



Psychotherapeutic Theories and Modalities

NURS 5365

Fall 2022

Scheduled Class Days and Times: Online

Instructor's Name: Dr. Sandra Petersen

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Office Hours: Virtual Office Hours: Monday 7-9 CST and available via appointment

*Best way to contact me.

Instructor's Name: Dr. Laura Hays

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Office Hours: Virtual Office Hours: (List the Days/Times – 6-9 CST and available via appointment, email, conference call, and/or Zoom.

*Best way to contact me is by text.

Course Description: This course provides an overview of major concepts, theories, and research related to psychotherapeutic treatments for mental disorders across the lifespan. Emphasis is placed on the integration of two content areas: psychotherapeutic case formulation and treatment planning; and the application of evidence-based brief psychotherapies for the treatment of particular disorders, symptoms and issues. Application of therapeutic approaches such as Cognitive Behavioral Therapy and Motivational Interviewing will be examined in detail through a case-based learning approach. <https://www.uttyler.edu/catalog/>

Prerequisites: NURS 5357

Corequisites: None

Student Learning Outcomes:

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

1) Explain the function of both the therapist and client in terms of techniques and

procedures undertaken, and the specific nature of the therapeutic relationship within each of the models presented.

2) Demonstrate understanding of the various counseling models presented in terms of underlying philosophy, key concepts, and the goals of therapy.

3) Recognize and define the theory and practice of a variety of theoretical models in counseling and psychotherapy. Appraise the contributions and limitations of each of the counseling models including implications for multicultural contexts and application in clinical settings.

4) Demonstrate the ethical application of techniques in a simulated/actual clinical setting.

Required Textbooks and Readings:

American Psychiatric Association (2022). Diagnostic and statistical manual of mental disorders (5th ed, Text Revision.) (DSM-5-TR). American Psychiatric Association. ISBN: 978-0-89042-576-3

Wheeler, K. (2022). Psychotherapy for the advanced practice psychiatric nurse. Springer Publishing. ISBN: 978-0-8261-9379-7

Wright, J., Brown, G., Thase, M., & Basco, M. (2017). Learning cognitive-behavior therapy: An illustrated guide. Washington, DC: American Psychiatric Association Publishing. ISBN: 97816153710184

If you are in a clinical course, all students are required to have an active InPlace subscription.

Recommended Textbooks and Readings:

American Nurses Association (2015). Nursing: Scope and standards of practice (3rd ed.). Nursingbooks.org. ISBN: 9781558106192

American Psychiatric Nurses Association, International Society of Psychiatric-Mental Health Nurses, American Nurses Association. Psychiatric-mental health nursing: Scope and standards of practice (2nd ed.). ISBN: 9781558105553

American Nurses Association. Psychiatric-mental health nurse practitioner with 2020 addendum (4th ed.). ISBN: 9781935213826

Carlat, D. (2017). The psychiatric interview. Lippincott Williams & Wilkins.

Gehart, D. (2018). Mastering competencies in family therapy: A practical approach to the theories and clinical case documentation (3rd ed.). Cengage. ISBN: 9781305943278

Weisz, J., & Kazdin, A. Evidence-based psychotherapies for children and adolescents (3rd ed.). The Guilford Press. ISBN: 9781462522699

Yalom, I. (2020). The theory and practice of group psychotherapy (6th ed.). Basic Books. ISBN:

9781541617575

Required Course Equipment:

Web Cam and microphone for your computer or contact the instructor.

Special Course Notes:

- 1) Exams and Proctoring Notice: Exams (60% of total grade; 100 possible points per exam):
 - All four exams in the course will be given ONLINE, using a proctored service called ProctorU. You will need to have a webcam and microphone. If you are not able to provide these items, you must contact the instructor as soon as possible so it may be arranged for you to take your exam on campus. You must sign up with ProctorU at the beginning of the semester.
 - Exams must be taken during the time specifically designated. If you are unable to take the exam, notify the instructor and the instructor will determine if a makeup exam is warranted. Any potential make-up exam will be done during finals week only with special permission.
 - Exam dates are listed in the Course Calendar
 - Students must achieve an AVERAGE of 80 on all four exams to pass the course. Even though you may have enough percentage in other areas to raise your overall grade, you still will not pass the course without an 80 overall AVERAGE on all exams.
 - Each exam may be opened during the designated hours listed within Canvas, but you will only have 75-minutes to complete the exam—including the verified time with ProctorU. You must finish the exam by the end time established for the exam. Please pay strict attention to this time limit!
 - The module objectives and assigned readings will guide the selection of items for the tests. Emphasis will be on application and synthesis of knowledge.

