017
Week 3: 9/7	Behavioral Activation for Depression	Chapter 9 <b>Experiential Reflection 1 due 9/7 11:59pm</b>
Week 4: 9/14	Cognitive Principles & Application to Depression	Clark, 2014
Week 5: 9/21	<b>Exam 1</b>	<b>Exam 1 due 9/21 11:59pm</b>
Week 6: 9/28	Exposure for Panic Disorder & Agoraphobia	Chapter 1
Week 7: 10/5	Exposure and Response Prevention for OCD	Chapter 4 <b>Experiential Reflection 2 due 10/5 11:59pm</b>

Week 8: 10/12	Cognitive Processing Therapy and treatment of PTSD	Chapter 2
Week 9: 10/19	Treatment of Eating Disorders	Chapter 18 <b>Experiential Reflection 3 due 10/19 11:59pm</b>
Week 10: 10/26	<b>Exam 2</b>	<b>Exam 2 due 10/26 11:59pm</b>
Week 11: 11/2	Acceptance and Commitment Therapy	Levin et al., 2013
Week 12: 11/9	Unified Protocol for Emotional Disorders	Chapter 6 <b>Experiential Reflection 4 due 11/9 11:59pm</b>
Week 13: 11/16	Dialectical Behavior Therapy	Chapter 10 Linehan & Wilks, 2015
<b>11/20-11/24 Fall Break No Class</b>		
Week 15: 11/30	Enhancing Motivation	Rollnick & Allison, 2004 <b>Experiential Reflection 5 due 11/30 11:59pm</b>
Week 16: 12/7	<b>Exam 3</b>	<b>Exam 3 due 12/7 11:59pm</b>

### University Policies

**Withdrawing from Class** - Students, you are allowed to [withdrawLinks to an external site.](#) (drop) from this course through the [Withdrawal PortalLinks to an external site.](#) Withdrawing from classes can impact Financial Aid, Scholarships, Veteran Benefits, Exemptions, Waivers, International Student Status, housing, and degree progress. Please read this page, speak with your instructors, consider your options, and speak with your instructor. UT Tyler faculty and staff are here for our students and often can provide additional support options or student assistance. Please read the implications for withdrawing from a course and the instructions on using the Withdrawal portal on the [Registrar's Withdrawal pageLinks to an external site.](#)

Texas law prohibits students 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 other 2-year or 4-year Texas public

colleges and universities. Consider the impact withdrawing from this class has on your academic progress and other areas, such as financial implications. We encourage you to consult your advisor(s) and financial aid for additional guidance. CAUTION #1: Withdrawing before census day does not mean you get a full refund. Please see the [Tuition and Fee Refund ScheduleLinks to an external site.](#) CAUTION #2: All international students must check with the [Office of International ProgramsLinks to an external site.](#) before withdrawing. All international students are required to enroll full-time for fall and spring terms. CAUTION #3: All UT Tyler Athletes must check with the Athletic Academic Coordinator before withdrawing from a course. CAUTION #4: All veterans or military-affiliated students should consult with the [Military and Veterans Success CenterLinks to an external site.](#)

**Final Exam Policy:** Final examinations are administered as scheduled. If unusual circumstances require that special arrangements be made for an individual student or class, the Dean of the appropriate college, after consultation with the faculty member involved, may authorize an exception to the schedule. Faculty members must maintain student final examination papers for a minimum of three months following the examination date.

**Incomplete Grade Policy:** If a student, because of extenuating circumstances, is unable to complete all of the requirements for a course by the end of the semester, then the instructor may recommend an Incomplete (I) for the course. The "I" may be assigned in place of a grade only when all of the following conditions are met: (a) the student has been making satisfactory progress in the course; (b) the student is unable to complete all coursework or final exam due to unusual circumstances that are beyond personal control and are acceptable to the instructor, and (c) the student presents these reasons before the time that the final grade roster is due. The semester credit hours for an Incomplete will not be used to calculate the grade point average. The student and the instructor must submit an Incomplete Form detailing the work required and the time by which the work must be completed to their respective department chair or college dean for approval. The time limit established must not exceed one year. Should the student fail to meet all of the work for the course within the time limit, then the instructor may assign zeros to the unfinished work, compute the course average for the student, and assign the appropriate grade. If a grade has yet to be assigned within one year, then the Incomplete will be changed to an F, or NC. If the course was initially taken under the CR/NC grading basis, this may adversely affect the student's academic standing.

