

# Methods of Psychotherapy Section 01

## PSYC 258

Fall 2024 3 Unit(s) 08/21/2024 to 12/09/2024 Modified 08/26/2024

### Contact Information

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#### Course and Contact Information

Instructor:	Jennifer Gregg, Ph.D.
Email:	Jennifer.gregg@sjsu.edu
Office Hours:	12:00 - 1:15pm Tuesdays and Thursdays
Class Days/Time:	Thursdays 9:00 – 11:45 am
Classroom:	DMH 347

### Course Information

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This course is intended to provide you with an overview of the theories and methods of psychotherapy and to teach you to think critically about each of them. We will examine the major theoretical frameworks within psychotherapy and explore the relative strengths and drawbacks of each one while learning the key intervention techniques they employ.

### Course Description and Requisites

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Survey of the theoretical background and practical application of various approaches to psychotherapy.

Prerequisite: PSYC 139.

Notes: MS program priority.

Letter Graded

# \* Classroom Protocols

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## Attendance

As a graduate student, you should not be missing your classes. If you need to miss a class, please let me know by phone or email and I will likely tell you to get the notes from another student. This will be better than nothing, but there will be a lot happening during this class, and notes from other students will not properly cover what happens, so for your own benefit try not to miss class.

## Office Hours

The students who have historically done the best in this class are those who came and met with me in my office when they got stuck, rather than just staying stuck. If you can't make my office hours, email me (email is the most reliable way to contact me) and we can set up another time to meet. Ultimately, as a graduate student, it is your responsibility to get your needs met, but I will be as present and flexible as I can be to help you succeed. Take me up on it.

## Canvas

I will keep the Canvas course updated as we go along, and encourage you to post your questions there when you get stuck. Please let me know if you have any trouble accessing canvas or any feature of our online class.

## University Policies

Per University Policy S16-9, university-wide policy information relevant to all courses, such as academic integrity, accommodations, etc. will be available on the Office of Graduate and Undergraduate Programs' [Syllabus Information web page](http://www.sjsu.edu/gup/syllabusinfo/) at <http://www.sjsu.edu/gup/syllabusinfo/>

## Program Information

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**Licensure Learning Outcomes (LLOs)** indicate how each course meets the educational requirements as detailed by the CA Board of Behavioral Sciences. [The MS Clinical LLOs are detailed on our program website. \(https://sjsu.edu/psych/graduate-programs/masters-clinical-psych/learning-objectives.php\)](https://sjsu.edu/psych/graduate-programs/masters-clinical-psych/learning-objectives.php)

**Program learning outcomes (PLOs)** are skills and knowledge that students will have achieved upon completion of the MS in Clinical Psychology degree. Each course in our curriculum contributes to one or more of these PLOs. The PLOs for the degree are:

1. Interventions and evidence-based applications

1.1 Students will be able to apply, compare, and contrast a variety of psychotherapy theories and implement at least one chosen theory or intervention with clinical case material

- 1.2 Students will be able to evaluate, select, and implement empirically supported clinical interventions for clinical case material and clients
2. Communication and Case presentation
  - 2.1 Students will be able to integrate and communicate clinical case material
  - 2.2 Students will be able to synthesize contextual and cultural variables into their understanding of and presentation of client materials
  - 2.3 Students will effectively respond to queries about clinical material and engage in discussions about their clients with supervisors and peers
  - 2.4 Students will be able to analyze cases other than those they are treating, applying theories, principles, and relevant empirical findings to those cases
3. Competent Assessment and Evaluation
  - 3.1 Students will be able to evaluate, select, and implement different assessment devices and strategies for assessing client outcomes and processes of change over the course of treatment including nomothetic and idiographic approaches
4. Professional clinical practice
  - 4.1 Students will demonstrate competency consistent with professional standards of practice in areas including, but not limited to, psychotherapy theory, service delivery, ethics, assessment, research methods, family/couples therapy, cultural diversity and humility, risk management and safety planning, psychopharmacology, and issues relevant to adult and child clinical populations.
5. Preparation and meeting professional licensing requirements
  - 5.1 Students will demonstrate fulfillment of coursework and other pre-degree licensing requirements outlined by the Board of Behavioral Sciences

## Course Goals

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Specifically, the goals of this course are for students to learn to conceptualize and plan treatment for a given case, provide an accurate DSM diagnosis, and make clinical decisions in consideration of symptoms, contextual features, and the empirical literature.