1. Unit Exam 1 will cover Modules 1, 2, & 3
2. Unit Exam 2 will cover Modules 4, 5, & 6
3. Unit Exam 3 will cover Modules 7, 8, & 9
4. Unit Exam 4 will cover Modules 10, 11, 12

Grades will not be rounded when calculating the average (79.5 is not rounded to 80, and 89.5 is not rounded to 90). The simple average of all unit exam grades, including a final must be at or above 80% to pass the course. Once the student has achieved a simple unit exam average of 80% or higher, course grades will be determined based on the weighted calculation of exams and other required course work. Students are required to achieve an average of 80% (B) to complete the course successfully

- Absolute integrity is expected from every student in all aspects of the course and students may be dismissed from the program for violations. Cheating on exams will not be tolerated. All persons involved in Academic Dishonesty will be disciplined in accordance

with University Regulations and Procedures. You are responsible for reading and following the student guidelines on academic integrity in the Handbook of Operating Procedures (Link to an external site) for UT Tyler.

- Exams are Not open book. No notes, books, papers, or other aids are to be used during any exam. Students are to work individually and submit the test within the allotted time.
- The only access the student will have to the exam will be immediately afterwards during which you will be allowed to review your test and see which questions were missed once the exam is submitted. You should do this while still online **with and under the supervision of ProctorU**. Do not disconnect **from ProctorU** until you are given specific permission to do so. Otherwise, an incident report will be issued, and an investigation will be pursuant. There will not be a second look at the exam itself. Do not copy questions, take screen shots, or copy the exam questions by any other method.
- When your test is completed, **you must disconnect from the test in Canvas PRIOR TO disconnecting from ProctorU for test security purposes**. Any attempts to copy the examination will be viewed as cheating.
- The Discussion Board in Canvas will offer several days post-test to challenge test questions with pertinent rationale, reference, and page number. Only those challenges supported by a rationale and reference will be reviewed. This will be monitored by faculty.
- If necessary, opportunities for individual review of questions regarding the exam will be allowed within 1 week of the administration of the exam. After that timeframe, the exam will no longer be reviewed.
- Any adjustment to exam grades will be at the discretion of the faculty.
- Grades will be posted on Canvas but should not be considered the official grade for the course until all exams have been taken and final grades have been posted.

2) Estimated Time Commitment Required for Assignments:

Every student is responsible for completing the recommended reading, completing the course module components, assignments, quizzes, and exams according to due dates in the course calendar. Reading assignments consist of associated materials in the course textbooks and this list may be viewed on the course calendar and in each module. All assignments are made with the assumption that required reading assignments will be completed prior to completion of the assignments. Reading of professional materials (books, journals, etc.) is an integral aspect of role development as a nurse practitioner. It is recommended that students engage a minimum of 2-hours daily for materials related to assigned readings, clinical topics, and professional issues associated with the NP role and competencies. Note that considerably more additional hours may be necessary to fully comprehend the didactic content as well as the clinical skills that will be required to fulfill practice as a PMHNP.

Assignments and Weights/Percentage/Point Values

1. Exams (four exams at 15% each) 60%

*The average of your exams must be greater than or equal to 80 to pass the course. Even if you have enough points to pass otherwise, you will not

pass the course without making an 80 average on the four exams. This is to prepare you to sit for state boards.

2. Weekly Module Quizzes 10%

There will be a short Quiz given during each course module. These quizzes will remain open through the semester.

3. Case Formulation 20%

This is a presentation of information found on an initial interview that leads to the development of a Case Formulation for CBT treatment.

4. Motivational Interview is conducted with a partner on Zoom while following a script utilizing change language appropriate for a PMHNP with a client. All students will conduct an interview as a PMHNP.

5. Required Engagement 10%

Zoom meetings are held every Monday to process the week's area of knowledge development. Please prepare for engagement as this will be reflected with Evaluation at the end of the semester. Interpersonal interaction supports the skills necessary for a professional Psychiatric Nurse Practitioner and this engagement is paramount for balancing an on-line process within a relational profession. Muting your camera during the Zoom is less than an engagement.

