

**San José State University
Department of Psychology**

Psychology 165, Spring, 2010

Instructor:	Sheila Bienenfeld
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Office Hours:	Monday and Wednesday 9:30-10:30 Or by appointment
Class Days/Time:	Monday and Wednesday, 10:30-11:45
Classroom:	DMH 359

Faculty Web Page: <http://www.sjsu.edu/people/sheila.bienenfeld/>

Copies of the course materials such as the syllabus, major assignment handouts, etc. may be found on my faculty web page accessible through the Quick Links>Faculty Web Page links on the SJSU home page. You are responsible for regularly checking with the messaging system through MySJSU (or other communication system as indicated by me).

Course Description:

Major theories of behavioral change, with emphasis on counseling of persons with problems in occupational, social, family and individual adjustment.

Prerequisite: PSYC 1

Course Goals and Student Learning Objectives

Upon successful completion of this course, students will:

1. Be familiar with the major contemporary schools of psychotherapy/counseling.
2. Be able to analyze those schools of thought from a variety of different perspectives, including:
 - a. Their views of “the life well lived”
 - b. Their understanding of the key determinants of human experience
 - c. Their approaches to the treatment of psychological disorders

- d. Their treatment of issues related to human diversity, including gender, ethnicity and others
- e. Research on the effectiveness of each approach as applied to a variety of populations

Required Texts/Readings

Textbook

Lebow, J.L., (Ed.) Twenty-first century psychotherapies: Contemporary approaches to theory and practice. New York, Wiley.

Other Readings

Fifteen papers from the published literature (see below).

Classroom Protocol

Please be on time, turn off cell-phones, and please refrain from surfing the web during class.

Dropping and Adding

Students are responsible for understanding the policies and procedures about add/drops, academic renewal, etc. [Information on add/drops are available at http://info.sjsu.edu/web-dbgen/narr/soc-fall/rec-298.html](http://info.sjsu.edu/web-dbgen/narr/soc-fall/rec-298.html). [Information about late drop is available at http://www.sjsu.edu/sac/advising/latedrops/policy/](http://www.sjsu.edu/sac/advising/latedrops/policy/). Students should be aware of the current deadlines and penalties for adding and dropping classes.

Assignments and Grading Policy

Exams: There will be three midterm exams and one final exam. The final exam is not comprehensive. Each exam will contribute 10% toward your grade for the course, for a total of 40% for all exams combined.

Review: There will be a review day prior to each exam. During review days I will divide the class into groups of 4 and will ask each group to work together to answer a short essay question in writing and then present their response to the class as a whole. Each review will count for 5% of your final grade (total: 15%).

Writing Assignments:

1. Two brief literature reviews: choose a therapeutic approach (from among those we cover) that appeals to you and find 5 articles that discuss or present findings on that approach (you can find references in the textbook). In no more than 2 pages synthesize what you learned from the articles. **DON'T SUMMARIZE THE ARTICLES!** I don't want you to simply give 5 short summaries. I want you to integrate the readings and make a point, or more than one point, about the approach you've chosen. You should hand in copies of the articles along with

your reviews, and you should include full references to the articles using APA style.

2. The first literature review goes to me, the second goes first to me and then I will give it to one of your colleagues. Identify your papers with a code name or number (that you will also give to me on a separate page) so the colleague review will be blind.
3. Critique: You will be given one set of articles and papers submitted by one of your colleagues, and your job will be to read both the articles and the paper, critique the paper for accuracy and coherence, and identify areas needing improvement, including spelling, grammar, syntax, and conformity with APA style.
4. I will grade the critique and then return it to the student who wrote the critique. I will then collect the papers and return them to the original author.
5. Rewrite: Based on feedback from your colleague, you will rewrite your brief review and submit it to me.

Each written assignment will count for 15% of your grade for a total of 45% for written assignments (two short papers and one critique).

So this is how your grade will be calculated:

Review sessions (3): 15%

Exams (4): 40%

Short Papers (2): 30%

Blind critique (1): 15%

Total: 100%

The Psychology department now has a policy mandating that papers can have no more than 5 errors (each) in spelling, grammar, and syntax, and must conform to APA style. Any paper with more than 5 errors will be returned to you ungraded and must be corrected and resubmitted within one week. Such papers will automatically be subject to a 10% reduction in grade. (More about this later, as the policy has not yet been finalized.)

