



**Psychotherapeutic Theories and Modalities
NURS 5365**

Scheduled Class Days and Times: Online

Instructor's Name: Dr. Sandra Peterson

Office: 3900 University Blvd, Tyler, TX 75799

Phone: (214) 213-4726

Email: spetersen@uttyler.edu

Office Hours: Virtual Office Hours: Sunday 7-9PM CST and available via appointment, email, conference call, and/or Zoom.

*Best way to contact me is by email.

Instructor's Name: Dr. Laura Hays, PhD, FPMH-NP-BC, RXN

Office: Virtual

Phone: 303-912-0932

Email: lhays@uttyler.edu

Office Hours: Virtual Office Sundays 7-9PM AND by appointment

*Best way to contact me is by phone and will get back with you as soon as possible.

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 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:** Pathophysiology, Pharmacology, Advanced Health Assessment.

Student Learning Outcomes:

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

1) 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 of 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 (2013). Diagnostic and statistical manual of mental disorders (5th ed.) (DSM-5). American Psychiatric Association. ISBN: 978-0-89042-555-8

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

OR

Wheeler, K. (2014). Psychotherapy for the advanced practice psychiatric nurse: A how to guide for evidence-based practice (2nd ed.). Springer Publishing Company, LLC. ISBN: 9780826110008

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
 Special Course Notes: -- the listed items are required if applicable to your course. Please feel free to add other special notes as needed.

Special Course Notes:

1) Exams and Proctoring Notice: Exams (60% of total grade):

- 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 so an alternative process 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 unless other arrangements are made with instructors prior to the test and are determined on an as needed basis. There is no guarantee that your request will be approved.
- If you are unable to take the exam on the posted date, notify the course facilitator as soon as possible. If the course faculty decide that an alternate exam will be given, the format and times will be at the discretion of the course facilitator.
- 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. And 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.
- 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 (Links 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. 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 spend 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.

3) The content of this course is web-based and may be subject to change at the discretion of the faculty according to current learning needs. Therefore, it is wise to review assigned readings and assignments on Canvas at the beginning of each week for possible updates. Notify the faculty immediately if there are issues that would delay submission of assignments.

Please refer to the online Course Calendar and online Course Schedule for weekly assignments and Due Dates.

Assignments and Weights/Point Values:

1. Exams (4 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 20%

3. Assignments: 20%
- Case Formulation
 - MI Video Simulation

Grading Scale: Grades will not be rounded when calculating the average (79.5 is not rounded to 80 and 89.5 is not rounded to 90). Students are required to achieve an average of 80% (B) to successfully complete the course.

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 EXAMS MUST HAVE an average of 80% to pass the course
C	70-79
D	60-69
F	Below 60

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 them 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:

- All assignments are due by the time (CST/CDT) specified in the Course Calendar. Assignments must be posted via the assignment link within Canvas – NOT by email.
- All late assignments may be assessed up to 5-points-per-day as penalty (including weekends) when the assignment is not posted by the due date and specified time unless prior arrangements are made with the instructor.

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.

Week of	Content	Reading	Assignments = 20%	Discussion Sundays 7-9P	Module Quizzes = 20%	Exams: = 60%
	Welcome Module 1	CBT, Nurse Practice, Multicultural, Trauma			#1 open through	
	Module 2	Therapeutic Relationship, Practice Devel, Tarasoff		Zoom	#2 open through	
1	Module 3	CBT Assess, Case Formulation, Techniques, Session Struct, Education		Zoom	#3 open through	
	Module 4	CBT Structure, Automatic Thoughts, Behavioral Method		Zoom	#4 open through	
	Module 5	CB Methods, ID and Modify Cognitive Schema		Zoom	#5 open through	#1 EXAM Modules 1-3
	Module 6	Reduce Suicide Risk, Chronic DO, Build Competence		Zoom	#6 open through	
	Module 7	MI, Therapy SU	#1 CBT Case Formulation Due October 16	Zoom	#7 open through	
	Module 8	Psychodynamic, Supportive, ITP		Zoom	#8 open through	#2 EXAM Modules 4-6
	Module 9	Humanistic Existential, Soln. Focused, Psychopharm and Psychotherapy		Zoom	#9 open through	
	Module 10	Exposure Based Therapy		Zoom	#10 open through	
	Module 11	DBT, Trauma / Dissociation stabilization, Mindfulness	#2 MI Script – Video Due	Zoom	#11 open through	#3 EXAM Modules 7-9
	Module 12	Group and Family Psychotherapy			#12 open through	#4 EXAM Modules 10-12

	Grades Due Tues					
						Doc version

Attendance and Make-up Policy: Graduate students at The University of Texas at Tyler are held to a high standard of professionalism. The UT Tyler student represents not only themselves, but the University as well.

- Nurse Practitioner students are to wear their Name Badges whenever they are in the clinical setting.
- Please use proper Netiquette (proper online decorum) in the online classroom.
- Be aware of the Academic Honesty policy of UT Tyler and read through the course syllabus thoroughly.
- Please notify the faculty about personal issues that would preclude timely posting of assigned work.
- Lack of class participation may result in deductions from the Professionalism grade and you will be required to attend at least 6 or half of the class open office hours on Sunday evening.
- **If you must drop the class, please let the instructors know and follow the formal withdrawal process or you will receive an 'F' for the course after you stop attending.**

Graded Course Requirements Information:

1) Module Quizzes (20% of total grade). There will be a short Quiz given during each course module. These quizzes will remain open until the night before the corresponding exam date so you may review. Be prepared to complete each quiz once it is opened or your grade will be automatically reflected as 0; however, you may take these quizzes multiple times without limit.

2) Assignments (20% of total grade):

- Case Formulation is developed with a case you are experiencing or have experienced. The rubric for assessment of the Case Formulation is in Canvas. Please read and follow the rubric exactly. This is to be written with clarity in a logical process but does not require formal APA style. 100 points are possible.
- Partnered Motivational Interviewing simulation is to be videotaped and submitted with a written script delineating the MI process during the scenario. 100 points are possible.

Calendar of Topics, Readings, and Due Dates:

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](#)

[Upswing \(24/7 online tutoring\) - covers nearly all undergraduate course areas](#)

[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](#) (supports 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 to 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 \(https://hood.accessiblelearning.com/UTTyler/\)](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

Information for Classrooms and Laboratories: Students are required to wear face masks covering their nose and mouth, and follow social distancing guidelines, at all times in public settings (including classrooms and laboratories), as specified by [Procedures for Fall 2020 Return to Normal Operations](#). The UT Tyler community of Patriots views adoption of these practices consistent with its [Honor Code](#) and a sign of good citizenship and respectful care of fellow classmates, faculty, and staff.

Students who are feeling ill or experiencing symptoms such as sneezing, coughing, or a higher than normal temperature will be excused from class and should stay at home and may join the

class remotely. Students who have difficulty adhering to the Covid-19 safety policies for health reasons are also encouraged to join the class remotely. Students needing additional accommodations may contact the Office of Student Accessibility and Resources at University Center 3150, or call (903) 566-7079 or email saroffice@uttyler.edu.

Recording of Class Sessions: 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.

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>.