

**This is your syllabus. Please read it completely and refer to it often.**

Welcome to PSY 364! • Intro to Clinical Psychology • Spring 2023

Unique #: 42400

Instructor: Kirsten Bradbury, Ph.D.

*Watch for opportunities throughout the semester for Zoom Meet & Greet Drop-In's with Dr. B!*

Teaching Assistants (TA's) and teaching team contact information and office hours to be announced in the first week of class.

**Pay attention to the Course Announcements we post on Canvas!** Be sure you are receiving notifications of these announcements. This is how we communicate with the class and provide you with important information throughout the term in an ongoing way.

**COURSE DESCRIPTION••** Lecture course providing a foundational introduction to the ethics, values, attitudes, skills, and practices of clinical psychology and professional helping. Covered topics include theories and conceptual models of clinical helping, career development in the helping professions, professional issues in clinical psychology, assessment and therapy techniques used in clinical psychology, ethical and clinical decision making, and the relationship between clinical practice and research science. This course addresses the following four core objectives established by the Texas Higher Education Coordinating Board: communication skills, critical thinking skills, empirical and quantitative skills, and social responsibility.

**Prerequisites:** For psychology majors, upper-division standing and Psychology 301 and 418 with a grade of at least C in each; for non-majors, upper-division standing, Psychology 301 with a grade of at least C, and one of the following with a grade of at least C: Biology 318M, Civil Engineering 311S, Economics 329, Educational Psychology 371, Electrical Engineering 351K, Government 350K, Mathematics 316, 362K, Mechanical Engineering 335, Psychology 317, Sociology 317L, Social Work 318, Statistics 309, Statistics and Scientific Computation 302, 303, 304, 305, 306, 318. **Please contact your major advising office with any questions about prerequisites; these are program-specific and are not up to Dr. Bradbury's discretion.**

#### TECHNICAL REQUIREMENTS••

All students are required to have access to a **laptop** or **desktop computer**, running either **Windows** or **macOS** operating systems. (Tablets, smartphones, and Microsoft Surface devices are not advised or supported for this course.) Your computer should meet the following requirements:

- Modern and up-to-date operating system (macOS or Windows)
- Browser: Chrome (highly recommended), Safari or Firefox (If using Safari or Firefox, be prepared to [download Chrome\(Links to an external site.\)](#) and use it.)
- 5 Mbps internet connection speed ([check your speed here\(Links to an external site.\)](#))

- Functional webcam and microphone
- Zoom installed and configured

Confirm that your computer is able to stream video by visiting <https://www.laits.utexas.edu/tower/tech.php> (Links to an external site.)

**Technical Support:** If you experience a technical problem, click on the "Online Course Tech Support" item in the left-side navigation bar. The Online Course Tech Support chatbot, called "LAITS Bot", will assist with technical problems and can escalate your question to a human if it cannot readily answer your question.

## COURSE REQUIREMENTS••

**Required Course Materials:** All required readings are available online or provided through Canvas. No textbook. Everything you need to participate in the course is on Canvas, including lectures, readings, viewings, course administration materials (syllabus, course calendar), communication from the teaching team (announcements), assignment descriptions and submission, quizzes, grades, etc.

**The course is divided into 14 modules.** Each module covers a different topic within Clinical Psychology and consists of a lecture and/or additional viewings, readings, a journaling assignment, and a quiz.

**Lectures** can be viewed anytime. No required class meetings, neither Zoom nor in person. These are videos of Dr. B teaching the concepts of the class and explaining assignments, often with slides shown within the lecture. Other course materials can also be accessed as you like, on your own schedule.

