

Department :PSYCHOLOGY

Course number: 3370 W

Course title: Current Topics in Clinical Psychology

Credits:3

Contact Person: John Rickards

Q/W: W

Catalog Copy: PSYC 3370W [250W]. Current Topics in Clinical Psychology. Three credits. Either semester. Prerequisite: PSYC 243 or PSYC 245 or PSYC 245W or consent of instructor. May be repeated for credit with a change in topic.

Justification: Clinical psychology is an area of high activity and interest. This course will provide a forum for presenting recent issues in clinical psychology.

3 Overlapping Courses: None

4 Other Departments Consulted: None

5 Number of Students Expected: 19

6 Number and Size of Section: 1 section of 19

7 Effects on Other Departments: None

W Criteria:

Students will be given a writing assignment early in the course, which will consist of conducting library research on a particular topic, reading original source material, and then summarizing the available information on this topic. Possible topics include effectiveness of various psychotherapies, clinical health psychology, psychosomatic disorders, post-traumatic growth, making meaning out of trauma, and spirituality and psychotherapy. This writing assignment is designed to enhance the learning value of the course by creating opportunities for students to actively seek, process, and integrate information in depth. Papers are required to be 15-17 pages, and an outline and then a first draft will be required 6 and 10 weeks into the course, respectively. After the first draft, students will receive detailed feedback on their papers and will be given opportunities to revise their a first draft will be required will be given early in the course. Students who fail the writing portion of the course will also fail the course.

Syllabus: Current Topics in Clinical Psychology (Psyc 250W)

Course Syllabus Spring, 2008

Instructor: Crystal L. Park, Ph.D.

Office: 168 Bousfield

Contact information: 860.486.3520 (o), 860.536.6602 (h), crysdara@aol.com (email)

The Course

The main purposes of this course are to examine

Note that this is a Writing skills course (a “W”), meaning that you will be expected to do a substantial amount of writing in this class (details below)

The Text

The text required for this course is one of the most thorough treatments of the subject available - Health Psychology (Shelley E. Taylor). Class will be devoted more to introducing and summarizing topics fully dealt with in the text and clarifying difficult areas, rather than repeating the material in the chapters. More importantly, I will bring in current topics from the field and give you as much hands on experience with the subject matter as possible. You are responsible for all the material in the assigned readings even if not covered in lectures. I urge you to bring up any problems you have with the readings during class. Please feel free to ask questions and offer constructive comments during or after lectures.

Grading and Requirements

There will be three exams, and a number of group activities and papers:

I. Exams will be a combination of multiple choice and short answers. Study guides and sample questions will be handed out a week prior to each exam.

II. Unannounced group activities will cover material for both that day and the previous class. Please read the material for the day before coming to class. In addition, for each reading assignment, try to write down any questions you have about it as you read it. I may ask you to read out comments or questions that you had on the readings in class so I can get a sense of what you are getting from it.

III. For the Paper, you will be required to choose topic related to the course according to guidelines I will provide in class. The topic chosen should be registered and approved by me by February 5, and outlines will be due on February 28. The first draft of the paper will be due on March 27th. Final drafts will be due on the last day of class. Papers should be at least 15 double-spaced pages and not exceed 20 double spaced pages (should be spell-checked, grammatically sound, in a 10-12 point font, and have 1 inch margins). Complete and specific details regarding each assignment will be covered in class and separate handouts. You will receive from me a detailed critique of your outline and the draft of your paper. Based on this feedback, your final paper should be a well-written and polished paper. Please note: Because this is a W course, if you do not get a passing grade on the paper (that is, higher than 60%), you will also fail the course.

Grades will be assigned in the following manner:

Exam 1 - 13%

Exam 2 - 13%

Exam 3 - 13%

Group Activities 11%

Paper 50%

A \geq 93 C \geq 68

A/B \geq 88 D \geq 63

B \geq 83 F \lll 60 [unthinkable]

B/C \geq 78

NO make-up exams will be given. Because exam dates are specified in well in advance and scheduled during class times you will be expected to be able to take all of them. Exceptions for catastrophic cases will be reviewed individually.

Approximate Schedule of Classes

Class Meeting Topic - Read (Ch.)

- 1 Jan. 16 What is health psychology all about? 1
- 2 Jan. 18 Biology 2
- 3 Jan. 23 Stress 6
- 4 Jan. 25 Stress 6
- 5 Jan. 30 Stress
- 6 Feb. 1 Stress and immunity 6
- 7 Feb. 6 Coping 7
- 8 Feb. 8 Coping Styles 7
- 9 Feb. 13 EXAM ONE 7
- 10 Feb. 15 Health psychology research
- 11 Feb. 20 Models of Change 3
- 12 Feb. 20 Models of Change-Empirical evidence 3
- 13 Feb. 27 Models of Change- Ongoing research example 3
- 14 Mar. 1 Interventions 3
- 15 Mar. 6 Smoking 4
- 16 Mar. 8 Smoking 4 SPRING BREAK MARCH 10TH – MARCH 18TH
- 17 Mar. 20 Exercise 5
- 18 Mar. 22 Eating 5
- 19 Mar. 27 Eating
- 20 Mar. 29 EXAM TWO
- 21 Apr. 3 Pain 10

22 Apr. 5 Pain 10

23 Apr. 10 Chronic Illnesses 11

24 Apr. 12 Chronic Illnesses 11

25 Apr. 17 Terminal Illnesses 12

26 Apr. 19 Terminal Illnesses 12

27 Apr. 24 Heart Disease---Cancer 13

28 Apr. 26 Gender and Health --

29 May 1 Culture and Health

30 May 3 Review --

Tuesday May 15th EXAM THREE – 1.00 p.m. to 3.00 p.m.--