

PSY 610 Intervention Science I Adult
Spring 2013

Instructor: Sharon “Shin Shin” Tang, Ph.D.

Email: shinshin114@gmail.com

Phone: 541-953-4969

Classroom: Straub psychology clinic conference room

Time: Tuesdays 1 – 3:50 pm

OH: By appointment

*Note: email is the best way to reach me for making appointments and other correspondence.

Introduction:

This course is intended to be a survey and analysis of some of the the most commonly utilized psychotherapeutic interventions and approaches for adults practiced in the field of clinical psychology today. We will critically examine the extant empirical support for various interventions, including cognitive behavioral therapy, mindfulness based techniques, relational cultural theory, and psychodynamic therapy. In addition, we will address issues of cultural diversity and providing culturally competent care in the context of these interventions. One of the main goals is for students to become conversant in these therapies and build a foundation for future learning about the science and art of psychotherapy.

Additional goals for the course include:

1. Students will develop a knowledge base of the current strength and limitations of empirical support for each of the various interventions and approaches.
2. Students will become conversant in the fundamentals of each approach and be able to apply them to theoretical cases.
3. Students gain an understanding of the common factors of psychotherapy and how they are incorporated into each approach.
4. Students will increase awareness of issues of cultural competence and current support (or lack of support) for the cultural adaptability of each approach.

While this is not a practicum, it is difficult to fully grasp the nature of the various approaches without direct experience of some kind. Therefore, in addition to instructional videos, experiential exercises will be practiced on occasion that are commonly used in therapy sessions and/or assigned to clients as “homework.” Some are quiet exercises such as guided meditations, while others may involve some self-disclosure on a voluntary basis. *Therefore, it is extremely important that each class member honor the confidentiality of his or her fellow students by not discussing personal content shared in class with non-class members.* If you have doubts about whether or not something is appropriate to share certain information outside of class, please first either address it in class (ideally) or contact the instructor.

Required Texts:

Wampold, B. (2001). *The Great Psychotherapy Debate. Models, Methods, and Findings.* Lawrence Erlbaum Associates, Mahwah, New Jersey.

Norcross, J.C., Beutler, L.E., & Levant, R.F. (Eds.) (2006). *Evidence-based practices in mental health:*

Debate and dialogue on the fundamental questions. Washington, DC, US: American Psychological Association

Additional readings will be posted as pdfs on Blackboard. Please check weekly for new assignments.

Course Work: Students are expected to do all assigned readings, and participate actively in seminar discussion in addition to the following:

Attendance 30%: As the class meets only once a week, and much of the material covered in class is experiential and based upon discussion, it is essential to attend classes in person. Please contact the instructor if you are going to miss a class.

Discussion leadership 20%: Each student will choose a week to lead a discussion of the assigned readings lasting about half the class period, beginning with week 2. The discussion leader will email to the class discussion questions by the Friday at noon before the following Tuesday class. By the Friday at noon following the class, the student leading discussion will email to the class a document including the discussion questions, any other presentation material, and capturing important discussion points from class.

Blackboard participation 20%: The Monday before classes (other than Week 1) students will post questions/comments about the readings to Blackboard as well as share any relevant comments. Please use this forum to also post interesting material you may find outside of class.

Paper 30%: Students will choose a particular intervention approach or related topic (e.g., cultural competence) to study in more depth. The approach may be one that is or is not covered in class. **Email topics by Week 5 (April 30)** to the instructor for approval. More details about paper requirements will be provided in class.

Calendar

Week 1: April 2, 2013	Contextual model versus medical model: Common factors and active ingredients in Psychotherapy Wampold Ch 1 NBL Prologue & Ch 1 Yalom, I. (2009). <i>The Gift of Therapy: An Open letter to a New Generation of Therapists and Their Patients</i> . HarperCollins: New York, NY., Ch 1-3 Video: Judith Jordan – first session
Week 2: April 9, 2013	Models of Cultural Competence Wampold Ch 2

