



PSY 520-01W: Cognitive Behavior Therapy

COURSE SYLLABUS: Fall 2024

INSTRUCTOR INFORMATION

Instructor: Kelly M. Carrero, Ph.D., BCBA, LBA-TX

Office Location: Henderson 227

Office Hours: Via Zoom Tuesdays from 1-6 pm or by appointment

Office Phone: 903.886.5510

University Email Address: Kelly.carrero@tamuc.edu

Preferred Form of Communication: University Email Address

Communication Response Time:

Using VOH through D2L = within 48 hours Monday – Friday, weekends and holidays may take up to 48 hours;

Using University Email = within 72 hours Monday – Friday, weekends and holidays may take longer.

COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings

Textbook(s) Required

Beck, J. S. (2020). *Cognitive behavior therapy (3rd ed.)*. Guilford Press.

Tarrier, N. (Ed.). (2016). *Case formulation in cognitive behaviour therapy: The treatment of challenging and complex cases (2nd ed.)*. Routledge/Taylor & Francis Group.

Leahy, R. L. (Ed.). (2003). *Roadblocks in cognitive-behavioral therapy: Transforming challenges into opportunities for change*. The Guilford Press

Optional Texts and/or Materials

Greenberger, D., & Padesky, C. A. (2015). *Mind over mood: Change how you feel by changing the way you think (2nd edition)*. Guilford Press.

Padesky, C. A. (2020). *The clinician's guide to CBT using mind over mood (2nd edition)*. Guilford Press.

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Course Description

Students will develop knowledge of various cognitive-behavioral models of common psychological disorders. Students will learn to develop a comprehensive cognitive-behavioral case conceptualization, which will inform treatment monitoring and planning. Additionally, students will review evidence and efficacy data available for implementation of various cognitive-behavioral psychotherapies for specific disorders. Students will have the opportunity to implement specific individual and group cognitive-behavioral interventions within the context of the course. Throughout, this course will emphasize the integration of clinical expertise, knowledge of patient preferences, and evidence-based strategies to facilitate development of evidence-based practice approach to psychotherapy.

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

1. Students will describe common cognitive-behavioral models for depression and anxiety disorders.
2. Students will identify and define the critical elements of a cognitive-behavioral case formulation.
3. Using provided clinical cases, students will write a cognitive-behavioral case formulation using the elements of a case formulation.
4. Students will describe the basic strategies employed in practice for clinical monitoring.
5. After reviewing the criteria for evidence-based interventions and clinical expertise, students will summarize a treatment protocol for an evidence-based intervention. This will include emphasis on cognitive formulation, specific interventions, and resources to implement the intervention.
6. Students will demonstrate provision of psychoeducation to intervention to their peers in a cognitive behavior group format.
7. Students will describe and demonstrate behavioral activation and pleasant event scheduling in a group or individual therapy format.
8. Students will demonstrate identification of automatic thoughts, assumptions, rules, and core beliefs in a group or individual therapy format.
9. Students will discuss and describe how to assign, assess, and problem-solve therapeutic homework.
10. Students will demonstrate how to implement thought monitoring, Socratic questioning, and adaptive thought identification in a group or individual therapy format.
11. Students will demonstrate development of an exposure hierarchy and implementation of exposure intervention in a group or individual therapy format.

COURSE REQUIREMENTS

Minimal Technical Skills Needed

To be successful in this course, you will need to know how to access and navigate (a) Desire2Learn, (b) Microsoft Word, and (c) Microsoft Excel. If you use the program PAGES, you will need to convert your file to a Word document or PDF before submitting

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to Dropbox. **I will not serve as technical support.** TAMUC has multiple professionals (e. g., Instructional Technology, CITE, library) who will be able to help you troubleshoot and/or teach you how to navigate the necessary technical requirements for this course.

Instructional Methods

This course is delivered fully online. You will be responsible for completing asynchronous online modules. You will also need to attend and participate in some synchronous class meetings (held via teleconferencing platform; e.g., Zoom). There is an applied project in this course and it accounts for much of your grade. Therefore, it is critical that you keep up with the content at a pace that will allow you to apply it during the time sensitive applied project. You will be required to schedule AT LEAST 2 virtual coaching sessions with me to discuss your project. Historically, coaching sessions last approximately 20-30 minutes; although, some lasted 15 minutes and some over an hour; however, you will only sign up for 30 minute meetings and we will only go over time if both of our schedule permit.

Student Responsibilities or Tips for Success in the Course

To contact success in this course, it is recommended that you log into the course at the very beginning of the semester and click through the START HERE module to get an idea of the course expectations and typical weekly workload (so you can schedule your time accordingly). After you have reviewed the content expectations and load, sketch out a schedule for yourself so you are getting your work completed in a timely manner. Whatever amount of weekly time you have given yourself to complete the work, add at least another 90 minutes. The point is to be highly prepared to fully engage in the content and submit work in a timely manner.

Secondly, it is HIGHLY recommended that you take every learning opportunity provided to you throughout the course. There will be virtual classes to unpack and further discuss the highly technical and applicable concepts and techniques you are learning about in the course content. To get the most out of the class meetings, you will want to complete the course modules for each seminar prior to class.

Finally, to be successful in this class, I recommend you access your resources fully, frequently, and without timidity. Ask your peers questions in the discussion board. Email or text (Remind) the instructor if you have any questions or concerns. Contact the TAMUC librarians (they have provided multiple ways to contact them). You are ENCOURAGED to reach out to me and schedule times to meet outside of class and in addition to the minimum (2) coaching sessions. This content and applied nature of the content is incredibly intricate and challenging—I am here as a main resource for information—so DO NOT be afraid to reach out to me for multiple coaching sessions or just to connect about concerns and/or questions.

GRADING

The instructor reserves the right to make subjective judgments about the quality of student participation and products. In other words, quantity does not equate to quality nor does effort equate to quality. Moreover, a grade of A will be reserved for only the

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highest achieving students. If you need to receive an A in this course, I suggest you work hard to submit stellar products. My office hours are listed on the first page of this syllabus if you need to come and speak with me DURING the semester regarding your grades. Please do not wait until the semester is over to discuss grades.

In both undergraduate and graduate school, grades are earned according to individual student performance on described activities. Effort is important but the outcome of your effort is the product upon which grades are based. Final grades are assigned as follows using a weighted percentage points earned scale:

- ✓ Grades of A are reserved for students whose products are consistently exemplary and commensurate with the work of an accomplished graduate student. A products provide clarity of thoughts and ideas with no grammatical, structural, or spelling errors.
- ✓ Grades of B are earned by students whose products are good but not outstanding. B products provide detail and explanation; may have a few grammatical, structural, or spelling errors.
- ✓ Grades of C are earned by students whose products are limited but display sufficient understanding; may have major grammatical, structural, or spelling errors.

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

Weights of the assessments in the calculation of the final letter grade.

Percentage toward final grade	Assignment/Activity
30%	Case Conceptualizations
25%	Roadblock Papers
20%	Group Projects
20%	Assignments
10%	Professionalism and Good Conduct

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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

Zoom Video Conferencing Tool

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.

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.

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Interaction with Instructor Statement

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:

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

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

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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:

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

Phone (903) 886-5930

Fax (903) 468-8148

Email: StudentDisabilityServices@tamuc.edu

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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

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.

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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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COURSE OUTLINE / CALENDAR

Please see D2L for the course calendar

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