## Course Learning Outcomes (CLOs)

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This course meets the following Program Learning Outcomes: 1.1, 1.2, 2.1, 2.2, 2.4, 4.1.

### Licensure Learning Outcomes (LLO)

Licensing requirements for academic coursework toward the MFT and/or LPCC will be met for this course in the following way:

LL01: For the LPCC requirements, this course is designed to fulfill category: (G) "Principles of the diagnostic process, including differential diagnosis, and the use of current diagnostic tools, such as the current edition of the Diagnostic and Statistical Manual, the impact of co-occurring substance use disorders or medical psychological disorders, established diagnostic criteria for mental or emotional disorders, and the treatment modalities and placement criteria within the continuum of care". per BPC Section 4999.12

This course will also cover aspects of the additional LPCC requirements of: (d) sections (1) - (5) as follows: (1) The understanding of human behavior within the social context of socioeconomic status and other contextual issues affecting social position. (2) The understanding of human behavior within the social context of a representative variety of the cultures found within California. (3) Cultural competency and sensitivity, including a familiarity with the racial, cultural, linguistic, and ethnic backgrounds of persons living in California. (4) An understanding of the effects of socioeconomic status on treatment and available resources. (5) Multicultural development and cross-cultural interaction, including experiences of race, ethnicity, class, spirituality, sexual orientation, gender, and disability and their incorporation into the psychotherapeutic process.

1. LLO2: For the MFT requirements, this course includes instruction in Diagnosis, assessment, prognosis, and treatment of mental disorders, including severe mental disorders, evidence-based practices, psychological testing, psychopharmacology, and promising mental health practices that are evaluated in peer-reviewed literature (*BPC Section 4980.36(d)(2)(A)*)

This course will also cover aspects of the general MFT requirements that programs:

(1) Integrate all of the following throughout its curriculum: (A) Marriage and family therapy principles, (B) The principles of mental health recovery-oriented care and methods of service delivery in recovery-oriented practice environments, among others, (C) An understanding of various cultures and the social and psychological implications of socioeconomic position, and an understanding of how poverty and social stress impact an individual's mental health and recovery; (2) Allow for innovation and individuality in the education of marriage and family therapists; (3) Encourage students to develop the personal qualities that are intimately related to effective practice, including, but not limited to, integrity, sensitivity, flexibility, insight, compassion, and personal presence; and (4) Permit an emphasis or specialization that may address any one or more of the unique and complex array of human problems, symptoms, and needs of Californians served by marriage and family therapists.

CLO1: Understand the role of psychological theory in the selection and delivery of psychotherapy

Satisfied by reading responses and case application papers

CLO2: Learn to conceptualize clinical cases from a variety of theoretical perspectives, taking into consideration therapist and client contextual features (including age, sex, race, ethnicity, spirituality, sexual orientation, language, disability, and socioeconomic status) and current evidence of effectiveness.

Satisfied by case application papers

CLO3: Understand and discriminate the etiology and mechanisms of change of the major paradigms of psychotherapy, and learn how to implement appropriate interventions from within those paradigms.

Satisfied by reading responses.

CLO4: Learn treatment planning within the principles of evidence-based practice.

Satisfied by reading responses and case application papers

## Course Materials

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### Textbook

#### *Required Texts*

Essential Psychotherapies, Theory and Practice (4th Edition)

by Stanley B. Messer, Nadine J. Kaslow, The Guilford Press

Published 2019

ISBN-13: 978-1-4625-4084-6, ISBN: 1-4625-4084-8

## *Other Readings*

1. Supplementary Journal Articles. A copy of supplementary journal articles is available for download on the course website. These are essential readings and you will be responsible for them during the semester.

## Course Requirements and Assignments

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### Course Requirements and Assignments

#### Theory Responses

Over the course of the semester, you will read about a variety of theories, and you will be required to do 2 things for each theory: 1) answer 8 specific theory-related questions, and 2) take a specific case (Anna) and answer 4 more questions about ways this theory applies to the case.

You must write out your answers and submit them via Canvas. Please use the number to denote where your answers to each question begin and end.

