

**Psychology 480 —Fall 2019**  
**Applied Theories of Behavioral and Cognitive Therapies**

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Email: <a href="mailto:emeier@uwsp.edu">emeier@uwsp.edu</a>	<b>Office hours:</b> Mondays 1-3pm, or by appointment	
Thursdays 2:00-4:30 (D223)	<b>Final Exam:</b> Wednesday, Dec. 18 <sup>th</sup> 2:45-4:45pm (D223)	

I want to be available to meet with you when you need help. Please feel free to contact me as soon as issues or problems arise. Before/after class, during office hours, and through email is the best way to reach me. I will usually respond within one day of receiving your email, Monday-Friday. I do not answer emails on Saturdays.

***Note:** It may be necessary to change parts of this syllabus to adapt to class circumstances. In order to allow necessary flexibility, Professor Meier reserves the right to change this syllabus as she deems necessary. Notice of such changes will be given in class or through email.*

### **Course Goals**

1. To apply behavioral and cognitive-behavioral therapies, including the study of the theories that inform treatment development and implementation.
2. Understand topics such as relaxation and mindfulness, exposure with and without response prevention, behavioral activation, emotion regulation, dialectical interpersonal skills, and cognitive restructuring.

Note: THIS CLASS IS NOT A SUBSTITUTE FOR PROFESSIONAL PSYCHOLOGICAL DIAGNOSIS OR PSYCHOTHERAPY. If you have attended therapy you may find that your experience is different from the information and case material discussed in class. It is also important to know that this course is not a substitute for therapy—we will be applying techniques for the purpose of learning for college course credit, not for treatment of any psychological disorder. I am acting only in the capacity of a college professor, and will not enter a treatment provider relationship with any student. If you find that the class content brings up certain emotional or familial issues for which psychotherapy might be useful, I suggest contacting the UWSP counseling center for help (715-346-3553) for which services are free for all students.

### **Required Text, Videos, and Additional Readings**

1. Spiegler, M.D. & Guevremont, D.C. (2003). *Contemporary behavior therapy*. Belmont, CA: Wadsworth Thompson.
2. Van Dijk, S. (2012). *DBT made simple*. Oakland, CA: New Harbinger Publications, Inc.
3. Additional readings, as assigned on the schedule below, available on Canvas

### **Student Learning Goals**

1. **Apply** principles and procedures of behavioral and cognitive-behavioral therapies.
2. Synthesize theoretical foundations of **applied therapeutic techniques**.
3. **Identify the techniques** that are empirically supported for different mental health diagnoses.
4. Construct **treatment plans** for hypothetical clients that are appropriate for presenting issues.

### **My Expectations for Students**

- ✓ Come to class on time and be prepared to actively participate in the class.
- ✓ Be respectful of, and open to, others' values, beliefs, and learning style.
- ✓ Turn in assignments on time and take exams on time.

- ✓ Work hard and put forth an honest effort.
- ✓ Ask questions when you have them; ask for help when you need it.
- ✓ In order to do well in the course, you must complete all assigned readings. It is required that you have each chapter read at the completion of their discussion in class. *Do not wait until the week before the test to finish 3 chapters of reading.* We know from research that this is NOT an effective way to learn and retain information.

### **What Students Can Expect from Me**

- ✓ I will come to class prepared, begin on time, and end on time.
- ✓ I will not lecture for the entire class period. Rather, I will take breaks to facilitate discussions, to illustrate concepts, show videos that demonstrate concepts, and structure activities in which students can learn from each other.
- ✓ I will create a classroom environment that is respectful; I will not tolerate disrespect.
- ✓ I will take all questions, concerns, and comments seriously and respond in a timely manner.
- ✓ I will provide helpful feedback on all assignments that are earnestly submitted. I reserve the right to *not* grade or comment on assignments that were only partially completed or otherwise show lack of effort.
- ✓ **No electronic devices during class other than laptops. You wouldn't disrespect a client by texting during therapy, so please don't text or use mobile devices during class.** This is very distracting to both me and your classmates. If you use a computer to take notes, please do not engage in non-class related activities like Facebook, twitter, etc. If laptops become a distraction in class, this privilege will be removed for everyone. Don't ruin it for your classmates. Research shows that humans are bad multi-taskers and by engaging in facebook/texts/web searching, you are not able to learn in class as well. Also important, research shows that peers are distracted by others' non-class related electronic device use and it negatively affects their learning. *Take home message: using technology in class for non-class related things hurts you and others.*