Grading Scale:

Specific guidelines and grading criteria for all assignments are in the Modules. Final grades for the course will be determined based upon the following point assignments:

- A - 90-100
- B - 80-89
- C - 70-79
- D - 60-69
- F - Below 60

Grades will not be rounded when calculating the average (79.5 is not rounded to 80, and 89.5 is not rounded to 90). The simple average of all unit exam grades, including a final must be at or above 80% to pass the course. Once the student has achieved a simple unit exam average of 80% or higher, course grades will be determined based on the weighted calculation of exams and other required course work. Students are required to achieve an average of 80% (B) to complete the course successfully

Exam and homework materials, questions, and problems are the intellectual property of faculty, UT Tyler, or publishers.

- These materials may not be distributed without permission.

- Distributing or uploading them to online resources destroys the integrity of the assignment and the course, allowing others an unfair advantage by letting them view the materials.
- Uploading these materials to online resources is a violation of UT Tyler's academic misconduct policies and may result in formal conduct charges.
- Sanctions for uploading or otherwise divulging the contents of these materials can include:
 - a reduced or failing grade on an assignment
 - a reduced or failing grade for the course
 - removal from the Nursing program
 - removal from UT Tyler

Late Policy: 5% will be deducted each day an assignment is past due unless prior arrangements have been made with your course faculty. Extenuating circumstances may apply.

Repeating a Course: Students repeating this course may not use previously submitted assignments nor utilize the same patients for an assignment. Submitting the same or slightly modified assignments from previous semesters is considered self-plagiarism and is subject to academic discipline, including failing the assignment or the course.

Attendance and Make-up Policy: Attendance/participation is expected. Make-up for exams, quizzes, assignments, and missed clinical time is at the instructor's discretion.

Graded Course Requirements Information:

Each exam covers 3 modules of material and is taken independently with ProctorU. Each exam covers the material in Zoom sessions, reading assignments, and videos found in the class modules.

The Case Formulation is based upon a clinical encounter with a client. This encounter uses interviewed material with the client to develop a cognitive behavioral (CBT) plan of care. This assignment will be discussed further and will follow the grading rubric as the multi-layered process of case formulation is documented according to a CBT framework.

The Motivational Interview (MI) simulation will have students partner and work together virtually, record their interactions with one role play as client and the other as a PMHNP. Particular scenarios will be chosen for developing an MI script that uses therapeutic language to stir positive change in the client. Each student will experience being a PMHNP and a client so this is an integration of learned material from class.

Calendar of Topics, Readings, and Due Dates:

| Week | Module/Content | Readings: | 4 Exams |
|-------------|---|---|---|
| | Weekly Quizzes = 10 pts ea. Weekly Zoom Monday 7-9p Required participation | Wheeler- A Wright- B Weekly Videos & Slides Read Weekly Articles | CBT Case Formulation MI Script-Interview Zoom Evaluation |

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| 1 Aug 29 | Welcome. Module 1 Ethical Issues within PMHNP Multicultural/ Trauma Influence Telepsychiatry, CBT Principles | See Module Readings A-Ch 1 B-Ch 1-3 | |
| 2 Sept 5 | Module 2 Therapeutic Relationship, Practice Development, Tarasoff | See Module Readings/Videos A-Ch 4 B-Ch 2 | <i>Sept 9 Census Day</i> <i>Labor Day OFF</i> |
| 3 Sept 12 | Module 3 CBT Assessment, Structure, Case Formulation | See Module Readings/Videos A-Ch 8 B-Ch 3, 4 | |
| 4 Sept 19 | Module 4 CBT Automatic Thoughts | See Module Readings/Videos B-Ch 5, 6 | Sept 19 #1 EXAM Modules 1,2,3 |
| 5 Sept 26 | Module 5 CBT to Modify Schemas | See Module Readings/Videos B-Ch 7, 8 | |
| 6 Oct 3 | Module 6 Suicide Risk, Chronic DO, Building Competence | See Module Readings/ Videos B-Ch 9, 10, 11, Appendices 1, 2 | |
| 7 Oct 10 | Module 7 Motivational Interview, SU | See Module Readings/ Videos A-Ch 7, 16 | Due Oct 10 CBT CASE FORMULATION Oct 10 #2 EXAM Modules 4,5,6 |
| 8 Oct 17 | Module 8 Psychodynamic, Supportive, Interpersonal Therapies | See Module Readings/ Videos A-Ch 5, 9 | |
| 9 Oct 24 | Module 9 Humanistic-Existential, Solution-Focused, Pharm/Psychotherapy | See Module Readings/ Videos A-Ch 10, 15 | |
| 10 Oct 31 | Module 10 Exposure Based Therapy | See Module Readings/ Videos No Chapters | Oct 31 #3 EXAM Modules 7,8,9 |
| 11 Nov 7 | Module 11 DBT, Trauma/Dissociation Stabilization, Mindfulness | See Module Readings/ Videos A-Ch 13, 14 | <i>Last Day to WD Nov 7</i> |
| 12 Nov 14 | Module 12 Group and Family Therapy | See Module Readings/ Videos A-12, 13 | |
| Nov 21 | THANKSGIVING BREAK | | |
| 13 Nov 28 | | | Due Nov 28 MI SCRIPT-VIDEO Nov 28 #4 EXAM Modules 10,11,12 |
| 14 Dec 5 | Zoom Participation Self-Eval | | Last Day Dec 10 |

