



**Psychotherapeutic Theories and Modalities**

**NURS 5365**

**Spring 2024**

**Scheduled Class Days and Times: Online**

**Instructor's Name: Dr. Sandra Petersen**

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**Office Hours:** Virtual Office Hours: Monday 7-9pm CST by appointment for phone call or video conference. Additional days and times may be arranged upon request. Please email faculty to make arrangements/obtain Zoom link.

\*Best way to contact me is by email.

**Instructor's Name: Dr. Laura Hays**

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**Office Hours:** Virtual Office Hours: Monday 6-10pm CST by appointment for phone call or video conference. Additional days and times may be arranged upon request. Please email faculty to make arrangements/obtain Zoom link.

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**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.

**Prerequisites:** NURS 5357

**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). ISBN 978-0-89042-576-3

Wheeler, K. (2022). *Psychotherapy for the advanced practice psychiatric nurse: A how-to guide for evidence-based practice* (3<sup>rd</sup> ed.). Springer Publishing. ISBN: 978-0-8261-9379-7

Wright, J., Brown, G., Thase, M., & Basco, M. (2017). *Learning cognitive-behavior therapy: An illustrated guide* (2<sup>nd</sup> ed.). 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. (2017). *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) Proctoring Notice: Four Exams will be given ONLINE, using a proctored service called ProctorU. You must sign up with ProctorU at the beginning of the semester.
- 2) This course requires you 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.
- 3) 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.
- 4) Exam dates are listed in the Course Calendar
- 5) 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.
- 6) Each exam may be opened during the designated hours listed within Canvas, but you will only have 100-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!
- 7) The module objectives and assigned readings will guide the selection of items for the tests. Emphasis will be on application and synthesis of knowledge.
  - Exam 1 will cover Modules 1, 2, 3
  - Exam 2 will cover Modules 4, 5, 6
  - Exam 3 will cover Modules 7, 8, 9
  - Exam 4 will cover Modules 10, 11, 12
- 8) 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.
- 9) 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.

- 10) 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.
- 11) 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.
- 12) 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.

### **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 5%

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

3. Assigned Projects/Papers 30%

- Case Formulation

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

- Motivational Interview

This activity is a simulated role play of being a PMHNP with another student as client and recording it on Zoom. Each student will develop a script using motivational language to be used during the scenario with their client partner. All students will conduct an interview as a PMHNP while the classmate partner role plays as the client.

4. Required Engagement 5%

Zoom meetings are held every Monday evening to introduce the week's area of knowledge development and to discuss any questions surfacing about the information. Please prepare for this engagement so you will gain the most from our time together. Interpersonal interaction supports the skills necessary for a professional PMHNP and this engagement is paramount for balancing an online 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.

Although the university policy allows 60 days for grade appeals, the School of Nursing follows a stricter timeline of 10 days to facilitate students' timely progression through the curriculum. In the case of extenuating circumstances, please consult the Associate Dean of Academic Affairs for guidance.

**Academic Integrity:** Cheating of any kind, as defined in Section 8 of the UT Tyler Manual of Policies and Procedures (MOPP) for Student Affairs (<https://www.uttyler.edu/mopp/>), will not be tolerated. Consequences may include:

- reprimand
- exam failure
- course failure
- expulsion from the Nursing program
- expulsion from the University
- other consequences as assigned

**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 of the four exams cover 3 modules and are independently taken with ProctorU. Each exam covers the material presented in Zoom sessions, readings, and videos found in the class modules.
- The Case Formulation is based upon a clinical encounter with a client. This encounter will use material obtained in a client interview as development of a cognitive behavioral therapy (CBT) plan of care. This assignment will be discussed further and will follow the grading rubric as a multi-layered process of case formulation that is documented according to a CBT framework.
- The Motivational Interview (MI) simulation is an experiential assignment. Students will pair up and develop a Zoom video of their therapeutic interactions. The enactment will be based upon a clinical scenario and the student's use of MI therapeutic language as developed in a script. This practice assignment will assist each student to integrate learned material for the PMHNP role.

