



## **ADVANCED THERAPEUTIC INTERVENTION**

### **Psychology Section 01B**

COURSE SYLLABUS: Summer 2022 . HENH 207

### **INSTRUCTOR INFORMATION**

Instructor: Tina Borke, Psy D.  
Office Location: B122  
Office Hours: By Appointment  
Office Phone: 903-886-5660  
Office Fax: 903-886-5586  
University Email Address:  
Preferred Form of Communication: **email**  
Communication Response Time: M-F within 24 hours

### **COURSE INFORMATION**

Materials – Textbooks, Readings, Supplementary Readings

Textbook: Pederson, L. Dialectic Behavior Therapy: A Contemporary Guide for Practitioner's. 1<sup>st</sup> Edition. Wiley Blackwell.  
ISBN 13- 978-1118957912  
ISBN 10-118957911

Handouts and other reading material will be distributed in class or placed on D2L.

### **Course Description**

A study of selected current specific techniques used in the practice of psychotherapy. Students will study a set of clinical procedures based on different theoretical models, including cognitive behavioral therapy, psychodynamic psychotherapy, solution-focused psychotherapy, and others. Emphasis will be on techniques with evidence-based effectiveness and practical value in producing therapeutic movement, and students will

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practice the procedures in controlled clinical settings. They will also be encouraged to develop an articulated practice model of their own. Prerequisites: [PSY 508](#) or consent of program advisor.

**Student Learning Outcomes** (Should be measurable; observable; use action verbs)

1. Students will conduct thorough clinical interviews.
2. Students will develop their own theoretical philosophy and utilize those techniques in mock therapy sessions.
3. Students will understand and form effective therapeutic relationships with mock clientele.
4. Students will understand and accept supervisory feedback, constructive criticism and modify techniques and interactions to be more effective with clientele.
5. Students will provide appropriate, respectful constructive criticism and encouragement to peers.

## **COURSE REQUIREMENTS**

### **Minimal Technical Skills Needed**

Learning Management Systems, Using Microsoft Word and Power Point

### **Instructional Methods**

Face to Face Instruction

### **Student Responsibilities or Tips for Success in the Course**

Attendance in class is required. The nature of the course requires supervised skills development, gaining professional interactions, conduct, and attitudes in an intensely experimental learning experience which requires face to face instruction.

## **GRADING**

Final grades in this course will be based on the following scale:

A = 90%-100%

B = 80%-89%

C = 70%-79%

D = 60%-69%

F = 59% or Below

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## **Assessments**

**Your grade will be based on the following:**

**ATTENDANCE.** Due to the experimental learning experiences not being accessible from a textbook, it is critical that you attend class. If you miss 2 classes, the highest grade you can receive is a B. If you miss more than 2 classes, you will fail the course.

**10% Midterm**

**10% Final Exam**

**10% Reaction Paper 1-5**

**10% Intake Assessment Report**

**5% Treatment Plan**

**5% Closing Summary/Transfer Summary**

**10% Therapy Session Notes 1-5**

**20% Evaluation**

- Information Gathering
- Establishing Rapport
- Formulation of Diagnosis and Justification of Diagnosis
- Development of Treatment Plan/Intervention Planning
- Practicing and Applying Techniques/Interventions
- Record Keeping
- Overall Impression/Effectiveness in Treatment
- Growth and Improvement of Skills

**20% Dialectical Behavioral Therapy Skills Presentation**

This presentation will demonstrate a variety of techniques and methods used in the Dialectical Therapy with various clients, based on their situation, culture, and diagnosis.

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# TECHNOLOGY REQUIREMENTS

## LMS

All course sections offered by Texas A&M University-Commerce have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements

LMS Requirements:

<https://community.brightspace.com/s/article/Brightspace-Platform-Requirements>

LMS Browser Support:

[https://documentation.brightspace.com/EN/brightspace/requirements/all/browser\\_support.htm](https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm)

YouSeeU Virtual Classroom Requirements:

<https://support.youseeu.com/hc/en-us/articles/115007031107-Basic-System-Requirements>

## ACCESS AND NAVIGATION

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or [helpdesk@tamuc.edu](mailto:helpdesk@tamuc.edu).

**Note:** Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a TAMUC campus open computer lab, etc.

## COMMUNICATION AND SUPPORT

If you have any questions or are having difficulties with the course material, please contact your Instructor.

