

# Clinical and Counseling Psychology

## Psychology 4360

### Spring 2020

#### Contact Information

Professor: Joseph D. Hovey, Ph.D.

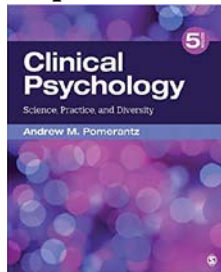
Email Address: Use the message system for the course



#### Prerequisites

Students should have taken Psychology 4313 (Abnormal Psychology) as it is expected that students will have a thorough knowledge of Abnormal Psychology.

#### Required Textbook and Browser



Andrew M. Pomerantz, *Clinical Psychology: Science, Practice, and Diversity (Fifth Edition)*, Sage Publications. ISBN: 978-1-5443-3361-8

The price of the text varies depending on where you purchase or rent the text. For example, you can rent the text for the semester from the publisher (<http://us.sagepub.com/en-us/nam/clinical-psychology/book259378>) for \$79.00 or you can rent the text from Amazon for \$58.59.

**Please note that this textbook is not an open education resource. Also, please note that the textbook is absolutely essential for the course. You will not be able to pass the course without reading and fully comprehending the textbook material. Because all exam items are based on the text, a thorough understanding of the text will be necessary to pass the course. It is highly recommended that you read each chapter more than once.**

You are required to use the Respondus Lockdown Browser with Monitor for all exams. The reason for this is to help ensure the academic integrity of online exams. In other words, I want to make sure that all students are taking the exams on a fair playing field and using this browser and monitor will help allow for this. You will thus need to download the Respondus Lockdown Browser to take exams. You will need to have a **webcam** for the computer you use when taking exams because a video (webcam) recording will be made **for each exam you take**. You will need to have a reliable internet connection when taking tests or you can take exams on campus. The 2<sup>nd</sup> floor of the UTRGV Edinburg library has desktop computers with webcams and the Respondus Lockdown browser installed. If you choose not to use the Respondus software and use a webcam, then you will be unable to take this course.

Due to numerous past incidents of students cheating on online exams, I have very strict test-taking policies. **If a student does not thoroughly show her or his testing environment during the environmental check, the student will receive an exam score of 0, at the minimum. Moreover, if a student is “out of the picture frame,” the student will receive an exam score of 0, at the minimum. Please note that the Respondus software will alert the student when**

**the student is out of the frame—thus, the excuse of “I wasn’t aware that I was out of the frame” is not valid. Further, please note that students who become aware of other students cheating and do not report it to me will be held responsible. For example, cheating often occurs within WhatsApp “study” groups. If I become aware of cheating within one of these groups, then all students who belong to the group will be held responsible.**

**All incidents of cheating or suspicious test-taking behavior will be reported to Student Rights and Responsibilities who will determine whether the student will be expelled from the university. Finally, please note that if I observe any suspicious test-taking behaviors, I reserve the right to give exams in-person, rather than online, to all students in the course.**

To make sure that the Respondus Browser and monitor work properly during the exam, I strongly suggest that you watch this video: <http://www.respondus.com/products/monitor/movie-monitor.shtml>. In addition, I strongly suggest that you take the “Test of Respondus System” to see whether there are any technical issues with using Respondus with monitor. You can find the “Test of Respondus System” in the “Syllabus & Other Information” content folder in the course.

Finally, please note that **you must show your UTRGV Picture ID to the webcam at the beginning of the exam.** Failure to do these may result in an exam score of 0. The Respondus Lockdown Browser software is available for download at <http://www.respondus.com/lockdown/download.php?id=721834533>

### **Learning Objectives of Course**

1. Students should become familiar with the overall field of clinical psychology.
2. Students should understand how science informs the field of clinical psychology.
3. Students should understand the types of careers within clinical psychology, including researcher, teacher, assessor, and therapist.
4. Students should understand the types of specializations within the field of clinical psychology, including different types of theories, interventions, and new areas of inquiry.
5. Students should develop critical thinking skills that they apply to the material covered in the course.

