

Course Information: PSYC 5392 Spring 2022

Class Meeting: Tuesdays 9:30-12:15, BEP 215

Office Hours: Wednesdays 1-4pm, by appointment Mondays

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

Course Catalog Description: A clinical skills course emphasizing the acquisition of practical therapeutic techniques through skill building sessions and modeling. Direct supervision using audio/video recordings will be provided. CR/NC only. Prerequisite: Grade of "B" or better in PSYC 5308, 5312, and 5328; and departmental consent.

This course is designed for advanced graduate students in clinical psychology. Students will learn more about themselves in relation to others, while learning basic clinical skills and beginning techniques for clinical interviewing, treatment planning, report writing, and individual therapy and practical consideration in their application. Familiarity with the DSM-5 is required. In addition to didactic learning, students will complete skill building sessions with a partner and digitally record their interviewing and psychotherapy techniques. You will receive supervision and feedback on your clinical skills throughout the course.

Required Text:

Sommers-Flanigan, J. & Sommers-Flanagan, R. (2017). *Clinical Interviewing*, 6th ed. John Wiley & Sons: NY. ISBN: 9781119365082

*****Other readings as assigned.**

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.

Evaluation and Grading: (1000 points total)

In all aspects of your transition from student to professional, I will be supporting you and challenging you to expand your knowledge base, to increase your breadth and depth of skill, and to improve your attitudes and dispositions related to your work. In order to provide structure to this assessment the following points have been assigned to portions of your performance. It is my expectation that you can earn an "A" in this class if you demonstrate mastery of the appropriate skills, complete assignments in a timely fashion, demonstrate an awareness and adherence to ethical decision-making processes, and demonstrate an attitude of seeking excellence in your therapeutic skills. Because attendance and participation are central to learning in this course, absences will result in a significant loss of points and **three or more unexcused absences will result in a final grade of No Credit on your transcript.** Absences due to circumstances outside student control, such as illness, death in the family, and similar will be considered excused. Final determination of whether an absence is excused is determined by the instructor.

Tentative overview of assignments subject to change at instructor discretion

Professionalism	220 points	Attendance, in-class participation, supervision participation, quality of participation, timeliness in submission of requested information, and effort
Case Conceptualization & Treatment Plan Presentations	100 points	Presentations of the key components relevant to your case & how these inform treatment. Please use the behavioral or second/third wave cognitive behavioral framework discussed in class.
Skill Building Session 1 & Intake	200 points	Session (100 points) & Intake Report (100 points)
Skill Building Session 2 & Intake	200 points	Session (100 points) & Intake Report (100 points)
Skill Building Session 3 & SOAP Note	140 points	Session (100 points) & SOAP Note (40 points)
Skill Building Session 4 & SOAP Note	140 points	Session (100 points) & SOAP Note (40 points)

80% = Credit (CR on transcript)

Below 80% = No Credit (NC on transcript)

Tentative schedule subject to change at instructor discretion

Date	Topics	Readings/Assignments
Week 1: 1/11/22	Introduction to Intakes and Clinical Practice	SF 1 & 2
Week 2: 1/18/22	Intake Interviewing & Report Writing	SF 3 & 8 Skill Build #1 partner information due Availability for SB#1 supervision due
Week 3: 1/25/22	Diagnosis, Treatment Planning, Behavioral Functional Analysis for Case Conceptualization	SF 11 Yoman, 2008
Week 4: 2/1/22	Empathic Listening & Session Documentation	Skill Build #1 due and Intake Report #1 due Availability for SB#2 supervision due SF 4 Cameron & turtle song 2002

		Supervision meetings this week
Week 5: 2/8/22	Directive Listening & Intake #1 Discussion Cognitive Model for Case Conceptualization	SF 5 Waltman & Sokol 2017 Supervision meetings this week
Week 6: 2/15/22	Directing Towards Action & Values	SF6 Berkout 2021 Skill Build #2 and Intake Report #2 due Supervision meetings this week
Week 7: 2/22/22	Suicide Assessment & Intake #2 Discussion	SF10 Supervision meetings this week
Week 8: 3/1/22	Challenging Clients & Situations & ACT: A Third Wave Cognitive Model for Case Conceptualization	SF12 Twohig 2009 Availability for SB#3 supervision due
3/7/22-3/12/22 SPRING BREAK		
Week 10: 3/15/22	Working with Young Clients	SF13
Week 11: 3/22/22	Technology in Practice Case Conceptualization & Treatment Plan Presentations	SF15 Skill Build #3 and SOAP note due Availability for SB#4 supervision due Supervision meetings this week
Week 12: 3/29/22	Case Conceptualization & Treatment Plan Presentations & Skill Build #3 Discussion	Supervision meetings this week
Week 13: 4/5/22	Case Conceptualization & Treatment Plan Presentations Group Supervision #1 for SB4	Skill Build #4 and SOAP note due Supervision meetings this week
Week 14: 4/12/22	Group Supervision #2 for SB4	Supervision meetings this week
Week 15: 4/19/22	Group Supervision #3 for SB4	

Berkout O.V. (2021). Working with values: An overview of approaches and considerations in implementation. *Behavior Analysis in Practice*. <https://doi.org/10.1007/s40617-021-00589-1>

Cameron, S., & turtle-song, I. (2002). Learning to write case notes using the SOAP format.

Journal of Counseling & Development, 80(3), 286–292. <https://doi.org/10.1002/j.1556-6678.2002.tb00193.x>

Twohig, M. P. (2009). The application of Acceptance and Commitment Therapy to Obsessive-Compulsive Disorder. *Cognitive and Behavioral Practice*, 16(1), 18–28.

<https://doi.org/10.1016/j.cbpra.2008.02.008>

Waltman, S. H. & Sokol, L. (2017). The generic model of Cognitive Behavioral Therapy. In S.G. Hofman & G.J.G. Asmundson (Eds.) *The science of Cognitive Behavioral Therapy* (pp.

3–17). Elsevier. <https://doi.org/10.1016/b978-0-12-803457-6.00001-5>

Yoman, J. (2008). A primer on functional analysis. *Cognitive and Behavioral Practice*, 15(3),

325–340. <https://doi.org/10.1016/j.cbpra.2008.01.002>