### Technical Support

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here:

<https://community.brightspace.com/support/s/contactsupport>

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## Interaction with Instructor Statement

I prefer you to contact me via email. I will respond within 24 hours M-F. If you have questions that can be answered via email, I will respond. If your question requires more clarification then can be given through email, I will schedule an appointment with you during my office hours or at a mutually agreed upon time. I have an open-door policy and welcome students to visit during office hours.

## COURSE AND UNIVERSITY PROCEDURES/POLICIES

### Course Specific Procedures/Policies

Attending class and being on time are essential. Missing 2 classes will result in the highest grade that you can receive for the class being a B. Missing more than 2 classes will result in a failing grade.

Make-up examinations will **ONLY** be given in extreme situations such as a serious illness (you must have a doctor's note), death in your family or an officially excused absence by the University. If any of these situations occur, you **MUST** notify me prior to the exam. I have both voice-mail and email and require notification of any emergency immediately. Failing to notify me will count as an absence and require you to make an appointment to discuss the situation. If you have an unexpected or sudden emergency and must leave campus before an exam you **MUST ALSO** contact Student Affairs to let them know of your emergency. I will expect that I can verify the emergency with Student Affairs. Make-ups will only be given if I have been notified **PRIOR** to the exam and can verify your reason for missing the exam. All missing exams not meeting this criterion will be given a grade of F. If you show up late for an exam, I reserve the right to only allow the remaining class time to complete the exam.

### Syllabus Change Policy

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

## University Specific Procedures

### Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the Student Guidebook.

[http://www.tamuc.edu/student\\_guidebook/Student\\_Guidebook.pdf](http://www.tamuc.edu/student_guidebook/Student_Guidebook.pdf)

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Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum:

<https://www.britannica.com/topic/netiquette>

### **TAMUC Attendance**

For more information about the attendance policy please visit the [Attendance](#) webpage and [Procedure 13.99.99.R0.01](#).

<http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf>

### **Academic Integrity**

Students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

[Undergraduate Academic Dishonesty 13.99.99.R0.03](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf>

[Graduate Student Academic Dishonesty 13.99.99.R0.10](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/graduate/13.99.99.R0.10GraduateStudentAcademicDishonesty.pdf>

### **Students with Disabilities-- ADA Statement**

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- Room 162

Phone (903) 886-5150 or (903) 886-5835

Fax (903) 468-8148

Email: [studentdisabilityservices@tamuc.edu](mailto:studentdisabilityservices@tamuc.edu)

Website: [Office of Student Disability Resources and Services](#)

<http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>

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The Counseling Center at A&M-Commerce, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling 903-886-5145. For more information regarding Counseling Center events and confidential services, please visit [www.tamuc.edu/counsel](http://www.tamuc.edu/counsel)

### **Nondiscrimination Notice**

Texas A&M University-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

### **Campus Concealed Carry Statement**

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in Texas A&M University-Commerce buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M-Commerce Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer.

Web url:

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M-Commerce campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

## **COURSE OUTLINE / CALENDAR**

<b>Date</b>	<b>Topic</b>	<b>Assignments</b>
Week of		
6/7	Introduction to Course Why Learn DBT Introduction to DBT	Read Chapter 1 - 3

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	The Conceptual Model of DBT	
	DBT: An Eclectic Yet Distinctive Approach	Read Chapter 4-6
	What Is DBT?	
	Dialectical Philosophy	
	Biosocial Theory	Read Chapter 7
	Client, Therapist, and Treatment Assumption	Read Chapter 8
	Five Function of Comprehensive DBT	Read Chapter 9
	Midterm Review	
6/14	Treatment Structure	Read Chapter 10
	DBT Strategies	Read Chapter 11
	DBT Therapeutic Factors	Read Chapter 12
	Midterm over chapters 1-10	
6/21	Self Monitoring	Read Chapter 13
	Commitment Strategies	Read Chapter 14
	Education, Socializing and Orienting	Read Chapter 15
	Communication Styles	Read Chapter 16
	Mindfulness	Read Chapter 17
	Skills Training	Read Chapter 18
6/28	Changing Behaviors	Read Chapter 19
	Behavior Analysis	Read Chapter 20
	Dialectal Strategies	Read Chapter 21
	Cognitive Interventions	Read Chapter 22
	Telephone Coaching	Read Chapter 23
7/7	Dealing with Safety	Read Chapter 25
	Use of Hospital	Read Chapter 26
	Consultation	Read Chapter 27
	Evaluation of Clinical Outcomes	Read Chapter 28
	Final	

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