



# PSY 508 80850 THEORY AND TECHNIQUES OF APPLIED PSYCHOLOGY

COURSE SYLLABUS: FALL 2024

## INSTRUCTOR INFORMATION

Instructor: Karin Tochkov, PhD  
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Office Hours: Virtual  
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University Email Address: Karin.Tochkov@tamuc.edu  
Preferred Form of Communication: **e-mail**  
Communication Response Time: M-F within 48 hours

## COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings

Textbook(s) Required

Chen, M. & Giblin, N. (2017). *Individual Counseling and Therapy, 3<sup>rd</sup> Edition*. Routledge  
Taylor and Francis Group.  
ISBN-13 978-0415417334

Linehan, M. *Skills Training Manual for Treating Borderline Personality Disorder, 1<sup>st</sup>  
Edition*. The Guilford Press.

## 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 (CBT) with a focus on dialectical behavior therapy (DBT), psychodynamic psychotherapy, solution-focused psychotherapy, and others. Emphasis will be on techniques with evidence-based effectiveness and practical value

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in producing therapeutic movement, and students will practice the procedures in class. They will also be encouraged to develop an articulated practice model of their own.

## **Student Learning Outcomes**

1. Students will practice and be able to apply therapeutic techniques.
2. Students will develop their own theoretical philosophy and integrate techniques to that theory.
3. Engage in clinical interviewing
4. Describe and use the skills necessary in forming effective therapeutic relationships with persons functioning as clients.
5. Understand and accept supervisory feedback, making appropriate behavioral changes as a consequence.
6. Give appropriate and effective feedback to peers

## **COURSE REQUIREMENTS**

### **Minimal Technical Skills Needed**

Learning management system, using Microsoft Word and PowerPoint

### **Instructional Methods**

Online

## **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:

20% **Midterm** – It is considered acceptable to study with other students for the exam.

20% **Final** – It is considered acceptable to study with other students for the exam.

20% **DBT Group Project**

10% **Intake Assessment Report**

5% **Interim Summary**

10% **Closing Summary/ Transfer Summary**

10% **Therapy Session Notes**

5% **Evaluation**

- Information Gathering
- Establishment of Rapport
- Problem Conceptualization – Diagnosis
- Intervention Planning
- Applying Intervention Techniques
- Persistence and Adequacy of Follow-Up
- Record Keeping
- Use of Time
- Overall Impression
- Improvement in Student

## **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

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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)

Zoom Video Conferencing Tool

[https://inside.tamuc.edu/campuslife/CampusServices/CITESupportCenter/Zoom\\_Account.aspx?source=universalmenu](https://inside.tamuc.edu/campuslife/CampusServices/CITESupportCenter/Zoom_Account.aspx?source=universalmenu)

## **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.

### **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>

## **COMMUNICATION AND SUPPORT**

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

### **Interaction with Instructor Statement**

I prefer that you contact me via email. I will respond within 48 hours. If your question requires us to meet by telephone or Zoom, I will schedule an appointment with you during office hours or at a mutually convenient time. You are also welcome to come by

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my office during office hours or at any other time. If I am available, I will be happy to meet with you.

I will answer e-mails M-F within 48 hrs.

## **COURSE AND UNIVERSITY PROCEDURES/POLICIES**

### **Course Specific Procedures/Policies**

#### **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 can be found at <https://www.tamuc.edu/student-code-of-conduct/>.

If you believe someone has engaged in behaviors that do not align with the Code of Student Conduct or you have other concerns, please visit the File a Report page at <https://www.tamuc.edu/office-of-student-rights-and-responsibilities/concerns-incident-reporting/>

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>

#### **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:

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Undergraduate student academic dishonesty policy  
[Undergraduate Academic Dishonesty 13.99.99.R0.03](#)

Undergraduate student academic dishonesty policy  
[Undergraduate Student Academic Dishonesty Form](#)

Graduate student academic dishonesty policy:  
<https://inside.tamuc.edu/aboutus/policiesproceduresstandardsstatements/rulesProcedures/13students/graduate/13.99.99.R0.10.pdf>

Graduate student academic dishonesty form:  
<https://inside.tamuc.edu/academics/graduateSchool/faculty/GraduateStudentAcademicDishonestyForm.pdf>

### **TAMUC Attendance**

For more information about the attendance policy please visit the [Attendance](#) webpage.

### **Artificial Intelligence**

Texas A&M University-Commerce acknowledges that there are legitimate uses of Artificial Intelligence, Chatbots, or other software that has the capacity to generate text, or suggest replacements for text beyond individual words, as determined by the instructor of the course.

Any use of such software must be documented. Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism).

Individual instructors may disallow entirely the use of such software for individual assignments or for the entire course. Students should be aware of such requirements and follow their instructors' guidelines. If no instructions are provided the student should assume that the use of such software is disallowed.

In any case, students are fully responsible for the content of any assignment they submit, regardless of whether they used an AI, in any way. This specifically includes cases in which the AI plagiarized another text or misrepresented sources.

### **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:

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Office of Student Disability Services  
Velma K. Waters Library- Room 162

**Phone (903) 886-5930**

Fax (903) 468-8148

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

**Website:** <http://inside.tamuc.edu/campuslife/campusServices/StudentDisabilityServices/default.aspx>

### **Mental Health and Well-Being**

The university aims to provide students with essential knowledge and tools to understand and support mental health. As part of our commitment to your well-being, we offer access to Telus Health, a service available 24/7/365 via chat, phone, or webinar. Scan the QR code to download the app and explore the resources available to you for guidance and support whenever you need it.



### **A&M-Commerce Supports Students' Mental Health**

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

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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.

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## **Department or Accrediting Agency Required Content**

Texas A&M University-Commerce is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools (1866 Southern Lane, Decatur, Georgia 30033-4097: Telephone number 404-679-4501) to award bachelor's, master's, and doctoral degrees and by the Texas Higher Education Coordinating Board (<http://www.thecb.state.tx.us/>).

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## COURSE OUTLINE / CALENDAR

The following is a *tentative* schedule. I reserve the right to alter this schedule as needed.

<u>Date</u>	<u>Topic</u>	<u>Assignments</u>
Week 1	Introduction to Course	
Week 2	Intake Interview	Chapter 6 p.86-94
Week 3	Second Session Anxiety	Chapter 7 p.96-100 <b>INTAKE REPORT DUE</b>
Week 4	Difficult Situations in Therapy	Chapter 7 p.100-121
Week 5	Empathetic Responding Skills	Chapter 4 p.38-58
Week 6	Skills of Building Connection	Chapter 4 p.59-73
Week 7	<b>Midterm</b>	
Week 8	Dialectical Behavior Therapy	
Week 9	DBT Modul 1	<b>INTERIM SUMMARY DUE</b>

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Week 10	DBT Modul 2	Interpersonal Effectiveness Skills
Week 11	DBT Modul 3	Emotion Regulation Skills
Week 12	DBT Modul 4	Distress Tolerance Skills
Week 13	Integrative Reports Part I	
Week 14	Thanksgiving Break	
Week 15	Integrative Reports Part II	<b>TRANSFER SUMMARY DUE</b>
Week 16	<b>Final</b>	

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