

Introduction to Psychological Treatments

Psychology 545

Spring 2012

Class Information

Days: Wednesdays, 3:30-6:00

Room: Psychology 215A

Instructor Information

Brian Carpenter, Ph.D.

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Required texts:

Dryden, W. (2011). *Counselling in a nutshell* (2nd ed.). Thousand Oaks, CA: Sage.

Gurman, A. S., & Messer, S. B. (Eds.). (2005). *Essential psychotherapies: Theory and practice* (2nd ed.). New York: Guilford.

Jongsma, A. E., & Peterson, L. M. (2006). *The complete adult psychotherapy treatment planner* (4th ed.). New York: John Wiley.

The schedule of topics and readings can be found on the class web site:

<http://artsci.wustl.edu/~bcarpent/tx/home.html>

I recommend that at the end of the semester you print out the reading schedule, syllabus, and assignments and keep them in your records. Previous students have found this kind of documentation useful when applying for licensure in some states.

OBJECTIVES

I have four main goals for this course:

- 1) prepare you for some of the pragmatics associated with conducting psychotherapy;
- 2) familiarize you with some of the major schools of theory regarding psychotherapeutic treatments;
- 3) help you understand the nature and role of evidence-based practice and empirically-supported treatments; and
- 4) prepare you to use an approach that integrates theory and empirical analysis in designing, conducting, and evaluating your own psychotherapeutic treatments.

COURSE REQUIREMENTS

Reading assignments

Readings will consist of portions of the required texts as well as articles that are available on the library's Ares on-line reserve system (<http://library.wustl.edu/units/reserve/reservesinfo.html>). Use your main WUSLT Connect username and password to sign on; in class I'll provide a password for our course.

Readings will include a mixture of empirical studies, review articles, critiques, and expository narratives. Please complete all readings before the class to which they apply. More importantly, please be prepared to discuss what you've read.

Class participation and attendance

Because of the small size of this seminar, we'll have ample opportunity to raise questions, pursue discussions, and be flexible with our time. I encourage active participation. Grades for class participation will be based in large part on the degree of your preparation and your ability to add to the discussion in class in an informed manner.

Assignments

There will be one final project, and you'll have a choice between two options. In the first, you can compile a brief summary and annotated bibliography on evidence-based treatments for a specific psychological disorder. The second option is a review paper that summarizes the empirical literature related on one narrow aspect of psychological treatment. For both options you will make a brief class presentation about your topic. More details about these options are available on the class website.

<i>Grading</i>	Class contribution & attendance:	70%
	Final project:	30%

TOPIC OUTLINE

Here's a list of topics. Please note that the dates associated with each topic may change, so that we can be flexible with our time in class. Specific reading assignments can be found on the class web site.

Date	Topic
1/18	Introduction
1/25	The role of a clinical psychologist
2/1	The first session & intake
2/8	Clinical interviewing
2/15	Assessment, treatment planning, and outcome evaluation
2/22	Ethics
2/29	Diversity
3/7	Supervision & documentation
3/21	Evidence-based practice
3/28	Behavioral, cognitive & 3 rd wave approaches
4/4	Psychoanalytic, psychodynamic, and relational approaches
4/11	Person-centered, experiential, and existential approaches
4/18	Student presentations
4/25	Termination

Student Educational Services

Wash U. provides academic resources for students at Cornerstone: The Center for Advanced Learning. Located on the South 40 at Gregg Hall, the Center offers academic resources such as study groups, peer mentors, help desks, and course workshops, mostly geared toward undergraduates but also available to graduate students. Students seeking disability information should contact Disability Resources at 935-5970 or link to Disability Resources from the Cornerstone web site, <http://cornerstone.wustl.edu>. Also please speak to me if there are specific accommodations that would enhance your learning.