

**Psychology 6350**  
**Fall 2008**  
**Introduction to Theories of Intervention in Psychology**

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Office Hours: Tuesday 12:00 – 1:00; Thursday 9:30 – 10:30; or by appointment.

Class Schedule: Monday & Wednesday 10:30 - 11:45

Location: Education 413C

**Course Readings**

Required Readings:

The bulk of the course readings are available for downloading on Blackboard. See the schedule of readings at the end of the syllabus for details.

Meier, S. T., & Davis, S. R. (2008). *The elements of counseling, 6<sup>th</sup> edition*. Brooks/Cole Publishing Company: Pacific Grove, CA.

**Course Description**

This course provides an introduction to the principles of empirically based psychological practice (EBPP) and basic theories of psychological intervention. Students will learn basic models of EBPP, understand factors associated with therapeutic change, and explore core theories of psychological intervention.

**Course Objectives**

- 1) Students will develop an entry-level knowledge of the principles of empirically based psychological practice.
- 2) Students will learn basic principles of a range of theories of psychological intervention, and will demonstrate entry-level skills in conceptualizing client problems from a theoretical perspective.
- 3) Students will understand and practice basic techniques of psychological assessment and intervention common across theoretical approaches.

**Course Requirements**

- 1) Class Participation: Students are expected to attend class and actively participate in class discussions. In addition, each student is expected to participate in role plays of techniques and interventions during class. It is expected that all assigned readings will be read prior to class. More than one absence from class over the course of the semester or failure to actively participate in class discussions and activities will result in a reduction in your class participation grade.
- 2) Weekly writing: writing assignments for each week will be related to the reading and class content. Assignments will be discussed in greater detail at least one week in advance, and written summaries of the assignments will be provided on Blackboard. Some writing assignments will be a straightforward critique of the week's readings, in which you discuss questions raised by the readings, clinical applicability of research findings, theoretical issues, or any other relevant issue raised by the readings. Other writing assignments will ask you to research additional information to supplement the class content, review recordings of sample therapy excerpts, or practice applying the theoretical material we cover in class. Length of writing assignments will vary, but will typically range from 2 to 5 pages.
- 3) Mock interview: Students will complete a one hour mock interview with an undergraduate volunteer. Interviews will be videotaped. Students will choose a 20 minute segment of the videotape to transcribe. Excerpts from interviews will be reviewed in class as a group exercise.

## **Grading**

Each of the above requirements will contribute to your grade in the following manner:

Class participation	20%
Weekly writing	60%
Transcribed Mock Interview	20%

Final Grades will be assigned based on the following criteria:

A	=	93 - 100%
A-	=	90 - 92%
B+	=	87 - 89%
B	=	83 - 86%
B-	=	80 - 82%
C	=	below 80%

Cheating or plagiarism will not be tolerated and will result in failing the assignment and potentially the course.

## **Accommodations for Disabled Students:**

Students with physical, sensory, emotional or medical impairments may be eligible for reasonable accommodations in accordance with the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973. All accommodations are coordinated through the Disability Resource Center (DRC) in Room 101 of the University Inn, 797-2444 voice, 797-0740 TTY, or toll free at 1-800-259-2966. Please contact the DRC as early in the semester as possible. Alternate format materials (Braille, large print or digital) are available with advance notice.

## **Grievance Process (Student Code)**

Students who feel they have been unfairly treated [in matters other than (i) discipline or (ii) admission, residency, employment, traffic, and parking - which are addressed by procedures separate and independent from the Student Code] may file a grievance through the channels and procedures described in the Student Code:

[http://studentlife.tsc.usu.edu/stuserv/pdf/student\\_code.pdf](http://studentlife.tsc.usu.edu/stuserv/pdf/student_code.pdf) (Article VII. Grievances, pages 25-30).

## **Overview of Topics and Reading Assignments**

**August 25:** Introduction to the course/review of syllabus

*Empirically Based Psychological Practice – The three legged stool*

**August 27:** Introduction to Empirically Based Psychological Practice

APA Presidential Task Force on Evidence-Based Practice (2006). Evidence-based practice in psychology. *American Psychologist*, 61, 271-283.