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| Dec 12 | Grades Due Dec 13 | | |
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School of Nursing Policies and Additional Information:

https://www.uttyler.edu/nursing/college/student_guide_and_policies.php

Student Resources to assist you in this course:

[UT Tyler Student Accessibility and Resource \(SAR\) Office](#) (provides needed accommodations to students with document needs related to access and learning)

[UT Tyler Writing Center](#)

[The Mathematics Learning Center](#)

[UT Tyler PASS Tutoring Center](#)

[UT Tyler Supplemental Instruction](#)

[Robert Muntz Library \(Links to an external site.\)](#) and [Library Liaison](#)

[Canvas 101](#) (learn to use Canvas, proctoring, Unicheck, and other software)

Digital Support Toolkit (for supported courses only. Students are automatically enrolled in the toolkit for supported courses)

LIB 422 -- Computer Lab where students can take a proctored exam

[The Career Success Center](#)

[UT Tyler Testing Center](#)

[Office of Research & Scholarship Design and Data Analysis Lab](#)

Resources available to UT Tyler Students

[UT Tyler Counseling Center](#) (available to all students)

[TAO Online Support Center](#) (online self-help modules related to mental & emotional health)

[Military and Veterans Success Center](#) (support for all of our military-affiliated students)

[UT Tyler Patriot Food Pantry](#)

[UT Tyler Financial Aid and Scholarships](#)

[UT Tyler Registrar's Office](#)

[Office of International Programs](#)

[Title IX Reporting](#)

[Patriots Engage](#) (available to all students. Get engaged at UT Tyler.)

University Policies and Information

Withdrawing from Class: Students, you are allowed to [withdraw](#) (drop) from this course through the University's Withdrawal Portal. 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. Make sure to consider the impact withdrawing from this class has on your academic progress as well as the 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](#). CAUTION #2: All international students must check with the [Office of International Programs](#) before withdrawing. All international students are required to enroll full-time for fall and spring terms.

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 are required to 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 lieu 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 course work 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 prior to 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 for a student.

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 complete 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 not been assigned within one year, then the Incomplete will be changed to an F or NC if the course was originally taken under the CR/NC grading basis.

Grade Appeal Policy: UT Tyler's Grade Appeal policy requires the completion of a Grade Appeal form for this action to take place. The grade appeal begins with the instructor of your course. If you do not agree with the decision of the instructor, you may then move your appeal to the

department chair/school director for that course. If you are still dissatisfied with the decision of the chair/director, you may move the appeal to the dean of the college offering that course, who has the final decision. Grade appeals must be initiated within sixty (60) days from the date of receiving the final course grade. The grade Appeal form is found on the [Registrar's Form Library](#).

Disability/Accessibility Services: The University of Texas at Tyler has a continuing commitment to providing reasonable accommodations for students with documented disabilities. Students with disabilities who may need accommodation(s) in order to fully participate in this class are urged to contact the Student Accessibility and Resources Office (SAR) as soon as possible to explore what arrangements need to be made to ensure access. If you have a disability, you are encouraged to visit the SAR Portal (<https://hood.accessiblelearning.com/UTTyler/>) and complete the New Student Application. For more information, please visit the [SAR webpage](#) 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 me 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 me aware of any complications as far in advance as possible. I am willing to work with you and, if needed, put you in contact with university staff who are trained to assist you. Campus resources for military-affiliated students are in the [Military and Veterans Success Center \(MVSC\)](#). 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](#) 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](#). The course instructor will follow all requirements in protecting your confidential information.

COVID Guidance: The UT Tyler community of Patriots respects the rights of others to wear a mask if they desire to do so. COVID guidelines may change as the situation warrants, and students should follow the instructions warranted by the situation.

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](#)).

Absence for Religious Holidays: Students who anticipate being absent from class due to a religious holiday are requested to inform the instructor by the second class meeting of the semester.

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>.