

Syllabus

PSYC 3083, version 1.2

Updated: May 20, 2016

PSYC 3083—Psychological Counseling

Course Description: Concepts of psychological treatment in adjustment problems.

Textbooks and Other Materials

Students enrolling in ODL courses are *required* to follow the textbook ordering information provided in the syllabus and Getting Started module of the course. ODL is *not responsible* for student purchases that result in *the receipt of the wrong materials*. *It is the responsibility of the student to order the correct textbook materials*. Courses are written to specific textbook editions; edition substitutions *are not allowed*.

Textbook

Timothy J. Trull and Mitchell J. Prinstein. *Clinical Psychology*. Eighth edition. Belmont, CA: Cengage Learning, 2013.

Print **ISBN-10:** 0-495-50822-5
 ISBN-13: 978-0-495-50822-9

eText: **ISBN-10:** 1-439-00633-4
 ISBN-13: 978-1-439-00633-7

Please see the “Other Materials and Resources” section below for information about a free textbook companion site.

Ordering Information

Please review the following tips for ordering your course materials:

- Do not purchase your textbooks until your enrollment is approved. During the processing period, a new section may be opened that could require a different textbook or edition.

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- *Always order by the ISBN.* Publishers and vendors often offer the same textbook title under different ISBNs. You must have the correct ISBN to access your online website.
- If you are having problems locating a textbook, contact us at Answers@outreach.lsu.edu for assistance.

Other Materials and Resources

Cengage offers a free companion website for your textbook that contains flashcards and a glossary for each chapter. You can find this site at http://www.cengagebrain.com/cgi-wadsworth/course_products_wp.pl?fid=M20b&product_isbn_issn=9780495508229&token.

Software: *Microsoft PowerPoint, Microsoft Word, Web Browser, Adobe Acrobat Reader*

Students must use a recent version of MS Word to write their answers to each module "focus question" assignment.

In each module, your instructor has provided a PowerPoint presentation for the relevant chapter.

It is recommended that you use Mozilla Firefox or Google Chrome as your web browser. Internet Explorer is not compatible with your Moodle course site.

Adobe Acrobat Reader is required to view PDF document files.

Hardware: *Web cam with a microphone (built-in or external), headphones or working speakers, and high speed internet*

Exams are completed online and require the hardware listed above. Students are encouraged to review the technical requirements provided on the ProctorU website and to perform a test on their equipment prior to enrolling in this course to make sure they have the necessary resources available.

Technical Requirements: <http://www.proctoru.com/tech.php>

Equipment Test: <http://www.proctoru.com/testitout/>

Nature and Purpose of the Course

Course Outcomes: Upon completion of this course, students are expected to be able to:

1. Apply the guiding principles behind clinical psychology and the different roles of a clinical psychologist
2. Describe major clinical interventions, assessment, and diagnostic methods
3. Apply the concepts of validity and reliability to assessment and diagnostic procedures
4. Define and understand "evidence-based practice"
5. Discuss the advantages and disadvantages of current diagnostic and assessment procedures
6. Define diversity and describe the role that diversity plays in individual differences in psychological functioning
7. Describe current issues and future directions within the field of clinical psychology
8. Explain the ethical obligations of a clinical psychologist

PSYC 3083, Psychological Counseling, introduces students to the scientific field of clinical psychology and its foundational concepts. Clinical psychology is a broad field that encompasses understanding the role of intellectual, emotional, biological, psychological, social, and behavioral factors in human functioning.

This course is specifically designed to provide students with foundational knowledge of clinical psychology along with a balanced overview of major clinical interventions, assessment, and diagnostic methods. Students will become familiar with important professional and ethical considerations, as well as multicultural and diversity-related issues in relation to the field of clinical psychology and its application in a variety of health care settings. Current and past issues that are relevant to the profession of clinical psychology are emphasized throughout the course.

The first half of the course provides foundational knowledge of clinical psychology and methods used in clinical assessment. Students will be introduced to research methods in clinical psychology and the concept of evidence-based assessment and treatment approaches. Clinical interview and assessment techniques are described with a special focus on intelligence measures.

