

**COGNITIVE BEHAVIORAL THERAPY
PSYCHOLOGY 535
SPRING 2023**

Professor: Laura Pawlow, Ph.D.
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Class Location: AH 0333
Days: Monday
Time: 9-11:45
Office Hours: Monday 12-1 and by appointment
Course Info available on Blackboard

Course Objectives: This course is designed to review the theory, empirical foundations, and application of empirically supported therapies (which are often cognitive and/or behavioral in nature) for the treatment of psychological disorders.

Course Goals:

Students who successfully meet the objectives of this course will be able to proficiently:

- Describe the theory, principles, and techniques of cognitive behavioral therapy
- Assess the utility of various empirically and non-empirically supported treatment techniques
- Identify and define behaviors and cognitions to be changed in therapy
- Know which empirically supported therapy techniques to apply in clinical practice
- Plan and design appropriate individual treatment plans
- Describe the professional and ethical guidelines relevant to psychological treatment

Prerequisites: Graduate status in Psychology, or consent of the instructor

Required Texts:

- Barlow, D.H. (2014). *Clinical handbook of psychological disorders: A step-by-step treatment manual* (5th ed.). New York: Guilford.
- Beck, J.S. (2011). *Cognitive behavior therapy: Basics and beyond*. 2nd edition. New York: Guilford.

*Additional readings may be assigned as we go.

Workload: There will be three exams throughout the course of the semester based on the readings and lectures. Each exam may consist of such items as multiple choice, fill in the blanks, and short essay questions and will not be cumulative. I will also assign 3 articles as homework. Questions about these articles are posted on BB and each of you must provide typed responses as homework. After the class discussion, you can select which answers you'd like to turn in to be graded (1 point each). Over the course of the semester, you will select 10 of the 15 for grading, for a maximum of 10 points. Finally, five homework assignments (worth 10 points each) will be given out over the course of the semester. My PowerPoint notes for class will be available to you each week on Blackboard – **I strongly suggest that you review these PPTs for the next lecture BEFORE you do your homework!!!** Also, sometimes I may need to send messages to your class via e-mail – please be sure to check your SIUE e-mail regularly for such messages.

Grades:

Exam 1 – 100 pts	A = 234 pts (90%)
Exam 2 – 50 pts	B = 208 pts (80%)
Exam 3 – 50 pts	C = 182 pts (70%)
10 Article Questions – 10 pts	D = 156 pts (60%)
<u>Homework Assignments – 50 pts</u>	F = <156 pts (<60%)
Total = 260 pts	

POLICIES

Students with Special Needs – Students needing accommodations because of medical diagnosis or major life impairment will need to register with **Accessible Campus Community & Equitable Student Support (ACCESS)** and complete an intake process before accommodations will be given. Students who believe they have a diagnosis but do not have documentation should contact ACCESS for assistance and/or appropriate referral. The ACCESS office is located in the Student Success Center, Room 1203. You can also reach the office by e-mail at myaccess@siue.edu or by calling 618.650.3726. If you feel you would need additional help in the event of an emergency situation, please notify your instructor to be shown the evacuation route and discuss specific needs for assistance. For more information on policies, procedures, or necessary forms, please visit the ACCESS website at www.siue.edu/access.

DEPARTMENT OF PSYCHOLOGY POLICY ON INCOMPLETE GRADES AND WITHDRAWAL -

All withdrawals must be completed by the end of the 13th week of classes during fall and spring, and by a similarly late date (i.e., before 82% of class meetings have occurred) in any summer term. Grades that apply to students who initiate a withdrawal and grades that apply when a student fails to officially withdraw within established deadlines are determined by university policy (see <http://www.siue.edu/policies/1j1.shtml>). The granting of a grade of I (Incomplete) is not automatic. It is available only in cases when a student has completed most of the work required for a class but is prevented by a medical or similar emergency from completing a small portion of the coursework before the deadline for grade submission. An I must be approved by the instructor with appropriate documentation provided by the student. If an instructor agrees to give a student an I, the instructor will fill out a Memorandum of Incomplete Grade to be kept with the student's records. If the work is not completed by the time specified on the Memorandum, the student's grade will be changed from I to F.

