

Course: PSYC 5380.002 Acceptance and Commitment Therapy Seminar

Semester: Spring 2024

Class Meeting: Tuesday 9:30-12:15 WT 133

Office Hours: Wednesday 1-2:30pm Thursdays 11:00-12:30, & by appointment

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: Seminars of topical interest in specialized areas of psychology.

Course Description: This class will provide an in-depth overview of Acceptance and Commitment Therapy (ACT) a third wave cognitive behavioral therapy, which integrates acceptance and mindfulness with principles of behavior change. We will review the basic philosophical and research principles that inform ACT and their application. The class will include experiential exercises, role plays, case conceptualization exercises, and reviews of the empirical literature.

Student Learning Outcomes: After participating in the class, you will be able to:

- Understand basic theoretical principles that inform the ACT approach
- Conceptualize how ACT processes play a role in psychopathology and therapeutic change
- Utilize common ACT intervention strategies to target processes contributing to psychological difficulties
- Know the empirical support currently available for ACT
- Describe protocols and adaptations of ACT for common difficulties

Required Readings:

Luoma, J. B., Hayes, S. C., & Walser, R. D. (2017). *Learning ACT: An acceptance and commitment therapy skills-training manual for therapists (Second Ed.)*. Oakland, CA: New Harbinger.

Article readings as listed on course schedule, 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.

Requirements/Grading

Subject to change at instructor discretion. Please check course announcements and email regularly for any changes in requirements.

1. **Reflections 20%** Throughout the course, you will be asked to do brief experiential activities that will help you practice engaging with the processes described in class. In response to these activities, you will be asked to submit brief reflections on the experience. Please focus on your

reaction to the exercise itself, you do not need to self-disclose personal information in reflections. If you felt strongly opposed to engaging in a particular activity you may reflect upon this.

2. Student Led Exercise 6.4% Each of you will find an ACT exercise that should take about 10 minutes to complete and lead the class through practicing this.

3. Article Discussion Leader 6% Each of you will have a role as an article discussion leader. In this role, you will summarize key points of the article you are discussing and raise key points relevant to course discussion.

4. Attendance and Participation 15.6% You are expected to attend class and participate.

5. Case Conceptualization Assignments 52%. Each of you will find a fictional character that is struggling with a diagnosis that you are interested in treating. This should be a character where enough detail is given. You will submit several assignments related to case conceptualization of this character along with a presentation of case conceptualization and treatment plan to the class.

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: 1/16	Contextual behavioral science, relational frame theory, and theoretical assumptions	
Week 2: 1/23	Psychological flexibility model and ACBS	Chapter 1
Week 3: 1/30	Acceptance	Case History due Article for discussion: Zarling & Scheffert, 2021 Chapter 2

Week 4: 2/6	Defusion	Reflection #1 due Article for discussion: Leckey et al., 2023 Chapter 3
Week 5: 2/13	Flexible Attention to the Present	Article for discussion: Palitsky & Kaplan, 2021 Acceptance & Defusion in Case Conceptualization due Chapter 4
Week 6: 2/20	Self as Context	Article for discussion: Davis et al., 2021 Reflection #2 due Chapter 5
Week 7: 2/27	Values	Article for discussion: Kohrt et al., 2023 Self as Context & Present Moment in Case Conceptualization due Chapter 6
Week 8: 3/5	Committed Action	Article for discussion: Luoma et al., 2019 Reflection #3 due Chapter 7
Spring Break 3/11-3/15		
Week 10: 3/19	Case Conceptualization	Article for discussion: Masuda et al., 2022 Values & Committed Action in Case Conceptualization due Chapter 8
Week 11: 3/26	Other Approaches within Contextual Behavioral Science	Reflection #4 due Article for discussion: Bem et al., 2021 Neff et al., 2023 Wilson & Coan, 2021
Week 12: 4/2	Case Conceptualization Presentations	
Week 13: 4/9	Case Conceptualization Presentations	
Week 14: 4/16	Case Conceptualization Presentations	
Week 15: 4/23	Student led exercises	

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 page](#)[Links 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 Schedule](#)[Links to an external site.](#) CAUTION #2: All international students must check with the [Office of International Programs](#)[Links 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 Center](#)[Links 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 5.2.3](#)[Links 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 -501](#)[Links 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 [Catalog](#)[Links 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.](#)

Resources available to UT Tyler Students

[UT Tyler Counseling Center](#) [Links to an external site.](#) (available to all students)

[My SSP App](#)[Links to an external site.](#) (24/7 access to Student Support Program counseling through phone or chat and online wellness resources available in a variety of languages)

[Student Assistance and Advocacy Center](#)[Links to an external site.](#)

[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.)