#### Theory-Related Questions

1. What is the **mechanism of the problem** – how do symptoms or problems develop? How are they maintained?
2. What is the structure of sessions? What happens in the sessions? How active/directive is the therapist? Is treatment typically long- or short-term? Is homework used?
3. How does the therapeutic relationship influence the outcome of treatment?
4. What is the **mechanism of change** for this approach (i.e., what personal characteristics change to produce improvement, and how is it brought about)?
5. Does this approach utilize specific interventions? If so, what are the most important ones? Describe at least one in detail.
6. Is there empirical research to support this approach? If so, for whom?
7. What are the strengths and weaknesses for this approach in terms of diversity, equity, and inclusion?
8. Give a nutshell description of this theory in your own words

#### Anna Questions

1. What were the important pieces of information in Anna's case from this approach's perspective?

2. What is the mechanism of Anna's difficulties according to this approach? Would her contextual features be important according to this understanding?
3. What would be the mechanism of change for Anna from this approach (i.e. what *process variable* would we see change if the treatment had been implemented effectively)? Would her context play a role?
4. What would be the key interventions with Anna from this approach?

## Paper Policy

The Theory Responses that are completed out of class are due to canvas on the day specified in the syllabus at the beginning of class. **You must also have an electronic copy that you can use for the class discussion on the day the theory is discussed.** Given that we will be going over the papers in the class period, I cannot accept any late papers.

Your writing quality is graded in this class, and if I cannot understand your writing, you will be reduced points. If your grammar is difficult to understand you will be asked to seek additional assistance with your writing.

I expect you to reference at least your reading for this assignment. Whenever you reference something you have read, provide a complete, **APA-style** reference. **Never** reference a website or web source, ever.

## Participation

Experiential learning and shaping is a big part of how you will become a professional in this field. In this class that will include in-class discussions and role plays that will allow you to get experiential practice with each theory/intervention. A self- assessment of participation will be done informally during the semester. If you are not sure if you are engaging enough with the material in class or in role plays, I would encourage you to seek me out during office hours to check on your level of participation.

## Midterm and Final Examination or Evaluation

Both the midterm and final examinations for this course will be an in-class, individual, timed exam covering all of the theories discussed over the course of the semester.

Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of 45 hours over the length of the course (normally 3 hours per unit per week, (so **9 hours per week for our class**) for instruction, preparation/studying, or course-related activities, including but not limited to internships, labs, and clinical practica. Other course structures will have equivalent workload expectations as described in the syllabus.

## ✓ Grading Information

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Grading is based on a combination of several factors. The components of your grade are

Assignment	Points	% of Total grade	Learning outcome(s)
Theory Responses/Case Responses	9?@ 40 pts each) 360	~80% of grade	CLO1, CLO2, CLO3, CLO4
Final Exam	50	~10% of grade	CLO1, CLO2, CLO3, CLO4
Midterm	50	~10% of grade	CLO1, CLO2, CLO3, CLO4
<b>Total Points</b>	<b>460</b>		

## Determination of Grades

Grades will be determined by the following scale:

100-93%=A, 92-90%=A-,

89-87%=B+, 86-83%=B, 82-80%=B-,

79-87%=C+, 76-73%=C, 72-70%=C-,

69-67%=D+, 66-63%=D, 62-60%=D-,

and 59.9% and less = F.

Unless otherwise specified, there is no extra credit available in this course.

Absolutely no late work will be accepted.



# University Policies

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Per [University Policy S16-9 \(PDF\)](http://www.sjsu.edu/senate/docs/S16-9.pdf) (<http://www.sjsu.edu/senate/docs/S16-9.pdf>), relevant university policy concerning all courses, such as student responsibilities, academic integrity, accommodations, dropping and adding, consent for recording of class, etc. and available student services (e.g. learning assistance, counseling, and other resources) are listed on the [Syllabus Information](https://www.sjsu.edu/curriculum/courses/syllabus-info.php) (<https://www.sjsu.edu/curriculum/courses/syllabus-info.php>) web page. Make sure to visit this page to review and be aware of these university policies and resources.