### **Attendance**

**Attendance is mandatory.** *If you choose to not attend class due to an unexcused reason, I will not provide you with notes, handouts, announcements, or any other materials that you missed because you did not attend.* You should get these materials from a classmate instead. Also, if you are late to class you are responsible for getting the information you missed from a classmate and online. Quizzes will be taken at the beginning of class (see quizzes section). If you come late, you will not be able to retake a quiz. Additionally, participation points will be earned through various small activities completed in class at various time points during the class hour. Missing these activities due to coming late or leaving early, will also result in loss of points.

### **Grading Breakdown (500 points possible)**

#### **Exams (250 points) – 2 exams worth 125 points each**

There are 2 exams, worth 125 points, not including the final. Exams will consist of 40-50 multiple choice questions (worth 2 points each), 6-10 short answer or fill in the blank (worth 3 points each), 1-2 essay/applied questions (eg., 1-3 paragraphs, 3-5 sentence longs; setting up a treatment plan; all worth 5-10 points each). In-class quizzes (see below) and assignments will provide good examples of what exam questions will look like. Exams will be taken in class without books or notes. Exam questions will be drawn from the text, lectures, and discussions and will be in the form of definitions, comparisons, identifying findings, and application of concepts. We spend approximately 20-30 minutes reviewing on the class period before each exam. For review days, you will be expected to come prepared with questions and/or brief examples of material you would like me to review. Review guides will be posted at the beginning of a unit and updated at least 1 week before the exam.

### Tips for doing well on the exam

1. Attend all classes and actively participate
2. Review notes before and after class for a minimum of 10 minutes
3. Read chapters prior to covering the content in class and pay attention to concepts that overlap with the study guide
4. Re-read chapters after class and add details from the readings to your lecture notes
5. Take detailed lecture notes. If you print lecture slides ahead of time, make sure to add new comments to the slides during the lecture
6. Complete in and out of class activities
7. Ask questions soon and often
8. Re-watch lecture videos posted online
9. Use the review guide throughout the unit and while studying for the exam

You are expected to take the exams at the assigned time and any exceptions must be discussed and agreed upon *before the exam begins*. Missing an exam for an excused reason without making previous arrangements can result in a 25% penalty for each day you fail to notify me about your situation. Missing an exam for an unexcused reason can result in a zero for the exam.

**Exam Redo:** If you earn less than 70% on an exam you may re-take the exam and earn up to 70% on the retake. Students can only retake one exam. You will have an opportunity to review your original answers; however, you will not be able to take the exam home. You will only retake questions that you answered incorrectly the first time (thus your previously answered correct questions will count). For the questions you answered incorrectly, you will be asked to provide your original rationale for answering + why your new response is correct. This retake policy does not apply to the final exam. The deadline to retake any exam is November 20th.

### **Final Exam (50 points)**

The final exam will be a similar, but shorter, format as previous exams. This exam will consist of 15-20 multiple choice questions (worth 2 points each), 2-4 short answer or fill in the blank (worth 3 points each), and 1 essay/applied question (eg., 1-3 paragraphs, 3-5 sentence longs; setting up a treatment plan; all worth 5-10 points each). The final exam will cover content discussed during the third unit.

### **Portfolio (50 points: 5 Assignments worth 10 points each)**

The portfolio is made of 5 small-medium assignments worth 10 points each. You will complete assignments to practice behavioral and cognitive-behavioral techniques both as a therapist and what a patient/client might experience (eg., treatment plans, mindfulness activities). I will grade assignments and return them to students throughout the semester; however, some assignments will build on each other. *Therefore, keep all your assignments as some will be turned in again.* By the end of the semester, you will have an excellent portfolio of exercises you completed that hopefully will be of use to you in the future.

