

Proposal Title: PSY 4080 – Contemporary Psychotherapies

Proposed Change: To change course number to reflect connection to its prerequisite, PSY 3080, Abnormal Psychology and assign it to the appropriate course level (4XXX) and adjust prerequisites.

Proposed Catalog Description:Old Description

PSY 3090 - Contemporary Psychotherapies
(3) Credit Hours

A comprehensive review of psychotherapeutic techniques practiced to help alleviate individuals' behavioral, cognitive, and emotional disabilities. Reviews practices derived from the behavioral, cognitive, humanistic, psychodynamic perspectives. In addition, the course emphasizes the empirical research demonstrating the efficacy of these techniques. Prerequisite: PSY 3080 or department head approval.

New Description (including course number change)

PSY 4080 - Contemporary Psychotherapies
(3) Credit Hours

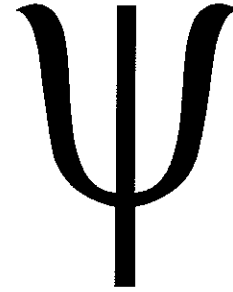
A comprehensive review of psychotherapeutic techniques practiced to help alleviate individuals' behavioral, cognitive, and emotional disabilities. Reviews practices derived from the behavioral, cognitive, humanistic, psychodynamic perspectives. In addition, the course emphasizes the empirical research demonstrating the efficacy of these techniques. Prerequisite: 6 hours of Psychology and PSY 3080 or department head approval.

Primary Instructor: Dr. Nicky Ozbek

PSY 4080 Sample Syllabus follows.

15-083 (Q)

The University of Tennessee at Chattanooga
Department of Psychology
Course: Psychology 4080, CRN XXXX
Course title: Contemporary Psychotherapies
Class schedule:
Credit hours: 3



Faculty: Nicky Ozbek
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Hours by appointment
Email: nicky-ozbek@utc.edu

ADA STATEMENT – ATTENTION: If you are a student with a disability (e.g. physical, learning, psychiatric, vision, hearing, etc.) and think that you might need special assistance or a special accommodation in this class or any other class, call the Disability Resource Center (DRC) at 425-4006 or come by the office, 102 Frist Hall.

If you find that personal problems, career indecision, study and time management difficulties, etc. are adversely affecting your successful progress at UTC, please contact the Counseling and Career Planning Center at 425-4438 or <http://www.utc.edu/Administration/CounselingAndCareerPlanning/>

REQUIRED TEXT: Wedding, D. & Corsini, R.J. (eds.) Nolen-Hoeksema, S. (2011). *Current Psychotherapies, 10th Edition*. Belmont, CA: Brooks/Cole. There may also be supplemental readings posted on UTC Online that are part of the required readings for the course.

PURPOSE: To provide an overview of contemporary psychotherapies in an effort to build a framework for understanding the similarities, differences, and evidence base for common forms of psychotherapy with individuals and families.

PREREQUISITES: Abnormal Psychology, PSY 3080 or equivalent

FORMAT: Classes will be lecture and discussion that provide background and emphasis for readings in the text, and other readings that may be distributed/assigned from time to time. Please note that *students are responsible for materials in reading assignments and any additional material covered in lecture*. Everything in the text will not be covered in lectures; to be successful in the course it will be necessary for the student to read the assigned material, come to class to hear the lecture and participate in the class discussion, and think. Students are expected to be able to absorb material independently, ask questions as needed and appropriate, and to think critically about the subject matter of the course.

STUDENT LEARNING OUTCOMES: On completion of the unit students will be able to:

- Demonstrate knowledge of the historical development and key concepts of the psychotherapy models studied.
- Critically evaluate these models' therapeutic effectiveness and limitations with reference to contemporary research findings.
- Critically compare concepts of consciousness, the Unconscious, dreams, defense mechanisms, anxiety and the role of therapist across models studied.
- Demonstrate and critically analyze therapeutic skills pertaining to different models and modes of interpretation.

