 **PSYC 321: Clinical Psychology (3 credits)**

**Spring 2023, Section DL2 online course**

[Course Description](#_Course_Description) | [Required Textbook](#_Required_Textbook:_Pomerantz,) | [Course Learning Outcomes](#_Course_Learning_Outcomes_1) | [Course Assignments](#_Course_Assignments) | [Course Schedules](#_Course_Policies) | [Grading Scale](#_Grading_Scale_1) | [University Policies and Resources](#_University_Policies_and) | [Technology Requirements](#_Technology_Requirements_1)

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**Office Location:** David King Hall Room 2019

**Office Hours:** Online via email or Zoom by appointment on Tuesdays 1:00 - 3:00 pm.

**Websites:** <https://psychology.gmu.edu/people/jshort> and <http://mason.gmu.edu/~jshort/321.html>

**Last day to add course:** Jan. 30 **Drop Deadlines:** Feb. 6 (100% refund); Feb. 13 (50% refund);

Unrestricted Withdrawal Feb. 14 – Feb. 27 (100% liability)

# **Course Description**

Welcome! This online course introduces you to theories and practices of clinical psychology. You will have quizzes, discussion boards about hypothetical client cases, and practice psychotherapy techniques in role-plays with your classmates. The course is asynchronous and you will need to access materials in Blackboard. There are no prerequisites.

## Required Textbook: Pomerantz, Andrew M. (2020). *Clinical psychology* (5th ed.). Thousand Oaks, CA: Sage.

### Student Learning Outcomes

You will develop the following skills.

1. Conceptualize Skills of Clinical Psychologists – Describe roles and skills of psychological assessment, psychotherapy, consultation, research, and prevention.
2. Apply Ethical Principles – Learn and apply ethical principles to case dilemmas.
3. Apply Cultural Competence – Learn to interact sensitively with people from diverse cultures.
4. Demonstrate Clinical Interviewing Techniques – Ability to ask open-ended questions, empathize accurately, elicit examples of thoughts, feelings, and behaviors, and summarize accurately.
5. Demonstrate Behavioral Assessment Techniques – Ability to do a functional analysis of behavior, understand the causes, maintaining factors, and intervention targets to improve someone's behavioral functioning.
6. Demonstrate Psychotherapy Skills – Ability to evaluate other's previous efforts to improve their functioning and negotiate the use of effective coping strategies in their lives.
7. Use Technology Effectively – Ability to use Blackboard to complete quizzes, video-record role-plays with classmates, post assignments, and comment on Discussion Boards.

# Course Assignments

**1. 16 Quizzes.** Your chapter quizzes are each worth 10 points (160 points total). The quizzes are 10 multiple-choice questions based on Blackboard presentations and the textbook. You must complete each quiz within 15 minutes of opening them. You can use notes, articles, and course materials to do quizzes, but you must work alone with no help from others.

**Missed Quizzes**. You can make-up a missed quiz if you have a note from a physician that explains why you could not do the quiz. The professor will consider other reasons for missing a quiz and will decide whether to allow a student to make-up the quiz. Make-up quizzes may have a different format from the original quiz.

**2. 4 Discussion Board Posts and Comments**. Your 4 Blackboard discussion board posts are worth from 6 to 12 points each (34 points total). These posts will focus on personal goals, assessment or consultation, treatment, and course takeaways. The descriptions and directions are in Blackboard. Limit your posts to a maximum of 10 sentences each. Late posts will lose at least 1 point.

**3. 1 Individual video recorded Psychotherapist Role-play.** You will practice psychotherapy techniques in one video recorded role-play where you are the psychologist with a classmate for approximately 5 to 10 minutes each. For your role-play, the person in the psychologist role needs to also write a half-page summary note of the session. The role-play uses interpersonal techniques and focuses on improving a client’s relationship. The role-play and summary note are worth 26 points. **You must do the role-play twice** so that you and your classmate partner can assume both roles, as a psychologist and as a client.

**Finding a partner:** You should find your partner through the Discussion Board. **Roles:** There will be two roles in these assignments: a client and a psychologist. You play both roles by **doing the role-play twice**, but only the psychologist role will be graded. For example, student A will play a psychologist and student B will be a client. Student A should write a summary note on the psychologist role. There are no summary notes for the client role. Then, student B will switch to the psychologist role and student A will be a client. Student B should submit a summary note on his/her/their psychologist role.