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## **UTRGV Policy Statements**

### **Scholastic Integrity**

As members of a community dedicated to Honesty, Integrity and Respect, students are reminded that those who engage in scholastic dishonesty are subject to disciplinary penalties, including the possibility of failure in the course and expulsion from the University. Scholastic dishonesty includes but is not limited to cheating, plagiarism (including self-plagiarism), and collusion; submission for credit of any work or materials that are attributable in whole or in part to another person; taking an examination for another person; any act designed to give unfair advantage to a student; or the attempt to commit such acts. Since scholastic dishonesty harms the individual, all students and the integrity of the University, policies on scholastic dishonesty will be strictly enforced (Board of Regents Rules and Regulations and UTRGV Academic Integrity

Guidelines). All scholastic dishonesty incidents will be reported to Student Rights and Responsibilities.

Rules regarding collaboration specific to this course:

You are expected to use the course textbook and other course material (as well as any additional readings you seek out) to complete all assignments. However, you may NOT consult with any other students (in the class or not) or faculty when completing exams or responding to any other assignments (e.g., extra credit assignments). You may not use your text or any other resources (including the internet) when completing exams. Failure to follow these instructions will result in a 0 for the affected assignment and may result in an F for the course. Academic Dishonesty will be reported to the Dean of Students.

**Sexual Misconduct and Mandatory Reporting**

In accordance with UT System regulations, your instructor is a “Responsible Employee” for reporting purposes under Title IX regulations and so must report to the Office of Institutional Equity & Diversity (oie@utrgv.edu) any instance, occurring during a student’s time in college, of sexual misconduct, which includes sexual assault, stalking, dating violence, domestic violence, and sexual harassment, about which she/he becomes aware during this course through writing, discussion, or personal disclosure. More information can be found at [www.utrgv.edu/equity](http://www.utrgv.edu/equity), including confidential resources available on campus. The faculty and staff of UTRGV actively strive to provide a learning, working, and living environment that promotes personal integrity, civility, and mutual respect in an environment free from sexual misconduct, discrimination, and all forms of violence. If students, faculty, or staff would like confidential assistance, or have questions, they can contact OVAVP (Office for Victim Advocacy & Violence Prevention) at (956) 665-8287, (956) 882-8282, or OVAVP@utrgv.edu.

**Course Drops**

According to UTRGV policy, students may drop any class without penalty earning a grade of DR until the official drop date. Following that date, students must be assigned a letter grade and can no longer drop the class. Students considering dropping the class should be aware of the “3-peat rule” and the “6-drop” rule so they can recognize how dropped classes may affect their academic success. The 6-drop rule refers to Texas law that dictates that undergraduate students may not drop more than six courses during their undergraduate career. Courses dropped at other Texas public higher education institutions will count toward the six-course drop limit. The 3-peat rule refers to additional fees charged to students who take the same class for the third time.

**Online Evaluations**

Students are required to complete an online evaluation of this course, accessed through one’s UTRGV account (<http://my.utrgv.edu>); you will be contacted through email with further instructions. Students who complete their evaluations will have priority access to their grades.

**Students with Disabilities**

Students with a documented disability (physical, psychological, learning, or other disability which affects academic performance) who would like to receive academic accommodations should contact Student Accessibility Services (SAS) for additional information. In order for accommodation requests to be considered for approval, the student is responsible for providing

sufficient documentation of the disability to SAS and participating in an interactive discussion with SAS staff. Accommodations may be requested at any time but are not retroactive. Please contact SAS early in the semester/module for guidance. Students who experience a broken bone, severe injury, or undergo surgery may also be eligible for temporary accommodations.

### **Pregnancy, Pregnancy-related, and Parenting Accommodations**

Title IX of the Education Amendments of 1972 prohibits sex discrimination, which includes discrimination based on pregnancy, marital status, or parental status. Students seeking accommodations related to pregnancy, pregnancy-related condition, or parenting (reasonably immediate postpartum period) are encouraged to contact Student Accessibility Services for additional information and to request accommodations.

**Brownsville Campus:** Student Accessibility Services is located in 1.107 in the Music and Learning Center Building (BMSLC) and can be contacted by phone at (956) 882-7374 or via email at [ability@utrgv.edu](mailto:ability@utrgv.edu).