Grading: Grades for the course will be computed in the following way:

98.0 - 100 %	=	A+	78.0 - 79.9%	=	C+
93.0 - 97.9%	=	A	73.0 - 77.9%	=	C
90.0 - 92.9%	=	A-	70.0 - 72.9%	=	C-
88.0 - 89.9%	=	B+	68.0 - 69.9%	=	D+
83.0 - 87.9%	=	B	63.0 - 67.9%	=	D
80.0 - 82.9%	=	B-	00.0 - 62.9%	=	

University Policies

Academic integrity

Students should know that the University's [Academic Integrity Policy is available at http://www.sa.sjsu.edu/download/judicial_affairs/Academic_Integrity_Policy_S07-2.pdf](http://www.sa.sjsu.edu/download/judicial_affairs/Academic_Integrity_Policy_S07-2.pdf).

Your own commitment to learning, as evidenced by your enrollment at San Jose State

University and the University's integrity policy, require you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The website for [Student Conduct and Ethical Development](http://www.sa.sjsu.edu/judicial_affairs/index.html) is available at http://www.sa.sjsu.edu/judicial_affairs/index.html.

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person's ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include in your assignment any material you have submitted, or plan to submit for another class, please note that SJSU's Academic Policy F06-1 requires approval of instructors.

Campus Policy in Compliance with the American Disabilities Act

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. Presidential Directive 97-03 requires that students with disabilities requesting accommodations must register with the DRC (Disability Resource Center) to establish a record of their disability.

Student Technology Resources

Computer labs for student use are available in the Academic Success Center located on the 1st floor of Clark Hall and on the 2nd floor of the Student Union. Additional computer labs may be available in your department/college. Computers are also available in the Martin Luther King Library.

A wide variety of audio-visual equipment is available for student checkout from Media Services located in IRC 112. These items include digital and VHS camcorders, VHS and Beta video players, 16 mm, slide, overhead, DVD, CD, and audiotape players, sound systems, wireless microphones, projection screens and monitors.

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NOTE: This schedule may be revised as I sometimes have meetings on Wednesday Mornings. I may reschedule exam days to coincide with those meetings and arrange a proctor for exams.

Table 1 Course Schedule

Meeting	Date	Topics, Readings, Assignments, Deadlines
1	January 27	Chapter 1: Introduction
2	February 1	Chapter 2: Behavior Therapy
3	February 3	Behavior Therapy continued
4	February 8	Chapter 3: Cognitive Therapy
5	February 10	Cognitive Therapy continued
6	February 15	<u>Furlough. No Class</u>
7	February 17	<u>Review of Behavioral and Cognitive Therapy</u>
8	February 22	<u>Midterm #1</u>
9	February 24	Chapter 4: Experiential Therapy
10	March 1	Chapter 5: Mindfulness and Acceptance-Based Therapies
11 *	March 3	Mindfulness and Acceptance-Based Therapies continued <u>First Short Paper Due</u>
12	March 8	Chapter 6: Postmodern/Poststructuralist Therapies
13	March 10	Postmodern/Poststructuralist Therapies continued
14	March 15	<u>Review of Experiential/Mindfulness/Postmodern therapies</u>
15	March 17	<u>Midterm #2</u>

Meeting	Date	Topics, Readings, Assignments, Deadlines
16	March 22	Chapter 7: Psychoanalytic Psychotherapy
17	March 24	Psychoanalytic Psychotherapy continued
Spring	Break	Spring Break
18	April 5	Chapter 8: Existential Psychotherapy
19	April 7	Chapter 9: Feminist Therapy
20 *	April 12	Feminist Therapy continued <i>Second Short Paper Due and distributed for critique</i>
21	April 14	<u><i>Review of Psychoanalytic, Existential, and Feminist Therapies</i></u>
22	April 19	<u><i>Midterm #3</i></u>
23	April 21	Chapter 10: Couple and Family Therapy
24 *	April 26	Couple and Family Therapy Continued <i>Critiques due</i>
25	April 28	Chapter 11: Group Therapy
26	May 3	Group Therapy continued
27	May 5	Chapter 12: Integrative Therapy
28	May 10	<u><i>Furlough. NO CLASS</i></u>
29 *	May 12	Chapter 13: Multimodal Therapy <i>Rewrite of paper 2 due</i>
30	May 17	Chapter 14: Common Factors in Psychotherapy
Final	May 24	<u><i>Final Exam: 9:45 AM</i></u>