**Video technology:** You should record and submit video links to your course instructor. Options to record include Zoom, Blackboard Kaltura, Facetime, Skype, Google Hangout, or your mobile device (smartphones or tablets). You will include the video link in your summary note. You can also upload video directly to Blackboard or upload internet videos to [YouTube](http://www.youtube.com) as the unlisted option to share, [Dropbox](http://www.dropbox.com), [Google Drive](https://www.google.com/drive/), or others. You should record both people, but the instructor needs to see the counselor role more closely (facial expressions, body movements, etc.). If you use Zoom, use the Gallery option so that you can record both people on the screen at the same time.

**Extra Credit.** You can earn up to 6 points of extra credit that is added onto your point total for the course. 1) First, you can do up to 3 hours of research in studies on Sona Systems (2 points per hour). 2) Second, you can write a summary and critique (half summary and half critique) of a human service experience you did (job or volunteer experience) that is up to three typed pages (2 points per page). I want half the paper to describe what you did (what people you helped and how, what training you got, who supervised you) and the other half of the paper to evaluate the experience and relate it to what you are learning in the course. You should describe the strengths and weaknesses of the experience, what you learned from it, how it could be improved, and how it relates to your career goals.

# Grading Scale

I will base your final grade on your percentage of 220 points (16 chapter quizzes worth 160 points, 4 Discussion Boards worth 34 points, and 1 role-play video and summary note worth 26 points) as defined below.

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| --- | --- | --- | --- | --- | --- |
| A+ = 97-100% | A = 93-96% | A- = 90-92% | B+ = 87-89% | B = 83-86% | B- = 80-82% |
| C+ = 77-79% | C = 73-76% | C- = 70-72% | D = 60-69% | F = Below 60% |  |

# Course Schedule

| **Class week** | **Readings** | **Assignments Due** |
| --- | --- | --- |
| Module 1 1.23 | Ch. 1: Clinical Psychology: Definition; pp. 3-26.  | Ch. 1 Quiz due Tuesday, 1.31 Discussion Board 1 due 1.31 |
| Module 1 2.1  | Ch. 3: Current Controversies in Clinical Psychology; pp. 47-72.  | Ch. 3 Quiz due Tuesday, 2.7 |
| Module 1 2.8 | Ch. 4: Cultural Issues; pp. 73-100. Ch. 5: Ethical Issues; pp. 101-125.  | Ch. 4 Quiz due Tuesday, 2.14 Ch. 5 Quiz due Tuesday, 2.14 |
| Module 2 2.15 | Ch. 8: The Clinical Interview; pp. 179-204.  | Ch. 8 Quiz due Tuesday, 2.21 |
| Module 2 2.22 | Ch. 9: Intellectual Assessment; pp. 205-224.  | Ch. 9 Quiz due Tuesday, 2.28  |
| Module 2 3.1 | Ch. 10: Personality and Behavioral Assessment; pp. 225-250. | Ch. 10 Quiz due Tuesday, 3.7Discussion Board 2 due 3.7 |
| Module 3 3.8 | Ch. 11: General Issues in Psychotherapy; pp. 253-281.Spring Break March 13 to 19. | Ch. 11 Quiz due Tuesday, 3.21 |
| Module 3 3.22 | Ch. 12: Psychodynamic Psychotherapy; pp. 283-309. | Ch. 12 Quiz due Tuesday, 3.28 |
| Module 3 3.29 | Ch. 13: Humanistic Psychotherapy; pp. 311-333.  | Ch. 13 Quiz due Tuesday, 4.4 |
| Module 4 4.5 | Ch. 14: Behavior Therapy; pp. 335-361.  | Ch. 14 Quiz due Tuesday, 4.11 |
| Module 4 4.12 | Ch. 15: Cognitive Psychotherapy; pp. 363-390. | Ch. 15 Quiz due Tuesday, 4.18Role-Play Due Tuesday, 4.18 |
| Module 4 4.19 | Ch. 16: Group and Family Therapy; pp. 391-416. | Ch. 16 Quiz due Tuesday, 4.25Discussion Board 3 due 4.25 |
| Module 5 4.26 | Ch. 17: Clinical Child and Adolescent Psychology; pp. 419-448. | Ch. 17 Quiz due Tuesday, 5.2Discussion Board 4 due 5.2 |
| Module 5 5.3 | Ch. 18: Health Psychology; pp. 449-472. Ch. 19: Forensic Psychology; pp. 473-496.  | Ch. 18 Quiz due Tuesday, 5.9Ch. 19 Quiz due Tuesday, 5.9Extra Credit due Wednesday, 5.10 |

