

Class Schedule for Methods of Intervention: Treatment of Internalizing Disorders

Psychology 537

Thursday 8:30 to 11:30 Psychology 316B

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Course Objectives: The objectives of this 3-credit course are two-fold. The first is having you learn the state-of-the-art of psychotherapy interventions, including past and current theoretical and empirical contributions that have been made by different orientations. This includes those therapy procedures that have shown to be efficacious in the treatment of various clinical problems, and well as those mediating and moderating variables that contribute to the change process. The emphasis will be on internalizing problems (e.g., anxiety, depression).

The second objective is to have you learn to think critically about what you have read and what we discuss in class. Thus, the goal is to have you think outside of the box as well as to know what is in it. The long-term goal is to have you update the literature with your own professional contributions.

I would like you to read the assigned material associated with the class topics *prior* to each class, so as to be able to engage in discussion of what you have read. This will be supplemented by lecture material presented by me, as well as relentless questions about your thinking on the issues.

In addition to your active participation during class discussions, I will be asking each of you to select a topic, research it, present it in class (with video-taped feedback) and submit a written paper on what you've presented. The details of this will be presented during the first class.

The final exam will be based on the midterm exam, the final, and your term paper, with each counting for a third of the grade.

<u>Date</u>	<u>Topic</u>	<u>Readings: To follow</u>
Sept 1:	Introduction	
Sept 8:	Psychotherapy Research and the Scientist-Practitioner	
Sept 15:	The Therapeutic Change Process	
Sept 22:	Mediators and Moderators of Change: The Therapy Alliance	
Sept 29:	Mediators and Moderators of Change: Cognitive, Emotional and other Variables	

Oct 6: Psychodynamic-Interpersonal Therapy
Presentation/Paper topics due

Oct 13: Experiential Therapy

Oct 20: Midterm Exam

Oct 27: Phobias
Obsessive Compulsive Disorder

Nov 3: Panic Disorder
Social-Evaluative Anxiety

Nov 10: Mood Disorders in Adults
Mood Disorders in Children and Adolescents
Paper outlines due

Nov 17: Borderline Personality Disorder
General Anxiety Disorder

Nov 24: No class (Thanksgiving break)

Dec 1: Complicated Grief Reaction
Posttraumatic Stress Disorder

Dec 8: Class Presentations
Term papers due

Dec 15: Final Exam