Spring, B. (2007). Evidence-based practice in clinical psychology: What it is, why it matters, and what you need to know. *Journal of Clinical Psychology*, 63, 611 – 631.

**September 3:** Controversy in the Literature

Luebbe, A. M., Radcliffe, A. M, Callands, T. A., Green, D., & Thorn, B. E. (2007). Evidence-based practice in psychology: Perceptions of graduate students in scientist-practitioner programs. *Journal of Clinical Psychology*, 63, 643 – 655.

Collins, F. L., Leffingwell, T. R., & Belar, C. D. (2007). Teaching evidence-based practice: Implications for psychology. *Journal of Clinical Psychology*, 63, 657 – 660.

Wampold, B. E., Lichtenberg, J. W., & Waehler, C. A. (2005). A broader perspective: Counseling psychology's

emphasis on evidence. *Journal of Contemporary Psychotherapy*, 35, 27 – 38.

### *Leg # 1 – Best Available Research Evidence*

#### **September 8:** Strategies for Accessing Current Research

Bauer, R. M. (2007) Evidence-based practice in psychology: Implications for research and research training. *Journal of Clinical Psychology*, 63, 685 – 694.

Walker, B. B., & London, S. (2007). Novel tools and resources for evidence based practice in psychology. *Journal of Clinical Psychology*, 63, 633 – 642.

#### **September 10:** Empirically Supported Treatments

Chambless, D. L., & Hollon, S. D. (1998). Defining empirically supported therapies. *Journal of Counseling and Consulting Psychology*, 66, 7-18.

Chambless, D. L., & Ollendick, T.H. (2001). Empirically supported psychological interventions: Controversies and evidence. *Annual Review of Psychology*, 52, 685 – 716.

### *Leg # 2 – Patient's Values, Characteristics, Preferences, and Circumstances*

#### **September 15:** Client Preferences

Levitt, H., Butler, M., & Hill, T. (2006). What clients find helpful in psychotherapy: Developing principles for facilitating moment-to-moment change. *Journal of Counseling Psychology*, 53, 314 – 324.

Iacoviello, B. M., McCarthy, K. S., Barrett, M. S., Rynn, M., Gallop, R., & Barber, J. P. (2007). Treatment preferences affect the therapeutic alliance; Implications for randomized controlled trials. *Journal of Consulting and Clinical Psychology*, 75, 194 – 198.

Timulak, L. (2007). Identifying core categories of client-identified impact of helpful events in psychotherapy: A qualitative meta-analysis. *Psychotherapy Research*, 17, 305-314.

#### **September 17:** Integrating Client Values and Characteristics

Karno, M. P., & Longbaugh, R. (2007). Does matching matter? Examining matches and mismatches between patient attributes and therapy techniques in alcoholism treatment. *Addiction*, 102, 587 – 596.

Eriksen, K., Marston, G., & Korte, T. (2002). Working with God: Managing conservative Christian beliefs that may interfere with counseling. *Counseling and Values*, 47, 48 – 68.

### *Leg # 3 – Clinical Expertise*

#### **September 22 - 24:** Ethical principles, guidelines for working with diverse populations

APA Ethical Principles for Psychologists and Code of Conduct (2002)

APA Guidelines for Psychotherapy with Lesbian, Gay, and Bisexual Clients

APA Guidelines on Multicultural Education, Training, Research, Practice, and Organizational Change for Psychologists

#### **September 29 – October 1:** Introduction to Clinical Interviewing and Intervention Self-assessment Clinical Judgment

Meier, S. T., & Davis, S. R. (2008). *The elements of counseling, 6<sup>th</sup> edition*. Brooks/Cole Publishing Company: Pacific Grove, CA.

*Introduction to Theories and Techniques of Intervention*

- October 6 - 8:** Person-Centered Approaches and Existential-Humanistic Theory
- October 13 - 15:** Common or non-specific factors in psychotherapy
- October 20 - 22:** Motivational Interviewing
- October 27 - 29:** Cognitive Behavioral Theory
- November 3 - 5:** Acceptance and Commitment Therapy
- November 10 - 12:** Feminist Therapy and Contemporary Family Systems Theory
- November 17 - 19:** Solution-Focused and Narrative Therapies
- November 24:** Multicultural Theory
- December 1 - 3:** Multicultural considerations in psychotherapy