#### **Important Course Dates:**

**Classes Begin:** January 11, 2024

**Census Date (withdraw without penalty):** January 24, 2024

**Last Date to Withdraw:** March 23, 2024. Students please notify your course faculty and contact your advisor.

#### **Calendar of Topics, Readings, and Due Dates:**

<i>Week#</i>	<i>Date</i>	<i>Class Topic</i>	<i>Readings</i>	<i>Assignments Due</i>
Welcome	Th 1/11/2024	Introductions Overview	None	
1	M-OFF 1/15 MLK DAY	M-NO ZOOM Module 1 Ethical Issues within PMHNP Multicultural/ Trauma Telepsychiatry, CBT Principles	Module Readings/Videos Wheeler: Ch. 1, 2 Wright: Ch. 1 Learning exercise 1.1	
2	M 1/22	M-Zoom 7-9pm Module 2	Module Readings/Videos Wheeler: Ch. 3, 4	

		Therapeutic Relationship, Practice Development, Tarasoff, CBT Collaborative Empiricism	Wright: Ch. 2	
3	M 1/29	M-Zoom 7-9pm Module 3 CBT Principles, CBT Therapeutic Relationship, Assessment and Formulation, Structuring and Education	Module Readings/Videos Wheeler: Ch. 8 Wright: Ch. 3, 4 Appendix 1	
4	M 2/5	M-Zoom 7-9pm Module 4 CBT Automatic Thoughts, Behavioral Methods	Module Readings/Videos Wright: Ch. 5, 6	Due 2/5 EXAM #1 Modules 1,2,3
5	M 2/12	M-Zoom 7-9pm Module 5 CBT to Modify Schemas	Module Readings/Videos Wright: Ch. 7, 8	Complete dyad pairing for MI Project
6	M 2/19	M-Zoom 7-9pm Module 6 Suicide Risk, Chronic DO, Building Competence	Module Readings/Videos Wright, Ch. 9-11 Learning exercise 11.1 Appendix 1, 2	
7	M 2/26	M-Zoom 7-9pm Module 7 Motivational Interview SU Treatment	Module Readings/Videos Wheeler, Ch.9, 19	Due 2/26 Case Formulation  Due 2/26 EXAM #2 Modules 4,5,6
8	M 3/4	M-Zoom 7-9pm Module 8 Psychodynamic, Supportive, Interpersonal Therapies	Module Readings/Videos Wheeler, Ch. 5, 10	
9	M-OFF 3/11	M-NO ZOOM SPRING BREAK		
10	M 3/18	M-Zoom 7-9 pm Module 9 Humanistic-Existential, Solution- Focused, Pharm/Psychotherapy	Module Readings/ Videos Wheeler, Ch. 6, 14	
11	M 3/25	M-Zoom 7-9pm Module 10 Exposure Based Therapy, Trauma/Dissociation Stabilization	Module Readings/Videos Wheeler, review Ch.2, Ch.11, 15, 17	Due 3/25 EXAM #3 Modules 7,8,9
12	M 4/1	M-Zoom 7-9pm Module 11 DBT, Mindfulness	Module Readings/Videos Wheeler, Ch.18	
13	M 4/8	M-Zoom 7-9pm Module 12	Module Readings/Videos Wheeler, Ch. 12, 13	Due 4/8 MI Project

		Group and Family Therapy		Due 4/8 EXAM #4 Modules 10, 11, 12
14	M 4/15	No Zoom		
15	M 4/22	No Zoom Self-Reflection Due		
	M 4/29	Grades Due 4/30		

**UT Tyler School of Nursing Justice, Equity, Diversity and Inclusion Statement:**

The University of Texas at Tyler School of Nursing aspires to create, foster, and sustain a culture of justice, equity, diversity, and inclusion irrespective of one's identity. We value and embrace all backgrounds, experiences, and identities, realizing that no one group, person or perspective has all the answers. We are richer when our individual skills, knowledge, experiences, cultures, backgrounds, and identities are combined in an accepting community. We strive to ensure that every individual gets a fair and equal chance to participate and thrive in a nurturing environment where all feel a sense of belonging. We are committed to intentionally and deliberately creating a diverse community that instills a sense of equitable justice and belonging for everyone affiliated with our school.

**School of Nursing Policies and Additional Information:**

[https://www.uttyler.edu/nursing/college/student\\_guide\\_and\\_policies.php](https://www.uttyler.edu/nursing/college/student_guide_and_policies.php)

**Student Resources and University Policies are provided in Canvas.**