	<p>NBL Ch 8</p> <p>Brown, L.S. (2009). Cultural competence: A new way of thinking about integration in therapy. <i>Journal of Psychotherapy Integration</i>, 19, 340-353.</p> <p>Comstock, D. et al. (2008). Relational-Cultural Theory: A framework for bridging relational, multicultural, and social justice competencies. <i>Journal of Counseling & Development</i>, 86, 279-287.</p> <p>Sue, D.W. (2001). Multidimensional facets of cultural competence. <i>The Counseling Psychologist</i>, 29, 790-821.</p> <p>Video: Melba Vasquez, Multicultural counseling</p>
Week 3: April 16, 2013	<p>Relational Cultural Theory</p> <p>Wampold, Ch 3</p> <p>Miller, J.B. and Stiver, I. (1997). <i>The Healing Connection: How Women Form Relationships in Therapy and in Life</i>. Beacon Press. Ch 2-3</p> <p>Birrell, P. (2011). Ethics and power: Navigating mutuality in therapeutic relationships. <i>Work in Progress No. 108</i>. Wellesley, MA: Working Paper Series.</p> <p>Guest speaker: Pam Birrell, Ph.D.</p> <p>Video: Relational-Cultural Theory over Time, Judith Jordan, Ph.D.</p>
Week 4: April 23, 2013	<p>Relational Cultural Theory</p> <p>Wampold Ch 4</p> <p>NBL Ch 3: Does Manualization Improve Therapy Outcomes?</p> <p>Lawler, A.C. (2004). Caring, but fallible: A story of repairing disconnection. In, <i>How Connections Heal: Stories from Relational-Cultural Therapy</i>. Walker, M., & Rosen, W.B., Eds. Guilford Press, New York, NY.</p> <p>Walker, M. (2004). Walking a piece of the way: Race, power, and therapeutic movement. In, <i>How Connections Heal: Stories from Relational-Cultural Therapy</i>. Walker, M., & Rosen, W.B., Eds. Guilford Press, New York, NY.</p>
Week 5: April 30, 2013	<p>Psychodynamic Psychotherapy</p> <p>Wampold Ch 5</p> <p>NBL Ch 5 What Should be Validated?</p>

	<p>Shedler, J. (2010). The efficacy of psychodynamic psychotherapy. <i>American Psychologist</i>, 65, 968-109.</p> <p>McWilliams, N. (2004). <i>Psychodynamic Psychotherapy: A Practitioner's Guide</i>. Guilford Press: New York, NY. Ch 1-3</p> <p>Paper Topics due</p> <p>Video: Brief Psychodynamic Therapy, Hannah Levenson, Ph.D.</p>
<p>Week 6: May 7, 2013</p>	<p>Psychodynamic Psychotherapy</p> <p>Wampold Ch 6-7</p> <p>McWilliams, N. (2004). <i>Psychodynamic Psychotherapy: A Practitioner's Guide</i>. Guilford Press: New York, NY. Ch 6-8</p> <p>Video: Brief Psychodynamic Therapy, Hannah Levenson, Ph.D.</p>
<p>Week 7: May 14, 2013</p>	<p>Acceptance and Commitment Therapy (ACT)</p> <p>Wampold Ch 8-9</p> <p>Forman, E. et al. (2007). Randomized Controlled Effectiveness Trial of Acceptance and Commitment Therapy and Cognitive Therapy for Anxiety and Depression. <i>Behavior Modification</i>, 31, 772-799.</p> <p>Luoma, J.B., Hayes, S.C., & Walser, R.D. (2007). <i>Learning ACT: An Acceptance and Commitment Skills-Training Manual for Therapists</i>. New Harbinger Publishers: Berkeley, CA. Ch 1-2</p> <p>Video: The Unwelcome Party Guest http://www.youtube.com/watch?v=VYht-guymF4 Passengers on a Bus http://www.youtube.com/watch?v=Z29ptSuoWRc</p>
<p>Week 8 May 21, 2013</p>	<p>Acceptance and Commitment Therapy</p> <p>NBL Ch 6</p> <p>Luoma, J.B., Hayes, S.C., & Walser, R.D. (2007). <i>Learning ACT: An Acceptance and Commitment Skills-Training Manual for Therapists</i>. New Harbinger Publishers: Berkeley, CA. Ch 3-5</p>

Week 9 May 28, 2013	Exposure Therapies additional readings TBA NBL Ch 7
Week 10 June 4, 2013	Cognitive Therapy: Beyond the ABCs additional readings TBA NBL Ch 9 Papers Due