## Course Schedule

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Week	Date	Topic	Assignment	Reading
1	8-22-2024	Introduction to course		Course Syllabus
2	8-29-2024	Theories and Evidence-Based Practice in Psychotherapy		<ol style="list-style-type: none"><li>1. Spring, B. (2007). Evidence-based practice in clinical psychology: What it is, why it matters; what you need to know. <i>Journal of clinical psychology</i>, 63(7), 611-631.</li><li>2. Minieri, A. M., Reese, R. J., Miserocchi, K. M., &amp; Pascale-Hague, D. (2015). Using client feedback in training of future counseling psychologists: An evidence-based and social justice practice. <i>Counseling Psychology Quarterly</i>, 28(3), 305-323.</li></ol>

Week	Date	Topic	Assignment	Reading
3	9-5-2024	Case Conceptualization and Diversity, Equity, and Inclusion in Psychotherapy		<p>1. Morris, S. J. (2003). A metamodel of theories of psychotherapy: A guide to their analysis, comparison, integration and use. <i>Clinical Psychology &amp; Psychotherapy: An International Journal of Theory &amp; Practice</i>, 10(1), 1-18.</p> <p>1. Buchanan, N. &amp; Wiklund, L. (2020) Why Clinical Science Must Change or Die: Integrating Intersectionality and Social Justice, <i>Women &amp; Therapy</i>, 43:3-4, 309-329.</p> <p>1. Davis, D. E., DeBlaere, C., Owen, J., Hook, J. N., Rivera, D. P., Choe, E., ... &amp; Placeres, V. (2018). The multicultural orientation framework: A narrative review. <i>Psychotherapy</i>, 55(1), 89.</p>
4	9-12-2024	Cognitive Formulations	Paper 1 Due	1. Cattie, Buchholz, & Abramowitz - M & K Ch. 5
5	9-19-2024	Behavioral Formulations	Paper 2 Due	1. Antony, Roemer, & Lenton-Brym – M & K Ch. 4
	9-26-2024	Cognitive Behavioral Formulations	None	1. Persons, J. B., Brown, C. L., & Diamond, A. (2019). Case Formulation-Driven Cognitive-Behavioral Therapy. <i>Handbook of cognitive-behavioral therapies</i> , 1(2), 45-60.
6	10-3-2024	Practice Day		
7	10-10-2024	Contemporary Behavioral Formulations Functional Analytic Psychotherapy	Paper 3 Due	1. Kohlenberg, R. J., & Tsai, M. (1994). Functional analytic psychotherapy: A radical behavioral approach to treatment and integration. <i>Journal of Psychotherapy Integration</i> , 4(3), 175.

<b>Week</b>	<b>Date</b>	<b>Topic</b>	<b>Assignment</b>	<b>Reading</b>
8	10-17-2024	<b>Contemporary Behavioral Formulations</b> Acceptance and Commitment Therapy	Paper 4 Due	1. Masuda & Rizvi (ACT portions) – M & K Ch. 6
9	10-24-2024	<b>Contemporary Behavioral Formulations</b> Dialectical Behavior Therapy	Paper 5 Due	1. Lynch, T. R., Chapman, A. L., Rosenthal, M. Z., Kuo, J. R., & Linehan, M. M. (2006). Mechanisms of change in dialectical behavior therapy: Theoretical and empirical observations. <i>Journal of clinical psychology, 62</i> (4), 459-480.
10	10-31-2024	Midterm		
11	11-7-2024	<b>Psychoanalytic Formulations</b>	Paper 6 Due	1. Wolitzky - M & K Ch. 2
12	11-14-2024	<b>Brief Psychodynamic Formulations</b>	Paper 7 Due	1. Farber - M & K Ch. 3 AND 2. Levenson, H., & Strupp, H. H. (1997). Cyclical maladaptive patterns: Case formulation in time-limited dynamic psychotherapy.
13	11-21-2024	<b>Humanistic Formulations</b> <b>Person-Centered</b>	Paper 8 Due	1. Bohart & Watson - M & K Ch.7
14	11-28-2024	Thanksgiving		
15	12-5-2024	<b>Humanistic Formulations</b> <b>Existential/Gestalt</b>	Paper 9 Due	Schneider & Krug – M & K Ch. 8

<b>Week</b>	<b>Date</b>	<b>Topic</b>	<b>Assignment</b>	<b>Reading</b>
Final Exam		Final Exam Time TBD		