# University Policies and Resources

1. Student Responsibilities About Communication: Mason uses electronic mail to provide official information to students. Examples include communication from course instructors, notices from the library, notices about academic standing, financial aid information, class materials, assignments, questions, and instructor feedback. Students are responsible for the content of university communication sent to their Mason e-mail account and are required to activate that account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.
2. [Honor Code and Academic Honesty:](http://oai.gmu.edu/) You need to know and abide by George Mason University’s Honor Code. The Code requires all members of this community to maintain the highest standards of academic honesty and integrity. Cheating, plagiarism, lying, and stealing are all prohibited. You should contact me if you have questions about these policies. All violations of the Honor Code will be reported to the Honor Committee.
3. Students must follow the university policy for [Responsible Use of Computing](http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/) and registration on the [Registrar’s website.](http://registrar.gmu.edu/)
4. Student services: The University provides range of services to help you succeed academically and you should make use of these if you think they could benefit you. I also invite you to speak to me (the earlier the better). If you wish to speak with someone confidentially, please contact one of Mason’s confidential resources, such as the [Student Support and Advocacy Center](https://ssac.gmu.edu/) at 703.380.1434.
5. [The George Mason University Counseling and Psychological Services (CAPS)](http://caps.gmu.edu/) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students’ personal experience and academic performance. Counseling Center: Student Union I, Room 364, 703.993.2380.
6. Accommodations: Students with disabilities who seek accommodations in a course must be registered with the [George Mason University Office of Disability Services (ODS)](http://ods.gmu.edu/) and inform their instructor, in writing, at the beginning of the semester. If you are a student with a disability and you need academic accommodations, please see me and contact the Disability Resource Services (DRS) at 703.993.2474.
7. [The George Mason University Writing Center](http://writingcenter.gmu.edu/) staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing. University Writing Center: Robinson Hall Room A114, 703.993.1200. The writing center includes assistance for students for whom English is a second language.
8. [Library](http://library.gmu.edu/for/online): Most University Libraries resources are available to you from home. They have a variety of online services.
9. Students must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.
10. [Diversity](http://ctfe.gmu.edu/professional-development/mason-diversity-statement/): George Mason University promotes a living and learning environment for outstanding growth and productivity among its students, faculty, and staff. Through its curriculum, programs, policies, procedures, services and resources, Mason strives to maintain a quality environment for work, study and personal growth.
11. [Religious Holidays](http://ulife.gmu.edu/calendar/religious-holiday-calendar/): It is the obligation of students, within the first two weeks of the semester, to provide professors with the dates of major religious holidays on which they will be absent or unable to turn in work due to religious observances.
12. [Student Privacy](http://registrar.gmu.edu/ferpa/): All students at Mason control access to their educational records and must give consent before that information is disclosed to any third party, including parents.
13. Netiquette:Use proper netiquette (i.e., the culture of communicating digitally). Learn more about netiquette from this [useful guide](https://www.rasmussen.edu/student-experience/college-life/netiquette-guidelines-every-online-student-needs-to-know/) from Rasmussen College.
14. Class Cancellation Policy: If class and/or assignments are cancelled, I will notify you by email/blackboard on how we will make up the time.
15. Mandatory reporting of sexual assault, interpersonal violence, and stalking: As a professor, I am designated as a “Non-confidential Employee,” and must report all disclosures of sexual assault, interpersonal violence, and stalking to Mason’s Title IX Coordinator per University Policy 1202. If you wish to speak with someone confidentially, please contact one of Mason’s confidential resources, such as Student Support and Advocacy Center at 703.380.1434 or Counseling and Psychological Services at 703.993.2380. You may also seek assistance from Mason’s Title IX Coordinator by calling 703.993.8730 or emailing titleix@gmu.edu.

# Technology Requirements

**Hardware:** You will need access to a computer with at least 2 GB of RAM and access to a fast and reliable broadband internet connection (e.g., cable, DSL). I recommend a large screen for better visibility of course material. You will need speakers or headphones to hear recorded content.

**Software:** Many courses use Blackboard as the learning management system. You will need a browser and operating system that are listed compatible or certified with the Blackboard version available on the [myMason Portal](http://mymason.gmu.edu). See [supported browsers and operating systems](https://help.blackboard.com/en-us/Learn/9.1_SP_10_and_SP_11/Student/002_Browser_Support_SP_11). Log in to [MyMason](http://mymasonportal.gmu.edu/) to access your registered courses.

**Blackboard Login Instructions**

Access to [MyMason](http://mymason.gmu.edu) and GMU email are required to participate successfully in this course. Please make sure to update your computer and prepare yourself to begin using the online format BEFORE the first day of class. Check [the ITS Support Center](http://itservices.gmu.edu/) website. Navigate to [the Student Support page](https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/) for help and information about Blackboard.