**Quizzes** each consist of 10 multiple-choice items. Quizzes are "open notes/open book" and cover material from the lectures, readings, and viewings for that module. Quiz questions range from very easy to very difficult and are not all answerable by memorization of material alone or direct reference to it. **That is, some items will require *application, synthesis, interpretation, integration, or extension* of the material in order to be answered correctly.** You will need to understand the material in order to do well on the quizzes, but you will not be under time pressure or memorization pressure when you take them. The quizzes are not timed. You can use whatever materials you want to access. Your friends can even "help" you. Be warned, though: You are a better student than your friends, and Canvas does not like it when you open multiple tabs for the same quiz or leave browser tabs open for a question for too long -- don't take any chances with this, and just prepare for your quiz and take it.

**Journal Assignments** are self-graded. You complete an assigned activity or exercise to deepen and extend your understanding of the module topic. At the end of the term, you assign yourself a journaling grade. (This is on the honor system. Don't cheat -- these assignments are so fun you won't want to fake doing them!)

**Video Assignments** are completed twice during the term. These assignments are project-based, and allow you to show us your understanding of important course topics. These assignments have clear criteria for completing them with a high grade and are designed to allow you to have fun with them and be creative. You submit the videos to us on Canvas through the Assignment link. You must keep your videos to the time limit. Descriptions and due dates are given on the Canvas Course Assignments page. We love getting to know you through these assignments!

**A note about course pacing:** The course is designed to allow you to complete course requirements on your own schedule, without synchronous requirements that could conflict with other responsibilities throughout the week. However, the course is not designed to be completed in a very short time, far ahead of time, or ‘all at once.’ Modules are intended to be worked on weekly. The **course calendar** provides both a suggested schedule for completing the course most comfortably, as well as required deadlines for submitting assignments and completing quizzes.

### **Course Grades:**

300 points total

Quizzes: We count your best 12 of 14. 12 x quizzes @ 10 points each = 120 points

Journal Assignments: You score your best 8 assignments, up to 10 points per assignment = 80 points

Video Assignments: 2 @ 50 points each = 100 points

To calculate your course grade, we add together your points earned and divide by three, to yield a percentage score that can be converted to a letter grade according to this chart.

A = 93-100

A- = 90-92

B+ = 86-89

B = 83-85

B- = 80-82

C+ = 76-79

C = 70-75

D = 60-69

F = <60

Percentage course grades are calculated to two decimal places and rounded to the nearest whole number, such that, for example, the lowest A- is 89.50 (rounds to 90).

**Extra Credit:** Students are typically given opportunities to earn a few extra credit points throughout the term. Any EC points earned are added to your points total **before** we divide by 3 to yield a percentage score.

#### •COVID-19 and other POLICIES•

Put your health and the health of your loved ones first. Take reasonable precautions to protect people who still have much to fear from COVID even though you may not. Please, if you are taking face-to-face classes this term, wear a mask in class, especially if you can't spread out. At my clinical practice office, we are all still wearing masks every day, and it's not because we enjoy them.

This chart tells you what to do if you have been exposed:

[https://healthyhorns.utexas.edu/coronavirus\\_exposure\\_action\\_chart.html](https://healthyhorns.utexas.edu/coronavirus_exposure_action_chart.html)

If you get sick, we will work with you on any missed work or other academic issues. This is true whether you have COVID, some other illness, or any other acute or chronic problem. We are not in the business of judging the validity of other people's problems as justifiable interference in their academic lives. You are not required to tell us (or any of your professors ever) anything about your health status. You can always ask us for help managing course demands and we will help in any way we can. We care, but we don't ask questions about why our students need our leniency. You might also consider contacting the Dean of Students Office; they are there for you in times of crisis and can help by communicating to professors that we need to be lenient without needing to know why.

#### IMPORTANT NOTICES••

**UT says: "The University of Texas at Austin provides upon request appropriate academic accommodations for qualified students with disabilities. For more information, contact the Office of the Dean of Students at 471-6259, 471-4641 TTY."**

We add: We care about all our students' learning abilities. Please let us know if we can improve the learning environment for you or otherwise assist you in achieving the highest level of success you can in this course. If you have accommodations, you are welcome to contact us anytime about implementing any specific accommodations not already accounted for by the online asynchronous course design. We acknowledge all accommodations letters through the SSD portal for this purpose, and despite what those letters say, you do not actually need to meet with us for the accommodations to be active. In this course, your accommodations are active as soon as I acknowledge receipt of your letter through the portal. Let us know if anything you need isn't here and we will try to make it right for you.

