

**COUN 597/697: Self-Injurious Behavior:  
Conceptualization and Treatment  
Online Winter Mini 2021**

**Instructor:** Chris Simpson, Ph.D., LPC-S

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**Office Hours:** as arranged between student and instructor

**Course Description:** This course provides advanced masters and doctoral students with knowledge of appropriate use of conceptualization and treatment skills with individuals who employ self-injury as a means of self-regulation. Students will learn conceptualization skills and therapeutic interventions facilitative in working with self-injurious behavior. Students also will engage in online reading assignments and discussion that will facilitate learning.

**Textbooks:**

Simpson, C. (2015). *Cutting and Self-Harm*. ABC-CLIO: Santa Barbara, CA.

**Recommended Reading (but not required):**

Conterio, K. & Lader, W. (1998). *Bodily harm: The breakthrough healing program for self-injurers*. Hyperion: New York, NY.

Simpson, C. (2016). *Helping your self-injurious child: A brief but essential guide for parents*. Kindle DX Version]. Retrieved from Amazon

Walsh, B.W. (2014). *Treating self-injury: A practical guide* (2<sup>nd</sup>ed). Guilford Press: New York, NY.

**Course Objectives: Students will demonstrate:**

1. Increased knowledge of self-injury as an emotional regulation technique;
2. Expanded understanding of concepts like attachment, anxiety and depression;
3. Understanding of DSM 5 definitions and diagnostic criteria for self-injury;.
4. Understanding of relationship between nonsuicidal self-injury and other self-harming behaviors;
5. Improvement in working with “clients” in who employ self-injury.

**Attendance Policy**

All class meetings are online and evaluation of attendance is completed through successful completion of weekly discussion questions. With this said, students are expected to participate in all classes. This class is completely online and interactive in nature and thus it demands consistent attendance. For each day that a discussion is completed beyond the due date, a point will be deducted from all possible points awarded to that question.

**Students with Disabilities:**

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services  
Texas A&M University-Commerce  
Gee Library Rm 132  
Phone (903) 886-5150 or (903) 886-5835  
Fax (903) 468-8148  
StudentDisabilityServices@tamuc.edu

**CONDUCT AND ACADEMIC HONESTY**

"All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment." (See Student's Guide Handbook, Policies and Procedures, Conduct) "Graduate students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all their scholastic work." (See Section A13.12, Academic Honesty, A&M-Commerce Procedures.)

**UNIVERSITY CLOSING DUE TO WEATHER**

Check <http://www.tamu-commerce.edu/> regarding class cancellations. Also, KETR radio on 88.9 FM and television channels 4, 5, and 8 (channel 7 for Tyler & Longview Area).

**COURSE REQUIREMENTS AND GRADING:****1. Course Discussion Questions**

Each week students will respond to two (2) primary discussion prompts as well as at least two discussion responses by fellow classmates to the respective questions just mentioned. The response to the main discussion prompts by the instructor must be completed by Day 3 (Wednesday) of the week. Each of the two responses to fellow classmates must be completed by Day 6 (Saturday). Each response must have at least one reference and citation within the text in APA format. Students are required to post the readings as references to the respective discussion questions. Students are encouraged (but not required) to also enter other references that are found as a result of personal study. The initial responses must be at least three (3) paragraphs in length. Each of the two responses to fellow classmates must be at least one (1) paragraph in length.

Each discussion question will be graded based on the following criteria:

Response	5 points
Content	5 points
Writing	5 points
Contribution to fellow classmate	5 points

**Grade Distribution:**

Discussion Question 1	20 points
Discussion Question 2	20 points
Discussion Question 3	20 points
Discussion Question 4	20 points
Discussion Question 5	20 points
Total	100 points

**Flexible Course Calendar**

Week 1(December 20-December 23)

- Assigned readings:  
Simpson (Chapter 1)  
Simpson (Chapter 2)
- **Discussion Questions 1 and 2 initial response due on Wednesday, December 29; responses to fellow classmates due on Thursday, December 30.**

Week 2 (December 27-December 30)

- Assigned reading:  
Simpson (Chapter 3)  
Simpson (Chapter 4)  
Simpson (Chapter 8)
- **Discussion Questions 3 and 4 initial response due on Wednesday, January 5; responses to fellow classmates due on Friday, January 6.**

Week 3 (January 3-January 7)

- Assigned reading:  
Simpson (Chapter 5)  
Simpson (Chapter 7)  
Simpson (Chapter 9)
- **Discussion Question 5 initial response due on Wednesday, January 12; responses to fellow classmates due on Thursday, January 13.**