The second half of the course focuses on personality and behavioral assessment, facets of clinical judgment, and the major intervention models. Students are introduced to the major theoretical orientations: psychodynamic, phenomenological, humanistic-existential, behavioral, and cognitive-behavioral. Techniques and case examples for each orientation are evaluated. Conceptual issues and intervention models are further discussed in relationship to scientific support for the intervention's effectiveness. Students will gain an appreciation of the strengths and limitations of the different major intervention models and their applications.

Working with the Course Materials

Remember, this course covers an entire semester of work or the equivalent of a classroom course lasting 15 weeks. That means that each module in this course equals nearly a week of course work and will require the same time and effort on your part. *Do not expect to complete each module in a single study session. Understand, too, that if you choose to submit assignments at a very high pace, your instructor may not be able to grade your work at the same rate.*

Each module contains information, activities, and assignments organized under a consistent series of headings. Get familiar with how the module is organized. Each module in this course is organized into the following sections: the Module Learning Objectives, the Reading Assignment with PowerPoint presentation, a graded Quiz, and the graded Module Assignment. You should work through these parts of the module in order. Specific recommendations are provided in a link to the course module instructions, which you should review before beginning the first module.

Student Instructions for Each Module

Each module in your course is structured in the following recommended sequence that you should follow to optimize your review of the material presented. As you begin each module, you should quickly review the sequence, and then start your study session.

Study Sequence

1. **Module Learning Objectives:** Begin by reviewing the Module Learning Objectives. Keep the objectives in mind as you are studying. They provide a guide to help you focus on what you will be expected to know and do for your assignments and examinations.
2. **Module Instructions:** The Module Instructions provide a brief reminder of the study sequence provided in the syllabus. You should refer back to them for detailed information.
3. **Reading Assignment:** Start by reading the indicated textbook chapter material. After reading the designated chapter, you should review the publisher PowerPoint (PPT) presentations that are provided in the module. The presentations provide key points that are important for you to remember.

Module Lecture Material: Each module provides lecture materials that discuss the most important concepts within the chapters. The lecture material also contains “key terms” selected from the end of each chapter. The definitions for these key terms are provided at the end of each chapter. You should study the definitions for each of the selected key terms. After studying the new vocabulary, without looking at the textbook, you should define each of the selected key terms. It is important that you not look at the answers in the book while doing this. Quizzing yourself gives you an opportunity to

practice your ability to retrieve the information. At the end of the vocabulary quiz you should check answers against the textbook's definitions. Any definitions that were missed should be reviewed until you are able to correctly recall them.

4. **Quizzes:** There is a short, multiple-choice quiz in each module. You will have two attempts and the highest score will be posted. You must submit the quiz at least once before you can access the module assignment.
5. **Module Assignment:** You will upload a file to complete the module assignments. After successfully learning the new key terms, you should then answer the "Focus Questions" at the beginning of each chapter. The Focus Questions are designed to assess your knowledge of conceptual issues within the assigned chapter and to develop your critical thinking skills. Once you complete the questions, you will submit your short answers in a Word document.

Once you have completed all of these steps for each chapter that is assigned to a module, you are ready to move on to the next module. You should submit each module assignment as you complete it. Do not hold off submitting your assignments as this could cause delays in receiving your grades. Instructors have seven calendar days to grade materials.

Suggested Study Techniques

- Carefully review the module objectives to help you focus on the information that will be covered on the exams.
- Concentrate on the reading assignments, the module lecture material, and any additional resources provided. This review should include a detailed examination of any illustrative problems and examples. After an assignment has been completed, a rapid re-reading of the related text and other materials is strongly recommended.
- Put yourself on a definite schedule. Set aside a certain block of hours per day or week for this course and work in a place where distractions are minimal.
- Try to submit one assignment each week or at least every two weeks. Delays in submitting assignments usually result in lagging interest and the inability to complete the course.
- Review your module assignments after they have been graded, paying special attention to any instructor feedback provided. (We suggest that you wait for assignment feedback before you submit subsequent assignments.)
- Regardless of how you complete your graded assignments, keep in mind that module completion should not be your sole preparation for your exams. As with any college course, you should study for your exams.

Reading Assignments

To do well in this course, it is recommended that you follow the instructions provided within each module. Be sure to read the chapter before beginning its assignments. The modules were designed this way, so that the homework assignments reinforce the material that you have already read, which will help you retain more information in order to facilitate your ability to remember material on the exams.

