

COUNSELING PSYCHOLOGY (PSYC 321)  
Summer 2006, Section C01  
11:45 - 1:50 MTWR in Robinson A247

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Office Hours: 2:00 - 4:00 Tuesdays

Required Textbook: Trull, Timothy J. (2005). *Clinical psychology*. Belmont, CA: Thomson Wadsworth.

Welcome! This course will introduce you to the theory and practice of counseling. You will have the opportunity to practice multiple intervention techniques through a self-management project and through role-play exercises with your classmates. I expect you to attend class regularly and to complete all reading assignments before each class. I will use class time for lectures, discussions, videos, and class demonstrations of counseling techniques.

*Requirements.*

*Three Exams.* Your exams are each worth 100 points (300 points total). The exams are 80% multiple choice (40 questions worth 2 points each) and 20% essay questions (4 questions worth from 4 to 6 points each) based on classroom activities and the textbook. The exams will each focus on six chapters and are not cumulative. The exams are on Thursday, July 13, Tuesday, July 25, and Thursday, August 3.

*Self-Management Project.* You will assess a behavior of your own that you want to increase or decrease, engage in behavior change strategies, and write a final report in the form of a single participant scientific study. Your report needs to have an Abstract, Introduction, Method, Results, and Discussion sections. The paper should be 8 to 12 pages with a minimum of 3 references. This project is worth 50 points and is due on Thursday, July 27 during class time. More description appears on the next page.

*Two videotaped role-plays.* You will practice counseling techniques in two videotaped role-plays with classmates for approximately 10 minutes each. For each role-play, you need to also write a one-page progress note. The two role-plays and progress notes are each worth 25 points for a total of 50 points and are due on July 11 and July 20. I will describe the two role-plays in more detail in class.

*Extra Credit.* You can earn up to 6 points of extra credit that is added onto your point total for the class. There are two ways to earn these points. First, you can participate as a volunteer for three hours in psychology department research (2 points per hour). Alternatively, you can write a psychology journal article summary and critique on a content area covered by your book that is three typed pages (2 points per page).

*Honor Code.* All students will follow the GMU Honor Code in this course. I will report cheating to the Honor Code committee. You can look at two websites to get more information:

<http://mason.gmu.edu/%7Emontecin/plagiarism.htm> and  
<http://www.gmu.edu/departments/unilife/honorcode.html>

Missed Exams. You can make-up a missed exam if you have a note from a physician indicating that you could not attend the exam. The professor will consider other reasons for missing an exam and will decide whether or not to allow the student to make-up the exam. Any make-up exams may have a different format from the original exam.

Disability Resources. If you are a student with a disability and you need academic accommodations, please see me and contact the Disability Resource Center (DRC) at 703-993-2474. All academic accommodations must be arranged through that office.

Technology. You will need a video camera and videotape to film your roleplays. The Student Technology Assistance and Resource Center has equipment in Johnson Center Room 229 (phone 703-993-8990) that you can borrow.

With instructor permission, you can enroll simultaneously in Psychology in the Community (PSYC 328) for one credit.

Add and drop dealines.

Last day to add - July 11<sup>th</sup>

Last day to drop - July 14<sup>th</sup>

Grading. I will base your final grade on your point total (exams worth 300 points, self-management project worth 50 points, and videos worth 50 points for a total of 400 points) as defined below.

A = 372 - 400 (93% or more)

A- = 360 - 371 (90 - 92%)

B+ = 348 - 359 (87 - 89%)

B = 332 - 347 (83 - 86%)

B- = 320 - 331 (80 - 82%)

C+ = 308 - 319 (77 - 79%)

C = 280 - 307 (70 - 76%)

D = 240 - 279 (60 - 69%)

F = 000 - 239 (below 60%).

*Self-Management Project.* The steps for the project are:

- 1) Select an easily observable behavior that occurs with sufficient frequency to develop a usable record, and one that is not embarrassing for you. Work out an adequate operational definition to measure the behavior.
- 2) Develop a structured record form to record the behavior on a daily basis. Record frequency and quality of the behavior and the stimulus conditions (including identifiable antecedents and consequences) for 7 days. Stimulus conditions should include: date, day of week, time of day, duration, location, quality, and personal thoughts and feelings.

- 3) Briefly discuss in class your designated behavior and your baseline data and submit a copy to me for feedback by July 12.
- 4) Formulate answers to the question of what is maintaining the behavior at its current inappropriate level.
- 5) Plan and implement systematic behavior change procedures. Keep daily records of the behavior throughout an additional 10 days.
- 6) Write a final report in the form of a single-participant scientific study that one might find in an issue of *Behavior Modification*. The report should include Introduction, Method, Results, and Discussion sections with a minimum of three references from psychology journals. Your report can range from 8 to 12 pages and should include a frequency graph and copies of your raw data at the end of your report. Some behaviors you might consider are: physical exercise, eating habits, assertive expressions, and complimenting others.

#### Course Topics and Reading Assignments:

- 7/5 Ch. 1: Clinical Psychology: An introduction; pp. 4-30.  
 7/6 Ch. 9: Behavioral Assessment; pp. 236-262.
- 7/10 Ch. 6: The Assessment Interview; pp. 141-171.  
 7/11 Ch. 5: Diagnosis and Classification; pp. 114-138.  
 and \*\*\* TAPE 1 due \*\*\*
- 7/12 Ch. 7: Assessment of Intelligence; pp. 173-199.  
 and Ch. 8: Personality Assessment; pp. 200-235.  
 7/13 \*\*\* EXAM 1 \*\*\*
- 7/17 Ch. 10: Clinical Judgment; pp. 263-288.  
 7/18 Ch. 11: Psychological Intervention; pp. 291-322.  
 7/19 Ch. 12: Psychodynamic Psychotherapy; pp. 323-347.  
 and Ch. 13: Humanistic Psychotherapy; pp. 348-372.  
 7/20 Ch. 14: Cognitive-Behavioral Psychotherapy; pp. 373-409  
 and \*\*\* TAPE 2 due \*\*\*.
- 7/24 Ch. 15: Couples, Family, and Group Psychotherapy; pp. 410-434.  
 7/25 \*\*\* EXAM 2 \*\*\*
- 7/26 Ch. 16: Community Psychology; pp. 437-461.  
 and Ch. 17: Health Psychology; pp. 462-489.  
 7/27 Ch. 18: Neuropsychology; pp. 490-512.  
 and Ch. 19: Forensic Psychology; pp. 513-532.  
 and \*\*\* Self-Management Project Due \*\*\*
- 7/31 Ch. 20: Pediatric Psychology; pp. 533-561.  
 8/1 Ch. 3: Current Issues in Clinical Psychology; pp. 57-83.  
 8/2 Reading Day, No class  
 8/3 \*\*\* EXAM 3 \*\*\* (1:30 – 4:15)