### **In Class Participation Activities (30 points: 6 Activities worth 5 points each)**

To measure your learning and understanding of the material early in each unit, we will do various short (1-15 minutes) in class activities testing your knowledge of what we have covered. This will help me as an instructor, understand what materials students are comprehending, and which we need to go back and review. This will *help you as a student*, by giving you an idea of what material needs more attention when you study and review between classes. I will provide feedback/correct answers;

however, your participation points will be based on completeness and effort, not correctness. Examples of these activities include non-graded review questions, muddiest point, and one sentence summary/take home messages.

### **In-class quizzes (20 points possible – 4 worth 5 points each)**

We will have 6 unannounced quizzes, which will involve straightforward multiple-choice and short answer questions from the reading and lectures. The best of 4 quizzes will be tallied for your scores.

Each quiz is worth 5 points. Six will be taken, so you can miss two with no penalty or throw out your two lowest scores. Students who attend class and spend 15-20 minutes/class period reviewing the notes from previous lectures, tend to do very well on these quizzes. This will also help keep material fresh as exam time approaches. If you miss class or come to class late, you cannot make up a quiz.

Quizzes will be taken at the beginning of class. **If you arrive a few minutes late to class and we are in a middle of a quiz, please quietly seat yourself, begin the quiz, take your best guess on any questions you missed, and understand that you will not be given additional time for the quiz due to lateness.**

### **DBT Peer Teaching (100 points)**

In groups of 3-5, you will prepare a teaching presentation for an assigned chapter(s) in *DBT Made Simple*. Your group will sign up for your 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> choice topics in class. Your group will learn the material in your chapter and teach it to your classmates in a 20-minute teaching presentation with at least one activity/demonstration. More details/guidelines will follow in class. You will be graded on your presentation skills and the content of your peer teach. You will turn in a PowerPoint, presentation notes, and suggested exam questions drawing from your taught material.

### **Calculation of Final Course Grade**

<b>Item</b>	<b>Points</b>	<b>%</b>
Exams (total of 2 @ 125 points each)	250	50%
Final Exam (1 @ 50 points)	50	10%
Portfolio Assignments (5 @ 10 points each)	50	10%
In Class Participation Activities (6 @ 5 points each)	30	6%
In Class Quizzes (best of 4 @ 5 points each)	20	4%
DBT Peer Teaching (1 @ 100 points)	100	20%
<b>Total:</b>	<b>500</b>	<b>100</b>

### **Extra Credit**

Any extra credit opportunity will be discussed in class and will be available to the entire class – no extra credit opportunities will be provided on an individual basis.

### **Grading**

I grade using typical percentages; i.e. 93% and above of the total points is an A.

A = 93%-100%      A- = 90%-92.9%      B+ = 88%-89.9%      B = 83%-87.9%  
 B- = 80%-82.9%      C+ = 78%-79.9%      C = 73%-77.9%      C- = 70%-72.9%  
 D = 65%-69.9%      F = ≤64.9%