While you are reading, try to be an active reader. Here are some tips to developing a more active reading style:

1. Try to pick out any key terms and restate the key terms in your own words.
2. Use the textbook examples and try to apply them to your own knowledge and experiences. By applying the information in the textbook to your own knowledge, you will be better able to understand and analyze the material.
3. If unclear on something in the reading, be sure to use the Question & Answer Forum for the appropriate module to ask questions.

You will read an average of 30 pages per module.

Topic Outline

This course covers the following specific topics:

Module	Topic
01	Introduction to Clinical Psychology
02	Historical Overview of Clinical Psychology
03	Current Issues in Clinical Psychology
04	Research Methods in Clinical Psychology
05	Diagnosis and Classification of Psychological Problems
06	The Assessment Interview
07	The Assessment of Intelligence
	Mid-Course Examination
08	Personality Assessment
09	Behavioral Assessment
10	Clinical Judgment
11	Psychological Interventions
12	Psychodynamic Psychotherapy

- 13 Phenomenological and Humanistic-Existential Psychotherapies
- 14 Behavioral and Cognitive-Behavioral Psychotherapies
- 15 Group Therapy, Family Therapy, and Couples Therapy

Final Examination

Module Assignments

Each module provides step-by-step instructions. To do well in this course, it is recommended that you follow the step-by-step instructions provided in "Working with the Course Materials."

Use the following information as you prepare your module assignments:

1. Create a file in MS Word to answer the Focus Questions at the beginning of the chapter. This module assignment is worth 100 possible points.
2. Number the questions in the same order they appear in the textbook. There is no need to repeat the question.
3. Answers should be as concise as possible and generally not exceed one paragraph in length.
4. Answers should be in your own words—credit will not be given for direct citations from the textbook. Note that cases of suspected plagiarism will be directed to the Dean of Students.
5. Upload your file using the following naming convention. Files submitted with incomplete filenames will be reverted to draft status for re-submission and will not be graded. Continued failure to follow the proper file naming convention will result in receiving a zero grade.

CourseNumber_Version_Section_LastName_FirstName_ModuleNumber_PartNumber
(**Example:** PSYC3083_1.2_1_Jones_Sam_M01_Part I)

6. Be sure to click *Submit Assignment*. Once you **submit** your assignment, you cannot revise it, so be sure to check your work. Your instructor will post a grade for your assignment within **seven (7) calendar days**.

You should submit each module assignment as soon as it is completed. Some courses have restrictions that require that a grade be received before you can submit additional assignments. Specific information on assignment submission is included in the Module Instructions. Please be sure to follow these instructions.

Once you *submit* an assignment, you cannot revise it, so be sure to check your work. Your instructor will normally post a grade for your assignment within *seven calendar days*. Understand that occasional delays will occur, such as during holidays and semester breaks or if you submit several module assignments within the same week.

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Do not rely too heavily on your textbook or other resource material when preparing your assignments. If you do, you may not realize until exam time that the perfect response you prepared for an assignment was only possible because you referred to resource material without really learning or understanding the material and concepts. Therefore, *you should attempt each assignment without referring to the resource material*, and if you find it necessary to look up an answer, be sure you have actually learned the concept and material rather than merely reflecting it in the answer.

Academic Integrity

Students in Online Distance Learning (ODL) courses must comply with the *LSU Code of Student Conduct*. Suspected violations of the academic integrity policy may be referred to LSU Student Advocacy & Accountability (SAA), a unit of the Dean of Students. If found responsible of a violation, you will then be subject to whatever penalty SAA determines and will forfeit all course tuition and fees.

Plagiarism

Students are responsible for completing and submitting their own course work and preparing their own modules. All work submitted in the course modules must be the student's own work unless outside work is appropriate to the assignment; all outside material must be properly acknowledged. It is also unacceptable to copy directly from your textbook or to use published answer keys or the teacher's edition of a textbook.

Collaboration

Unauthorized collaboration constitutes plagiarism. Collaborative efforts that extend beyond the limits approved by the instructor are violations of the academic integrity policy. Students who study together are expected to prepare and write their own individual work for submission and grading.

For more information and links to the *LSU Code of Student Conduct* and the SAA website, go to the [ODL Academic Integrity policy](#) on our website.