#### **Title IX Reporting:**

UT says: "Title IX is a federal law that protects against sex and gender-based discrimination, sexual harassment, sexual assault, sexual misconduct, dating/domestic violence and stalking at federally funded educational institutions. UT Austin is committed to fostering a learning and working environment free from discrimination in all its forms. When sexual misconduct occurs in our community, the university can:

1. Intervene to prevent harmful behavior from continuing or escalating.
2. Provide support and remedies to students and employees who have experienced harm or have become involved in a Title IX investigation.
3. Investigate and discipline violations of the university's relevant policies.

Under Senate Bill 212 (SB 212), the professor and TAs for this course are required to report for further investigation any information they receive concerning incidents of sexual harassment, sexual assault, dating violence, and stalking committed by or against a UT student or employee. Federal law and university policy also requires reporting incidents of sex- and gender-based discrimination and sexual misconduct (collectively known as Title IX incidents)."

**We add: This means we cannot keep confidential any information about possible Title IX incidents that you share with us. If you need to talk with someone who can maintain confidentiality, please contact** University Health Services (512-471- 4955 or 512-475-6877) or the UT Counseling and Mental Health Center (512-471-3515 or 512-471-2255). We strongly urge you to make use of these services for any needed support.

### **Diversity Statement**

The Psych Department says: "The Department of Psychology values the richness and open dialogue that diversity brings to our community. Diversity refers to individual differences that broadly include ability, age, culture, ethnicity, gender, nationality, race, religion, sexual orientation, and socioeconomic status. We appreciate that diversity enriches both the departmental social climate and the scope and depth of the department's research mission.

As a department, we are fully committed to a journey of inclusion and justice for all students from groups that are marginalized or minoritized. We acknowledge this has not always been the case to the extent that it should have been. Our department is in the process of diversifying and creating identity safety for all students.

In keeping with the department's values, I am committed to creating a learning environment that is safe and supportive of the identities and perspectives of all marginalized or minoritized people. In addition, I will honor your request to address you by a name and gender pronoun you use (she/he/they/ze, etc). If you need additional support, these are some of the available resources on campus.

Division of Diversity and Community Engagement <https://diversity.utexas.edu/> (Links to an external site.)

Gender and Sexuality Center <https://diversity.utexas.edu/genderandsexuality/> (Links to an external site.)

Multicultural Engagement Center <https://diversity.utexas.edu/multiculturalengagement/> (Links to an external site.)"

**We add: We welcome ALL students to PSY364.**

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**Course Calendar** (subject to change: Be sure to read your Canvas Announcements)

PLEASE NOTE: There is no penalty for doing quizzes “late” (between the due date and the available-until deadline). They will show as “late” on your Canvas grades, but with no penalty for that. Video assignments must get done when they are due so that we can grade them all (individual extensions can be arranged).

<b>Week by Week</b>	<b>Recommended Pacing of Modules</b>	<b>Due Dates!</b>
	First Day of Classes is M Jan 9	
Week 1	<b>Module 0.</b> Complete pre-class activities. Orientation to course, Dr. B, syllabus. Pre-class survey.	Module 0 must be completed before accessing Module 1.
M-F Jan 9-13	<b>Module 1. Foundations of Professional Helping</b>  Complete Applied Ethics Writing Activity 1  Complete Quiz 1	Quiz 1 is “late” (with no penalty) after Jan 13 but available until April 24
Week 2	<b>Module 2. Clinical Careers</b>	
T-F Jan 17-20	Complete Applied Ethics Writing Activity 2  Complete Quiz 2	Quiz 2 is “late” (with no penalty) after Jan 20 but available until April 24

