



PSY, 508, 80850, THEORY AND TECHNIQUES OF APPLIED PSYCHOLOGY

COURSE SYLLABUS: FALL 2025

INSTRUCTOR INFORMATION

Instructor: Karin Tochkov, PhD

Office Location: virtual

Office Hours: virtual

University Email Address: Karin.Tochkov@etamu.edu

Preferred Form of Communication: **e-mail**

Communication Response Time: M-F, typically within 48 hrs, with the exception of weekends and holidays, in which case communication will occur the next day the university is open.

COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings

Textbook(s) Required

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

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

The syllabus/schedule are subject to change.

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 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

Web Based Online

GRADING

A = 90%-100%

B = 80%-89%

C = 70%-79%

D = 60%-69%

F = 59% or Below

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ASSESSMENT

Your grade will be based on the following:

Attendance. Due to the experiential nature of this class and the fact that learning experiences cannot be made up with reading, you must 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.

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

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

5% Reaction Papers – you will be evaluated on reaction papers that you are required to write following each therapy session. They will be accepted in “hard copy” format only and are due the next class.

15% Intake Assessment Report

5% Interim Summary

15% Closing Summary/ Transfer Summary

10% Therapy Session Notes

10% Evaluation

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

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TECHNOLOGY REQUIREMENTS

LMS

All course sections offered by East Texas A&M 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 East Texas A&M 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

All students should activate and regularly check their Leo Mail (e-mail account) and myLEOonline (D2L Brightspace) accounts associated with this class. All assignments will be turned in on myLEOonline (D2L Brightspace) (when applicable) unless otherwise instructed to do something differently by the instructor of this course. All class communication will be done through Leo Mail/myLEOonline (D2L Brightspace). All communication about the class must be completed with your university email, and will not be completed with personal email accounts.

When emailing please put the Course Number in the Subject Line of the Email, for example PSY 503: Question about assignment. As noted above, all emails will be returned within 48 hours.

COURSE AND UNIVERSITY 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>

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Academic Integrity

Students at East Texas A&M 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](#)

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>

East Texas A&M Attendance

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

Artificial Intelligence

East Texas A&M 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.

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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

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.



East Texas A&M Supports Students' Mental Health

The Counseling Center at East Texas A&M, 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

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Nondiscrimination Notice

East Texas A&M 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 East Texas A&M 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 East Texas A&M 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 East Texas A&M 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

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 INTAKE REPORT DUE |
| 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 | Midterm | |
| Week 8 | Dialectical Behavior Therapy | |
| Week 9 | DBT Modul 1 | INTERIM SUMMARY DUE |

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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 | Integrative Reports Part II | TRANSFER SUMMARY DUE |
| Week 15 | Final | |

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