Examinations and Grading Policy

The 15 written assignment (Focus Questions) scores will be averaged and will be worth 20% of your grade. The 15 quizzes will also be averaged and will be worth 10% of your grade.

There will be two exams, a mid-course and a comprehensive final.

- The mid-course exam will cover material from Modules 01–07 (Chapters 1–7) and will have 50 multiple-choice questions that are worth 2 points each. There will be two short essay questions from Modules 01–07 worth a maximum of 5 points each.

- The final exam will be comprehensive and will cover material from Modules 01–15. There will be a number of multiple-choice questions from Modules 01–07 (approximately two questions from each module), and the rest will be multiple-choice questions from Modules 08–15 (Chapters 8–15, approximately five questions from each chapter), for a total of 50. Multiple-choice questions will be worth 2 points each. There will be four essay questions from Modules 01–15. Each essay question is worth a maximum of 5 points. Essay questions will be largely conceptual but will also require knowledge of terminology. **Study hint:** You will want to make sure you can discuss and apply the course’s overall learning objectives.
- You are not allowed to use any textbooks, notes, or other materials during the exam.

You will have a maximum of *three hours* to complete the exam.

The following grading policy applies:

- Module assignments count 100 points each. Total points for the 15 module assignments are averaged to form a module assignment total score.
- Quizzes count 20 points each. Total points for the 15 quizzes are then averaged to form a module quiz total score.
- The mid-course exam is worth a total of 110 points.
- The final exam is worth a total of 120 points.
- Course grade = average of module assignments + average of quizzes + exam scores. Each component is weighted by the following predetermined percentages.

Component	Weight (%)
Average of Module Assignments	20%
Average of Quizzes	10%
Mid-Course Exam	30%
Final Exam	40%

The following grading scale applies for students who complete the course on or after October 15, 2015. Prior to that date, the scale will be the same, except that pluses and minuses will be dropped from the grade posted in the student’s permanent record and transcript.

- 97%–100% = A+
- 93%–96% = A
- 90%–92% = A-
- 87%–89% = B+
- 83%–86% = B
- 80%–82% = B-
- 77%–79% = C+
- 73%–76% = C
- 70%–72% = C-

67%–69% = D+
63%–66% = D
60%–62% = D-
0%–59% = F

YOU MUST PASS THE FINAL EXAMINATION IN ORDER TO PASS THE COURSE.

IMPORTANT: The final exam cannot be taken until you meet the following requirements. Under no circumstances may the final exam be taken earlier.

1. You must have been enrolled in the course for *at least three weeks*, regardless of when the modules and other exams are completed.
2. You must have a *grade posted in the Moodle grade book for the Module 15 Assignment in order to unlock access to the Final Exam*. Please allow at least 7 days for the final assignment grade to be posted in the gradebook.

To read the full exam policy and other policy statements, visit <http://www.outreach.lsu.edu/Extended-Campus/Online-Distance-Learning/Guidelines-Policies/Policies>. Go to Continuing Education's homepage. Click on *Extended Campus*, select *Online Distance Learning*, and then click the link for *Guidelines and Policies*.

Taking Your Examinations

You are *required* to create a Louisiana State University ODL ProctorU account and to take your examinations through ProctorU, a remote proctoring service that allows you to take exams anywhere with internet access. Information on creating your ProctorU account can be found in the *Getting Started* module. You cannot use an account created through another university, so if you already have an account, you will still need to create an account associated with LSU Online Distance Learning (ODL).

The ProctorU website provides links you can use to find out how ProctorU works and to check your computer to see that it meets the technical requirements. In addition, to test using ProctorU, you need *access to a web cam with a microphone (built-in or external), headphones or working speakers, and high speed internet* to use this service. A complete list of technical requirements is available from the ProctorU website.

You should schedule your exams about a week before you are ready to take them in order to avoid any additional charges.

Transcript Information

After you have completed this course, your grade will be filed with the Office of the University Registrar. If a transcript is needed, it is your responsibility to make a request to the registrar. If you would like to order a transcript, visit the Office of the University Registrar Transcript Requests page to view your options at:
<http://sites01.lsu.edu/wp/registraroffice/student-services/transcript-request/>.

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