COURSE MEETINGS:

ATTENDANCE: If you are a student attending school on an athletic scholarship or on veteran's benefits, attendance is required and you must sign an attendance sheet. For other students, attendance will be recorded. Each class you attend in full will add 10 points to your total points for the course, up to a total of 100 points (see grading below). Note that, if you are absent or do not sign the sheet you will *not* receive the 10 points, *regardless of the reason.*

CLASS ETIQUETTE: Please turn off or silence all cell phones, pagers and other electronic devices with potential for disruption of the classroom environment. Personal computers may be used during class activities if it contributes to the learning experience (e.g., use of word processing to record class notes), unless it becomes disruptive to the learning environment. Classes will begin on time. Students will be expected to be present throughout the class, and to return from breaks on time.

GRADING: Your grade will be based on your **BEST 4 OF 5 TEST SCORES**, including 4 chapter tests and a cumulative final exam, plus attendance. **THE LOWEST OF YOUR 5 TEST SCORES WILL BE DROPPED.** There will be several opportunities for extra credit, up to a total of 30 points. Please review the details below and make sure to ask any questions you have so you are clear about the basis for your course grade.

TESTS: Each test is taken in class, using scantron sheets. Tests are each worth up to 100 points, including the Final. Test questions will be primarily multiple choice with the possibility of some short-answer or essay questions. **PLEASE NOTE THAT THERE ARE NO MAKEUP EXAMS – YOU MUST COMPLETE THE TESTS IN CLASS.**

ATTENDANCE: As noted above, each class you attend and during which you sign the attendance sheet will count 10 points, up to a total of 100 points. Note there are 13 classes (including tests) for which you can obtain points for attendance; in other words, you can miss 3 classes and still obtain full attendance credit.

Grades will be assigned as follows **Grade ranges are absolute and will NOT be “rounded up”:**

Total possible points: 400 (tests) + 100 (class attendance) = 500

≥ 450 points = A 400-449 points = B 350-399 points = C 300-349 points = D < 300 = F

Extra credit is available for participation in department-sponsored research projects, and there will be several opportunities to earn extra points in class assignments. Each research project and/or class assignment will be worth up to 10 points – you may earn up to a total of 30 extra credit points in total over the duration of the class.

POLICY ON PLAGIARISM:

Please refer to the student handbook for definitions and policy relating to plagiarism. This policy will be applied in the event that plagiarism is found in connection with work completed for the class.

COMMUNICATION WITH THE INSTRUCTOR: The most efficient way to contact the instructor is via email, at name@utc.edu. A phone call to (423) 425-4262 is also acceptable – if you call please leave a clearly spoken message with a callback number as appropriate. Questions, comments, need for clarification, or requests for additional help are welcome.

TENTATIVE CLASS SCHEDULE

Note: Changes in the details of the class schedule may be made to accommodate class needs or interests that arise during the course of instruction. In the event of such a change, clarification will be provided at the time of the change, and will include information about any adjustments in the remainder of the class schedule.

Class	Topic	Reading Assignments
1	Class 1: Course introduction and overview; discuss syllabus; introduction to psychotherapy and evidence-based practice	Syllabus, Preface, and Chapter 1
2	Class 2: Psychoanalytic Psychotherapies	Chapter 2
3	Class 3: Adlerian Psychotherapy & Client-Centered Psychotherapy	Chapter 3 and 4
4	TEST 1 – Chapters 1-4	
5	Class 4: Behavior Therapy & Cognitive Therapy	Chapter 6 and 7
6	Class 5: Existential Psychotherapy & Gestalt Therapy	Chapters 8 and 9
7	TEST 2 – Chapters 6-9	
8	Class 6: Interpersonal Psychotherapy & Family Therapy	Chapters 10 and 11
9	Class 7: Contemplative Psychotherapies & Positive Psychotherapy	Chapters 12 & 13
10	TEST 3 – Chapters 10-13	
11	Class 8: Integrative Psychotherapies & Multicultural Theories of Psychotherapy	Chapters 14 & 15
12	Class 9: Contemporary Challenges and Controversies	Chapter 16
13	TEST 4 – Chapters 14-16	
14	FINAL EXAM	Cumulative