DEPARTMENT OF PSYCHOLOGY WRITING POLICY - As a student in this course, you will be expected to display university-level writing, which includes completing course assignments that meet the following basic writing criteria. Specifically, all written assignments completed for this course should include:

- clear transitions from sentence to sentence and idea to idea (e.g., paper is organized/flows well);
- verb tense consistency;
- clear and unambiguous sentences and ideas;
- writing that is free of typos, spelling errors, and major grammatical errors;
- properly formatted citations and references (if relevant).

This is by no means an exhaustive list of basic writing skills, but will give you an idea of what we are looking for in our papers. If you feel you need help with your writing, you are encouraged to seek assistance from the writing center on campus (<http://www.siue.edu/is/writing>) or utilize one of the many online resources they have identified to help students (<http://www.siue.edu/is/writing/resources.shtml>). If your graded written assignments fail to meet the basic writing requirements listed above (and any others found to be appropriate by your instructor), the instructor will stop the grading process and return the paper to you with a final grade of zero.

DEPARTMENT OF PSYCHOLOGY POLICY ON PLAGIARISM - Plagiarism includes presenting someone else's words without quotation marks (even if you cite the source), presenting someone else's ideas without citing that source, or presenting one's own previous work as though it were new. When paraphrasing from another source or your own work, at the very least, the student should change the wording, sentence syntax, and order of ideas presented in the paper. Additionally, you should not submit a paper, or parts of a paper, written to fulfill the requirements of one class for the requirements in another class without prior approval of the current instructor and appropriate citation. Ideally, the student will integrate ideas from multiple sources while providing critical commentary on the topic in a way that clearly identifies whether words and ideas are those of the student or are from another source. Plagiarism is one type of academic misconduct described in SIUE's Student Academic Code (<http://www.siue.edu/policies/3c2.shtml>). University policy states

that “Normally a student who plagiarizes shall receive a grade of F in the course in which the act occurs. The offense shall also be reported to the Provost.” (<http://www.siu.edu/policies/1i6.shtml>). The University policy discusses additional academic sanctions including suspension and expulsion from the University. To insure that you understand how to avoid plagiarism, we encourage you to review the information on plagiarism provided on the Department of Psychology web page at <http://www.siu.edu/education/psychology/plagiarism.shtml>.

Missed or Cancelled Class – This class is designed as a F2F class, so unless otherwise noted, I will plan to teach live and won’t zoom my live lectures. As graduate students, you are expected to attend all class periods. However, if you are sick or some sort of emergency crops up, an occasional absence may occur. In that case, on Blackboard you will find the PPT notes as well as pre-recorded lectures from a previous year. These lectures will be similar to, although may not be perfectly identical to, what is discussed during this year’s class periods. As such, you are also strongly encouraged to get lecture notes from a classmate.

Also, it is a university policy that should class be cancelled for any reason (e.g., my illness, a snow day, etc.), a substitute assignment be in place to make up for the missed class period. If class is cancelled for any reason this semester, I would ask you to spend the class time watching the corresponding lecture for the day on your own – these are all posted on our BlackBoard site – under “Coursework,” the very top tab says, “Link to Access all Audio Files” and a video for each lecture* is posted there. (*Except the lecture on Behavior Therapy!)

Twitter - Our department’s Twitter page (@SIUEpsychology) is a great way to get announcements, find out what is happening in the department, and learn more about recent psychology news.

Approximate Schedule*:

***The schedule (including exams) may change at the discretion of the professor**

Date	Topic for today:	Have read/done for today:
1/9	Welcome, Introduction	
1/16	No School – MLK Day	
1/23	Empirically Supported Treatments, History, Ethics	
1/30	Cognitive Therapy	Beck Ch 1-9, HOMEWORK DUE
2/6	Cognitive Therapy	Beck Ch 10-18, HOMEWORK DUE
2/13	Behavioral Therapy *	HOMEWORK DUE
2/20	Acceptance and Commitment Therapy	
2/27	Exam 1	
3/6	No School – Spring Break	
3/13	Anxiety Disorders - 1	Barlow Ch 1-2, ARTICLE 1 DUE
3/20	Anxiety Disorders - 2	Barlow Ch 3-4, HOMEWORK DUE Please have also read The Coddling of the American Mind Article and be prepared to discuss*
3/27	Depression	Barlow Ch 7-9, ARTICLE 2 DUE
4/3	Exam 2	
4/10	GUEST SPEAKER!	
4/17	Personality Disorders, Bipolar and Schizophrenia	Barlow Ch 10-12 ARTICLE 3 DUE
4/24	Eating Disorders, Sexual Disorders and Couples	Barlow – Ch 17-18 HOMEWORK DUE
5/1	Exam 3	

*Found at <http://www.theatlantic.com/magazine/archive/2015/09/the-coddling-of-the-american-mind/399356/> and a copy is also on Blackboard.