Week 3	<b>Module 3. Ethical Foundations</b>	
M-F Jan 23-27	Complete Experiential Writing Activity 3 Complete Quiz 3	Quiz 3 is “late” (with no penalty) after Jan 27 but available until April 24
Week 4	<b>Module 4. More Ethical Foundations</b>	
M-F Jan 30- Feb 3	Complete Applied Ethics Writing Activity 4 Complete Quiz 4 Complete Video Assignment 1	Quiz 4 is “late” (with no penalty) after Feb 3 but available until Apr 24  <b>Video Assignment #1 is due F Feb 3 by 5:00PM (available until F Feb 10 at 5:00PM)</b>
Week 5	<b>Module 5. Listening: Skills &amp; Ethics</b>	
M-F Feb 6-10	Complete Applied Ethics Writing Activity 5 Complete Quiz 5	Quiz 5 is “late” (with no penalty) after Feb 10 but available until Apr 24
Week 6	<b>Module 6. Influencing Skills &amp; Ethics</b>	
M-F Feb 13-17	Complete Applied Ethics Writing Activity 6 Complete Quiz 6	Quiz 6 is “late” (with no penalty) after Feb 17 but available until Apr 24
Week 7	<b>Module 7. Assessment &amp; Diagnosis</b>	
M-F Feb 20-24	Complete Applied Ethics Writing Activity 678 Complete Quiz 7	Quiz 7 is “late” (with no penalty) after Feb 24 but available until Apr 24

### **Module 8. Treatment Goals & Planning**

Week 8  
Complete Applied Ethics Writing Activity 9

M-F Feb  
27- Mar 3  
Complete Quiz 9

Complete Mid-semester Survey

Quiz 8 is “late” (with no penalty) after Mar 3 but available until Apr 24

### **Module 9. Cognitive-Behavioral Therapies**

Week 9  
Complete Applied Ethics Writing Activity 9

M-F Mar  
6-10  
Complete Quiz 9

Quiz 9 is “late” (with no penalty) after Mar 10 but available until Apr 24

Week 10  
Spring Break!

M-F Mar  
13-17

### **Module 10. Cognitive Change**

Week 11  
Complete Applied Ethics Writing Activity 10

M-F Mar  
20-24  
Complete Quiz 10

Finish Video Assignment 2

Quiz 10 is “late” (with no penalty) after Mar 24 but available until Apr 24

**Video Assignment #2 due F Mar 24 by 5:00PM (available until Mar 31 at 5:00PM)**

### **Module 11. Treating Stress**

Week 12  
Complete Applied Ethics Writing Activity 11

M-F Mar  
27-31  
Complete Quiz 11

Quiz 11 is “late” (with no penalty) after Mar 31 but available until Apr 24



Week 13     **Module 12. Treating Sleep Problems**

M-F Apr 3-7     Complete Applied Ethics Writing Activity 12  
                 Complete Quiz 12

Quiz 12 is “late” (with no penalty) after Apr 7 but available until Apr 24

Week 14     **Module 13. Treating Depression**

M-F Apr 10-14     Complete Applied Ethics Writing Activity 13  
                 Complete Quiz 13

Quiz 13 is “late” (with no penalty) after Apr 14 but available until Apr 24

Week 15     **Module 14. Love, Live Your Values, and Thank You!**

M-F April 17-21     Complete Applied Ethics Writing Activity 14  
                 Complete Quiz 14

Quiz 14 is “late” (with no penalty) after Apr 21 but available until Apr 24

Wrap it Up!! All work must be completed by the 5:00PM on the last class day, M Apr 24. **No extensions** are possible after this date, due to the tight time frame in which we must calculate and submit final grades to the Registrar.

**Enter your Journaling self-grade by M Apr 24 @ 5:00PM**

**ALL QUIZZES CLOSE M Apr 24 @ 5:00PM**

**We’re going to have a fantastic semester!**