### Summary of Course Meetings

*Any changes to this schedule will be announced in class and on Canvas.*

Date	Topic	Reading	Assignments Due
Sept 5	Introduction to the course The Behavioral Model Targeting Behaviors	Ch 1, 3, & 4	
Sept 12	Targeting Behaviors Behavioral Assessment	Ch 4 & 6	PA 1: Sleep Diary
Sept 19	Accelerating Behaviors	Ch 7	PA 2: Job Options
Sept 26	Accelerating & Decelerating Behaviors	Ch 7 & 8	
Oct 3	Decelerating Behaviors Combining Reinforcement & Punishment Review	Ch 8 & 9	PA 3: Treatment plan
Oct 10	<b>Unit 1 Exam</b>		
Oct 17	Exposure Therapy: Brief/Graduated	Ch 10	
Oct 24	Exposure Therapy: Brief/Graduated/Prolonged	Ch 10 & 11	
Oct 31	Exposure Therapy: Prolonged <i>Discuss Peer Teaching</i>	Ch 11	PA 4: Treatment plan-R
Nov 7	CBT: Cognitive Restructuring <i>Rank Topics Peer Teaching Topics</i> Review	Ch 13	
Nov 14	<b>Unit 2 Exam</b> <b>Meeting with Peer Teach Group After Exam → Highly Encouraged!</b>		
Nov 21	Third Wave Behavior Therapies Sample Therapy Activity for Presentations  <i>Last 30 minutes: Meet with group 1, 2, &amp; 3 – have a detailed PowerPoint outline and idea for activity ready to discuss</i>	Ch 15 & DBT Made Simple Ch 1-4	
Nov 28	Thanksgiving Break – No Class		PA 5: Integrated Therapy
Dec 5	<i>Peer Teach Grp 1: “Chapter 7 Mindfulness Skills”</i>  <i>Grp 2: “Chapter 8 Distress Tolerance Skills”</i>  <i>Grp 3: “Chapter 9 What Clients Need to Know about Emotions”</i>  <i>Last 30 mins: Meet with Grps 4, 5, &amp; 6 – have a detailed PowerPoint outline and idea for activity ready to discuss</i>	DBT Made Simple Ch 5-9	
Dec 12	<i>Peer Teach Grp 4: “Chapter 10 Reducing Painful Emotions”</i>  <i>Grp 5: “Chapter 11 Increasing Positive Emotion”</i>  <i>Grp 6: “Chapter 12 Effective in Relationships”</i>  Review for Exam	DBT Made Simple Ch 10-12	

*This syllabus and schedule are subject to change. Attend class regularly so you won't miss anything!*

## SYLLABUS SUPPLEMENT

### **Make up work for Legitimate Excuses:**

**Planned absences:** Class times are a pre-arranged commitment. Deciding/scheduling to attend another engagement is a choice (eg., wisdom teeth surgery, hunting, family reunion, etc.). If you decide to schedule a non-immediate event during class time, you will not be able to make up missed points or take quizzes/exams early. University excused pre-planned absences must be discussed with Professor Meier at least **two weeks** prior to planned absence (eg., sports events).

**Sick days:** All students are allowed **1 sick day** for this class. Remember, that is equivalent to a whole week of class. **Assignments with due dates noted on the syllabus are still due on time and can be handed in via email or in person.**

- a) If you are too sick to come to a regular class day, please notify me via email at least 30 minutes before class. Any missed in-class assignments or in-class quizzes can be made up if I receive your email 30 minutes before class (*Don't wait to find out if we had a quiz or participation points to email me*).
- b) If you are so sick that you are unable to contact me within 30 minutes of missing class, then you must have a doctor's note to make up your assignment.
- c) After using your sick day (without a doctor's note), students are required to obtain a doctor's note for any additional sick days if they would like to make up missed work.
- d) In the event that you are sick on an exam day, a doctor's note is required.

My policies are consistent, and even more lenient (eg., sick days), than what would be expected of you in a work place environment (eg., you don't want your patients to show up to their appointment to find that you are out sick). Additional information on UWSP policy for missing class can be found at <https://www.uwsp.edu/dos/Pages/MissedClassGuidelines.aspx>

**Note:** if you have a chronic illness/need surgery/treatment that makes it probable that you will repeatedly miss class, please inform both me and the Disability Service and Assistive Technology offices at 715-346-3365, in the LRC. Disability Services is a great department that can inform your professors of a prolonged illness so that you will not have to discuss your health with each of your professors. Do this early in the term. **Don't miss more than a full week of class without informing your advisor or a professor of the problem.** If you need to withdraw from a class for medical reasons after the 10<sup>th</sup> week withdrawal deadline, contact Enrollment Services at 715-346-3300.