COVID-19 Pandemic Policies Related to Classroom Instruction (Spring 2023)

Health and Safety

The measures outlined below are required and any student who does not comply may be in violation of the *COVID-19 People-Focused Health and Safety Policy*, as well as the University's *Student Code of Conduct*.

The full text of the *COVID-19 People-Focused Health and Safety Policy* can be found here:

<https://www.siu.edu/policies/Covid.shtml>

Classrooms, Labs, Studios, and Other Academic Spaces

Under current University policy, SIUE will only require masking in campus healthcare settings. See,

<https://www.siu.edu/about/announcements/coronavirus/safety-guidelines-support/index.shtml>.

Individual faculty of record may determine that masking will be required in their classrooms and are asked to communicate accordingly with students. Face masks may be required in other campus sites following guidance from governing regulatory agencies.

- Students who forget to wear a face covering when masking is required will be reminded of their obligation to comply with SIUE's *COVID-19 People-Focused Health and Safety Policy* and temporarily asked to leave the class until they are able to conform to the policy. Students who forget or lose their face coverings when masking is required may be able to obtain replacements from a friend, a faculty member, or a nearby departmental office. Face coverings are also available for purchase in the Cougar Store (MUC).
- Students who refuse to wear a face covering when masking is required will be asked to leave the classroom and referred to the Dean of Students for non-compliance with community health and safety protocols. Repeated non-compliance may result in disciplinary actions, including the student being administratively dropped from an on-ground/face-to-face course or courses without refund if no alternative course format is available.
- If a student has a documented health condition which makes wearing a face covering medically intolerable, that student should contact ACCESS to explore options with the understanding that ACCESS will not grant accommodations which excuse the need for a face covering while on campus or in the classroom. ACCESS will work with qualifying individuals to find reasonable alternatives, whenever such solutions are available. Please call or contact the ACCESS Office via email to schedule an online appointment to discuss potential alternatives. ACCESS office (Student Success Center, Room 1203, 618-650-3726, and myaccess@siue.edu).

General Health Measures

Students and employees are expected to review the [siue.edu/coronavirus](https://www.siu.edu/coronavirus) website

(<https://www.siu.edu/about/announcements/coronavirus/>) to better understand prevention strategies and safety expectations.

- Students and employees are expected to maintain healthy hygiene practices.
- Students and employees are expected to follow COVID-related guidelines and directions.
- Students and employees are expected to conduct a daily health self-assessment and isolate themselves if COVID-related symptoms are present. COVID-related symptoms include:
 - o Fever (100.4 degrees or above) or chills
 - o Cough
 - o Shortness of breath or difficulty breathing
 - o Fatigue
 - o Muscle or body aches
 - o Headache
 - o New loss of taste or smell

- o Sore throat
- o Congestion or runny nose
- o Nausea or vomiting
- o Diarrhea

Academic Integrity

Students are reminded that the expectations and academic standards outlined in the Student Academic Code (3C2) apply to all courses, field experiences and educational experiences at the University, regardless of modality or location. The full text of the policy can be found here: <https://www.siu.edu/policies/3c2.shtml>.

Recordings of Class Content

Faculty recordings of lectures and/or other course materials are meant to facilitate student learning and to help facilitate a student catching up who has missed class due to illness or quarantine. As such, students are reminded that the recording, as well as replicating or sharing of any course content and/or course materials without the express permission of the instructor of record, is not permitted, and may be considered a violation of the University's Student Conduct Code (3C1), linked here: <https://www.siu.edu/policies/3c1.shtml>.

Potential for Changes in Course Schedule or Modality

As the COVID-19 pandemic continues, there remains a possibility that planned classroom activities will need to be adjusted. Depending on circumstances and following state-issued recommendations, potential changes include alterations to distancing requirements, course modality (e.g., transition from face-to-face to online, hybrid, or hy-flex, mask wearing, in-course activities, etc). These changes would be implemented to ensure the successful completion of the course while preserving health and safety. In these cases, students may be provided with an addendum to the class syllabus that will supersede the original version. If the course schedule or modifications significantly alter expectations, a new syllabus will be issued.