**Edinburg Campus:** Student Accessibility Services is located in 108 University Center (EUCTR) and can be contacted by phone at (956) 665-7005 or via email at [ability@utrgv.edu](mailto:ability@utrgv.edu).

**MANDATORY COURSE EVALUATION PERIOD:** Students are required to complete an ONLINE evaluation of this course, accessed through your UTRGV account (<http://my.utrgv.edu>); you will be contacted through email with further instructions. Students who complete their evaluations will have priority access to their grades. Online evaluations will be available on or about:

Module 1	February 19-25, 2020
Module 2	April 15-21, 2020
Full Spring Semester	April 10-29, 2020

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### **Attendance and Class Preparation Policy**

Although this course is fully online, this is not a self-paced course. Students are expected to complete all assignments by the due dates and to actively participate by **checking the course on a regular basis**.

### **Computer Skill Requirements**

You will achieve the best results in this online learning class by having a computer with a lot of random access memory (RAM) and a fast connection to the Internet. All students should have the ability to navigate online. Please do not take this course if you do not have strong computer skills. Computer skills will not be taught in this course. If you have never taken an online course, please visit <http://www.utrgv.edu/online/getting-support/student-support/index.htm> to learn how to work with the online course system.

- For this course you will need to be competent in the following skills:
  - Sending and receiving email messages

- Opening and viewing video files and listening to audio files
- Creating file folders on your computer and saving files to these folders
- Saving files to portable storage media such as USB keys or in the Cloud (e.g., Dropbox)
- Attaching files to email messages
- Opening files attached to email messages

**Back Up Your Work!** I recommend that you go to your computer right now and create a folder within your documents folder (or somewhere else) on your hard drive for this class. Call this new folder Clinical Psychology and save copies of any coursework in this folder.

## Tour of Our Class Home Page

These are the areas on our home page that you need to visit and learn to use:

- **Course News** – This is the “homepage” for our course. It provides a calendar of events, announcements, etc. I may sometimes post links and stories about clinical psychology in the current news and media. The calendar lists upcoming assignments and exams.
- **Course Syllabus & Other Information** – This is where the syllabus is located as well as information about the Respondus Browser and Monitor (e.g., Test of Respondus System) and other institutional and online learning information.
- **Chapter Material** – Here you can find PowerPoint slides, video descriptions for each chapter, and discussion questions for each chapter. Each of these are tools to enhance learning. You can use the PowerPoints as templates to help guide your reading of each chapter. The videos for the course highlight course material and will help you to come to a better understanding of abstract concepts. The discussion questions can be used to gauge the thoroughness of your knowledge of each chapter’s material.
- **Video Center** – This is where you will view videos for the course. The videos for each chapter are alphabetized. Each video description places the video into the context of its chapter.
- **Messages** – This is where you can send and receive course messages.
- **Study Aides** – Here you can download material that will help you prepare for each exam. These include sample exam questions and a description of the SQ3R study method.
- **Exam Room** - This is where you will go to take your online exams. The dates for the exams are given below in the timeline for the course. Please note that this is also the location where you can take the optional extra credit exams. Details are provided later in the syllabus.
- **My Grades** – This is where you go to see your grades and points for the exams and for other assignments.

## Correspondence Policies & Procedures

**Responding to your messages:** I have set aside specific times in my weekly schedule when I will respond to student messages from this class. I will typically respond to student messages within 24 hours after the student sends a message.

**What to include when sending a message:** When sending a message, please fully identify yourself in the text of the message. Use the subject header to indicate if the message is a general comment, question for the entire class, or a question specifically for me. If you are responding to other messages or to one of my messages, please reply directly to that message.

### Course Expectations

Here are some of my expectations for you:

- I expect that you will read the textbook and the chapter summaries in a timely manner throughout the entire course
- I expect that you will explore all the multimedia materials incorporated within each lecture
- I expect that you will plan appropriately so as to have your assignments completed by the designated deadlines. Meeting the designated deadlines is entirely your responsibility. **Please note: There is a 24-hour period in which you can take each exam. If you wait until the last minute and have problems, you will not be able to retake the exam. I strongly suggest that you take all exams early during this period. If you choose not to follow this advice and have a problem, do not message or email me. By that point, there will be nothing I can do for you.**

**Absenteeism:** This is NOT a self-paced, self-timed course. This course is designed to be a successive progression from one chapter to the next. If you have a work or family emergency that interferes with your ability to participate or meet deadlines in this class, you need to notify me by the message system ASAP. Such events may necessitate dropping the course.