**Grade Appeal Policy:** - Disputes regarding grades must be initiated within sixty (60) days from the date of receiving the final course grade by filing a Grade Appeal Form with the instructor who assigned the grade; this is separate from the Application for Appeal form submitted to the Student Appeals Committee, which

does not rule on grade disputes as described in this policy. If the student is not satisfied with the decision, the student may appeal in writing to the Chairperson of the department from which the grade was issued. In situations where there is an allegation of capricious grading, discrimination, or unlawful actions, appeals may go beyond the Chairperson to the Dean of the college from which the grade was issued, with that decision being final. The Grade Appeal form is found in the [Registrar's Form Library](#).[Links to an external site.](#)

**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 a history of modifications or accommodations in a previous educational environment, you are encouraged to visit <https://hood.accessiblelearning.com/UTTyler>[Links to an external site.](#) 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 the Assistant Director Student Accessibility and Resources/ADA Coordinator. For more information, including filling out an application for services, please visit the SAR webpage at <https://www.uttyler.edu/disability-services>[Links to an external site.](#), the SAR office located in the University Center, # 3150, or call 903.566.7079."

**Military Affiliated Students:** UT Tyler honors the service and sacrifices of our military-affiliated students. If you are a student who is a veteran, on active duty, in the reserves or National Guard, or a military spouse or dependent, please stay in contact with your faculty member if any aspect of your present or prior service or family situation makes it difficult for you to fulfill the requirements of a course or creates disruption in your academic progress. It is important to make your faculty member aware of any complications as far in advance as possible. Your faculty member is willing to work with you and, if needed, put you in contact with university staff who are trained to assist you. The [Military and Veterans Success Center \(MVSC\)](#)[Links to an external site.](#) has campus resources for military-affiliated students. The MVSC can be reached at MVSC@uttyler.edu or via phone at 903.565.5972.

**Academic Honesty and Academic Misconduct:** The UT Tyler community comes together to pledge that "Honor and integrity will not allow me to lie, cheat, or steal, nor to accept the actions of those who do." Therefore, we enforce the [Student Conduct and Discipline policy](#)[Links to an external site.](#) in the Student Manual Of Operating Procedures (Section 8).

**FERPA** - UT Tyler follows the Family Educational Rights and Privacy Act (FERPA) as noted in [University Policy 5.2.3Links to an external site.](#). The course instructor will follow all requirements to protect your confidential information.

**Absence for Official University Events or Activities:** This course follows the practices related to approved absences as noted by the Student Manual of Operating Procedures ([Sec. 1 -501Links to an external site.](#)).

**Absence for Religious Holidays:** This course follows the practices related to [Excused Absences for Religious Holy Days as noted in the CatalogLinks to an external site.](#).

**Campus Carry:** We respect the right and privacy of students 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>.[Links to an external site.](#)

### **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 <http://www.uttyler.edu/tobacco-free>

### **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>

### **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;
  - 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 detection software.

## **Recording of Class Sessions**

Although no current recording is planned, class sessions may be recorded by the instructor for use by students enrolled in this course. Recordings that contain personally identifiable information or other information subject to FERPA shall not be shared with individuals not enrolled in this course unless appropriate consent is obtained from all relevant students. Class recordings are reserved only for the use of students enrolled in the course and only for educational purposes. Course recordings should not be shared outside of the course in any form without express permission.

## **Resources Available to UT Tyler Students**

- [UT Tyler Counseling Center \(Links to an external site.\)](#)(available to all students)
- [TAO Online Support Center \(Links to an external site.\)](#)(online self-help modules related to mental & emotional health)
- [Military and Veterans Success Center \(Links to an external site.\)](#)(supports for all of our military affiliated students)
- [UT Tyler Patriot Food Pantry \(Links to an external site.\)](#)
- [UT Tyler Financial Aid and Scholarships \(Links to an external site.\)](#)
- [UT Tyler Registrar's Office \(Links to an external site.\)](#)
- [Office of International Programs \(Links to an external site.\)](#)
- [Title IX Reporting \(Links to an external site.\)](#)
- [Patriots Engage \(Links to an external site.\)](#) (available to all students. Get engaged at UT Tyler.)
- [Office of Research & Scholarship Design and Data Analysis Lab](#)