

**COGNITIVE BEHAVIORAL THERAPY
PSYCHOLOGY 535
SPRING 2024**

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

Absence and Tardy Policy – Please note - it is very important that you attend regularly and promptly! Class starts promptly at 9 AM. Everyone will receive 2 “freebie” late passes; each subsequent tardy will deduct 5 points from your class total. Students who do not use 1 or both freebies will earn 5 or 10 extra points to their class total at the end of the class. Everyone will also receive 1 “freebie” absence in the case of sickness or other event serious enough to warrant missing class. Each subsequent absence will deduct 15 points from your class total (extreme, **documented** situations may be excused – this would be a very rare situation!). If you are absent for Exam 1 or 2, you may take it with the final exam. You may not miss the final exam as there will be no make up period.

Missed or Cancelled Class –If you are sick or some sort of emergency crops up, you will still be responsible for the information covered in class. 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!)

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.siu.edu/is/writing>) or utilize one of the many online resources they have identified to help students (<http://www.siu.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.siu.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>.

SIUE Mental Health Resources: SIUE is now partnered with [TimelyCare](#) to deliver a new virtual health and well-being platform for students. Through either a mobile app or your desktop, TimelyCare provides 24/7 access to virtual care from anywhere in the United States at no cost. Visit timelycare.com/SIU or download the TimelyCare app from your app store and register with your school email address. You can then start visits from any web-enabled device – smartphone, tablet, laptop, or desktop – anywhere in the United States.

What services are available?

- TalkNow - 24/7, on-demand emotional support.
- Scheduled Counseling - Select the day, time, and mental health provider of your choice. (9 visits/year)
- Health Coaching - Support for developing healthy behaviors.
- Basic Needs Support - Get connected to low or reduced-cost community resources.
- Self-Care Content – Yoga, meditation, & group conversations with our providers on a variety of health/well-being topics.

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:
1/8	Welcome, Introduction	
1/15	No School – MLK Day	
1/22	Empirically Supported Treatments, History, Ethics ***We will also attend a job talk from 11-12 this day!	
1/29	Cognitive Therapy	Beck Ch 1-9, HOMEWORK DUE
2/5	Cognitive Therapy	Beck Ch 10-18, HOMEWORK DUE
2/12	Acceptance and Commitment Therapy**	
2/19	Behavioral Therapy **	HOMEWORK DUE
2/26	Exam 1	
3/4	No School – Spring Break	
3/11	Anxiety Disorders - 1	Barlow Ch 1-2, ARTICLE 1 DUE
3/18	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*
3/25	Depression	Barlow Ch 7-9, ARTICLE 2 DUE
4/1	GUEST SPEAKER – Maddie Jenkins Rosenthal	
4/8	Exam 2	
4/15	Personality Disorders, Bipolar and Schizophrenia	Barlow Ch 10-12 ARTICLE 3 DUE
4/22	Eating Disorders, Sexual Disorders and Couples	Barlow – Ch 17-18 HOMEWORK DUE
4/29	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.

**These 2 lectures are chronologically swapped this year.

***I will explain more about the job talk on the first day of class.