**Time Commitment:** Although this is a web-based course, this does not mean that this course is easier or less of a time commitment than a regular classroom-based course. You will still need to thoroughly review and read the course material in order to receive a passing grade in the course.

**Academic Honesty and Integrity:** As noted above, you are expected to display academic honesty. Any instances of cheating will result in an automatic “F” for the assignment or the course. You will also be referred to the office of Students Rights and Responsibilities with the possible sanction of expulsion from the University.

**Professional Courtesy:** It is expected that you will act, perform, and conduct yourself in a professional manner. This includes the content and style of your online communication and the nature of communication with me and other students in the course. Profanity, vulgar or offensive words or phrases are unacceptable. I will be the judge of what is offensive as well as the penalty for such offenses. Please click on the following link for resources on Netiquette:

<http://www.albion.com/netiquette/>

## Additional Course Support

**Technical Assistance:** If you are having technical problems, please contact the Center for Online Learning and Teaching Technology (COLTT) office by calling (956) 882-6792 (Brownsville) or (956) 665-5237 (Edinburg), by sending an email to [colthelp@utrgv.edu](mailto:colthelp@utrgv.edu), or by going to <http://www.utrgv.edu/online/>. Their hours are 7:30 am-6:00 pm Monday through Friday.

**Notification of Technical Problems:** Technical problems with your computer are not a legitimate reason for failing to complete assignments or exams by posted deadlines. There are many computer options available to you, such as the many UTRGV computer labs. Students are responsible for finding their own alternative methods or locations to complete exams by the given deadlines. **If you have a technical problem during an exam that results in you being unable to complete the exam please call the number for technical assistance right away and complete the exam as soon as the problem is addressed. If someone does not immediately answer your call, leave a message to verify that you attempted to get help in order to complete the exam immediately.** If you do not follow these steps you will not be able to complete the exam and your score will be equal to the number of completed correct items divided by the total number of items on the exam.

## Grading

There will be a total of 600 points available for the class. Five required exams will be given in the course. Each of these exams will cover 3 or 4 chapters. Each required exam will consist of 60 items, each worth 2 points. You will have 75 minutes to complete each exam (same as a regular classroom exam). You are not allowed to use your book or notes (i.e., the exams are “closed book” exams), so you will need to prepare as you would for an in-class exam. You must take each of the exams during the 24-hour period assigned for that exam. In other words, on exam day, you will have from 12:00 am to 11:59 pm to complete the exam (see the Course Calendar for the exam dates). You can only take each exam once.

Please note that I reserve the right to adjust the grading distribution based on the class' scores. However, you will not receive a lower grade than that indicated in the table below.

**Extra Credit Exams:** Please note that I will offer two optional extra credit exams. The first will be held during three days early in the course and the last will be offered during a two-day period after your last required exam. Each of these extra credit exams will consist of 34 multiple-choice questions evenly drawn from the chapters in the text. Each question on the extra credit exams will be worth 1/2 point. I am offering the first extra credit exam to gauge your baseline of knowledge in Clinical Psychology and am offering the second extra credit exam to measure your knowledge in Clinical Psychology after having taken the course. You will have 40 minutes to complete each extra credit exam. ***Please note that although these exams are optional, they might be the only extra credit opportunities I will offer in the course and thus I highly suggest that you take them.***

Grading:	Points
Exam 1	120
Exam 2	120
Exam 3	120
Exam 4	120
Exam 5	120
<b>Total Points:</b>	<b>600</b>

Letter Grade	Percentage	Points
A	90-100%	540 to 600
B	80-89%	480 to 539
C	70-79%	420 to 479
D	60-69%	360 to 419
F	Below 60%	Below 360

**Location of Exams:** The five required exams and the two extra credit exams will take place in the **Exam Room**. PLEASE REMEMBER TO SUBMIT YOUR EXAM FOR GRADING WHEN YOU ARE FINISHED WITH YOUR EXAM. THIS ENSURES THAT YOUR GRADE IS ENTERED INTO MY GRADE BOOK. Also, **please remember to show your UTRGV ID to the monitor at the beginning of each exam as well as thoroughly complete the environmental check**. Failure to adequately do these will in an F on your exam and the course.