**Policy on Late Work:** Assignments should be turned in on time to Canvas or in person (see assignment instructions). Late work is typically not accepted. *Forgetting to print an assignment and turning it in after the beginning of class is considered turning in an assignment late.* Any accepted late work will be docked 25% for each day it is late, including the date it was due. Consult with me if you anticipate needing to turn in an assignment late.

**Incompletes:** If you are unable to complete your work in a course due to extenuating circumstances or if you need to extend your research or performance beyond the normal limits of a term, you may ask the instructor for an "incomplete" in the course. An "incomplete" should be reserved for the completion of a definable amount of work (for example, one term paper or one exam) that occurs near the end of the semester. An "incomplete" normally will not be used for making up in-class work; therefore, do not expect to sit in the class in a subsequent semester. If your request for an "incomplete" is approved, the instructor will inform you and the department chair of the work you need to complete and the due date. More information on the University's policy can be viewed at <https://www.uwsp.edu/dos/Pages/Incompletes.aspx>



**Scholastic Dishonesty:** If you (1) report another person's published work verbatim (word for word) without placing it in quotation marks and providing a full citation including page numbers, (2) loosely paraphrase another's written work, making only occasional synonym substitutions but retaining the basic grammatical structure of the original (even if you include a reference citation), (3) submit another student's writing (or a loosely paraphrased version of it) as your own work, or (4) resubmit a paper you wrote for another course or for the same assignment in your second attempt at the same course (without explicit prior consent of the instructor), then you are guilty of plagiarism and this will be identified on TurnItIn. At my discretion, you may receive a final grade of zero on the assignment (without an opportunity to revise and resubmit it for credit).

In addition to the penalty, in all cases the incident will be reported to the Academic Affairs Office which maintains a file of such cases. A second instance within the same course may result in an automatic course grade of F. Multiple instances, especially across more than one course, may make you subject to expulsion from the University (at the discretion of the Academic Dean). Breaches of academic integrity and intellectual property rights are serious infractions and will not be tolerated. Please familiarize yourself with what constitutes plagiarism. When in doubt, err on the side of caution. Own your own ideas and words and give credit where it is due. Ignorance of the rules is not an acceptable excuse for breaking them. More information on UWSP Academic Honesty Policy and Procedures can be found under UWSP 14.01 Statement of principles at <https://www.uwsp.edu/dos/Documents/UWS%2014-1.pdf>

**Student's Right and Responsibilities:** Understanding your rights and responsibilities as students is an important aspect of your education here at UWSP. Your instructor expects you to understand and adhere to these rights and responsibilities in accordance with UWSP policy. Accordingly, students are encouraged to visit the Community Rights and Responsibilities document on-line at the listed URL below: <http://www.uwsp.edu/Admin/stuaffairs/rights/rightsChap14.pdf>

**Course Withdrawal:** Students must withdraw from class in a timely manner in accordance with published deadlines. Failure to do so could result in a failing grade or the loss of reimbursable tuition fees. The published deadlines can be found at: <https://www.uwsp.edu/regrec/pages/calendars.aspx> and <https://www.uwsp.edu/regrec/Pages/Withdrawals.aspx>

**Student Conduct:** As a UWSP student, you are expected to adhere to the Board of Regents student conduct policies. The University strives for an environment that promotes academic achievement and integrity. Similarly, the University seeks a community that is free from violence, threats, and intimidation; that is respectful of the rights, opportunities, and welfare of students, faculty, staff, and guests of the University; and that does not threaten the physical or mental health or safety of members of the University community. More information can be found at <https://www.uwsp.edu/dos/Pages/Student-Conduct.aspx>

**Sexual Harassment:** As outlined in the UWSP Sexual Harassment Policy, sexual harassment is recognized as a violation of civil rights laws, U.S. Equal Opportunity Commission Rules and by the civil law courts (<https://www.uwsp.edu/hr/Pages/Affirmative%20Action/prevention.aspx>). Sexual harassment is defined as unwelcome sexual advances, requests for sexual favors, or other verbal or physical conduct of a sexual nature when: 1) Submission to such conduct is made either as an implicit or explicit condition of an individual's employment, career advancement, grades, or academic achievement. 2) Submission to or rejection of such conduct by an individual is used as the basis for employment or academic decisions affecting that individual. 3) Such conduct has the purpose or effect of substantially interfering with an individual's academic or work performance or creating an intimidating, hostile, or offensive working environment. Such behavior is unacceptable and will not be tolerated.