Sample exam questions are also located in the Study Aides area. I highly recommend that in order to become familiar with the type of questions I will ask on the exams, you go over the sample questions. These questions are similar to the real exam questions and they will give you an idea about what to expect on the exams. Please note that these sample exam questions are not meant to be a "study guide." Rather, they are meant to let you know what the exam questions will be like and to help gauge your readiness for the exams.



# Course Calendar

## **EXTRA CREDIT EXAM ONE**

Can be taken anytime from Monday, January 13<sup>th</sup> through Wednesday, January 15<sup>th</sup> (from 12:00 a.m. Monday to 11:59 p.m. Wednesday).

## **SESSION 1 – CHAPTERS 1-3**

**Chapter 1: Clinical Psychology: Definition & Training**

**Chapter 2: Evolution of Clinical Psychology**

**Chapter 3: Current Controversies & Directions in Clinical Psychology**

**Exam 1** – Must be taken on Wednesday, February 5<sup>th</sup> (from 12:00 a.m. to 11:59 p.m.).

## **SESSION 2 – CHAPTERS 4-6**

**Chapter 4: Diversity & Cultural Issues in Clinical Psychology**

**Chapter 5: Ethical & Professional Issues in Clinical Psychology**

**Chapter 6: Conducting Research in Clinical Psychology**

**Exam 2** – Must be taken on Wednesday, February 26<sup>th</sup> (from 12:00 a.m. to 11:59 p.m.).

## **SESSION 3 – CHAPTERS 7-10**

**Chapter 7: Diagnosis & Classification Issues: DSM-5 & More**

**Chapter 8: The Clinical Interview**

**Chapter 9: Intellectual & Neuropsychological Assessment**

**Chapter 10: Personality Assessment & Behavioral Assessment**

**Exam 3** – Must be taken on Wednesday, March 18<sup>th</sup> (from 12:00 a.m. to 11:59 p.m.).

## **SESSION 4 – CHAPTERS 11, 14-16**

**Chapter 11: General Issues in Psychotherapy**

**Chapter 14: Behavior Therapy**

**Chapter 15: Cognitive Psychotherapy & Mindfulness-Based Therapies**

**Chapter 16: Group & Family Therapy**

**Exam 4** – Must be taken on Wednesday, April 8<sup>th</sup> (from 12:00 a.m. to 11:59 p.m.).

## **SESSION 5 – CHAPTERS 17-19**

**Chapter 17: Clinical Child & Adolescent Psychology**

**Chapter 18: Health Psychology**

**Chapter 19: Forensic Psychology**

**Exam 5** – Must be taken on Wednesday, April 29<sup>th</sup> (from 12:00 a.m. to 11:59 p.m.).

## **EXTRA CREDIT EXAM TWO**

Can be taken anytime from Monday, May 4<sup>th</sup> to Tuesday, May 5<sup>th</sup> (from 12:00 a.m. Monday to 11:59 p.m. Tuesday).

# Important Dates Relative to the UTRGV Academic Calendar

January 13	First day of classes
January 16	Last day to add a course or register for Spring 2020
January 17	Last day to withdraw (drop all classes) and receive an 80% refund
January 20	Martin Luther King Holiday – No classes
January 27	Last day to withdraw (drop all classes) and receive a 70% refund
January 29	Census Day (last day to drop without it appearing on the transcript)
February 3	Last day to withdraw (drop all classes) and receive a 50% refund
February 10	Last day to withdraw (drop all classes) and receive a 25% refund
March 9-14	Spring Break – No classes
April 9	Last day to drop a course; will count toward the 6-drop rule
April 10-11	Easter Holiday – No classes
April 30	Study Day – No classes
May 1-7	Final Exams
May 7	Spring classes end; official last day of the term
May 8-9	Commencement Exercises