**Equity, Diversity, Equal Opportunity, and Affirmative Action:** The University provides equal access to and opportunity in its programs and facilities, without regard to race, color, creed, religion, national origin, gender, age, marital status, disability, public assistance status, veteran status, sexual orientation, gender identity, or gender expression. For more information, please consult Board of Regents Policy: <https://www.uwsp.edu/hr/Pages/Affirmative%20Action/About-EAA.aspx>

**Disability Services and Accommodations:** UWSP is committed to providing students with disabilities the academic accommodations and auxiliary aids necessary to ensure access to all university services, programs and activities. In addition to the university's campus wide efforts to promote access and inclusion, students with disabilities are further accommodated based on specific individual needs. The Disability and Assistive Technology Center (DATC) is responsible for determining these accommodations. They provide services and assistance to enrolled students who are either permanently or temporarily disabled.

If you have, or think you have, a disability such as mental health, attention, learning, chronic health, sensory, or physical, please contact Disability Services. The registration process is a complex and lengthy (2-3 weeks). Start the process early by contacting Disability Services at 715-346-3365 or emailing [datctr@uwsp.edu](mailto:datctr@uwsp.edu) and/or by completing the a Request for Services found at <https://www.uwsp.edu/disability/Pages/default.aspx> If you are registered with Disability Services and have a current letter requesting reasonable accommodations, please contact your instructor as early in the semester as possible to discuss how the accommodations will be applied in the course.

**Mental Health and Stress Management:** You may experience a range of issues that can cause barriers to learning, such as strained relationships, increased anxiety, alcohol/drug problems, feeling down, difficulty concentrating and/or lack of motivation. These mental health concerns or stressful events may lead to diminished academic performance and may reduce your ability to participate in daily activities. UWSP has services available to assist you. You can learn more about the broad range of confidential mental health services available on campus via the Student Mental Health Website: <https://www.uwsp.edu/counseling/Pages/default.aspx> *Therapy and consultation services are free for registered students.* The Counseling Center is located on the 3rd Floor of Delzell Hall. The office is open from 8:00-4:30, Mon-Fri; Tele: 715-346-3553. Please schedule an appointment ahead of time.

**Academic Freedom and Responsibility:** Academic freedom is a cornerstone of the University. Within the scope and content of the course as defined by the instructor, it includes the freedom to discuss relevant matters in the classroom. Along with this freedom comes responsibility. Students are encouraged to develop the capacity for critical judgment and to engage in a sustained and independent search for truth. Students are free to take reasoned exception to the views offered in any course of study and to reserve judgment about matters of opinion, but they are responsible for learning the content of any course of study for which they are enrolled.\* Reports of concerns about academic freedom are taken seriously, and there are individuals and offices available for help. Contact me (the instructor), the Department Chair (Dr. Craig Wendorf), your adviser, the associate dean of the college (Dr. Todd Good), or the Vice Provost for Faculty (Greg Summers). \*\* *Language adapted from the American Association of University Professors "Joint Statement on Rights and Freedoms of Students."*

### **Campus Resources:**

**The Tutoring-Learning Center** strives to maximize every student's learning potential through a variety of services. Trained peer tutors, consultants, and discussion will do everything within their power to increase their clients' knowledge of the subject. Individual tutoring and writing help are available. This resource is highly recommended for students who have struggled with writing in the past and can be a great resource for starting, finishing, and/or proofing papers. More information can be found at <https://www.uwsp.edu/tlc/Pages/default.aspx>.