

Psy 495: Readings & Practice In Companionship Therapy– Spring 2008 Syllabus

Prerequisites: COMPLETED Psychology 350 (Abnormal) AND at least three units from Psychology 230 (Developmental), 340 (Social), or 351 (Personality).

GRADUATE TEACHING ASSOCIATES:

TA: **Stephanie Skinner** **Carin Isensee**
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Office Hour: **W12-12:50** **TBA**
LS 26A, → email is preferred. Phone (ONLY DURING OFFICE HOURS): 619-594-6592

SECTION TIMES:	Monday	Tuesday	Wednesday	Thursday
All classes	8:00-8:50 (CI)	8:00-8:50 (SS)	8:00-8:50 (CI)	11:00-11:50 (CI)
Meet in		9:30-10:20 (SS)	11:00-11:50 (SS)	
LS 22				
(you must attend the section you registered for)				

SUPERVISING INSTRUCTOR: Judy M. Price, Ph.D. E-mail: judyprice@sunstroke.sdsu.edu
Office: LS 110, Office Hours: By appointment. Phone: 619-594-5401; Fax: 619-594-1332.

Students are required to know the contents of this syllabus. The department and the instructors reserve the right to make changes to the course content, schedule, or requirements.

Check your email regularly for class announcements. Make sure SDSU has your correct email address.

COURSE OVERVIEW:

Psychology 495 is a service-learning class that pairs students with troubled or potentially troubled clients from selected community agencies, supervised by both the instructor and the agency. For those interested in becoming clinical psychologists, social workers, therapists, counselors, special education teachers, or other helping professionals, this course provides you with the unique opportunity to gain experience helping others and a chance to get a taste of what your future career might involve. Each week you are required to attend class for 50 minutes and work at your field placement as a helper for 4 hours. You will be paired up with an individual at your agency and will be that individual's companion throughout the semester. You will serve as this person's helper, facilitating the goals of the agency and the individual him/herself for enhanced functioning. You will be observing this individual's behavior, submitting journal entries based on what you observe, and writing a paper based on your experiences.

Purposes of this class: help you develop an adequate understanding of the various bases of normal and abnormal/maladaptive behavior and to enhance your mastery of the process of psychological inquiry.

Specific learning objectives of the class: acquiring the ability to distinguish among various types of mental disorders, gaining an understanding of how to formulate scientific questions using operational definitions, and learning how to explain the roles of persons and situations as causes of behavior.

LOGISTICS:

To get the most out of this class, you must get the paperwork and administrative tasks taken care of as quickly as possible so you can begin your fieldwork. Once you have started going to your agency, if by the second week there you have not been instructed by your agency supervisor as to what you should be doing or have not found a companion, ask your agency supervisor for help and suggestions. Time lost from your relationship with your companion diminishes the value to be gained from this experience. If you are still unable to find a companion, contact your TA right away!

You must complete the entire 40 hours of fieldwork to get credit for this class. Hours missed due to illness, weather, etc., must be made up. → Often changes arise in working with the agencies and companions, so flexibility is required. Please be sure you have time and flexibility in your schedule to complete ALL the course requirements!

Notice for Students with Disabilities: Students who need accommodation of their disabilities should contact their TA privately at the start of the semester to discuss specific accommodations for which they have received authorization. Keep in mind that you may be required to arrange for accommodations one to four weeks in advance of when needed. If you have a disability, but have not contacted Disabled Student Services at 619-594-6473 (SS-1661), please do so ASAP and prior to meeting with your TA.

READINGS OVERVIEW: Begin your reading the first week of class. We have tried very hard to keep the costs of the readings low, which is why we do not use a regular textbook for this course. TWO sets of readings are required. In addition, there may be occasional class handouts that you will be required to read.

- 1) Excerpts from the Surgeon General's Report on Mental Health (1999). This serves as the course "textbook," and can be purchased from your TA starting the first week of class for \$20 CASH. IF YOU ALREADY HAVE THE COURSE BINDER, YOU DO NOT NEED TO BUY THIS.
- 2) Psy. 495 "Reader," available from the SDSU bookstore. It consists of various research articles, fact sheets, news reports and popular press articles. A detailed weekly reading assignment sheet will be included in the reader. IF YOU HAVE THE COURSE READER FROM SPRING 2006, YOU DO NOT NEED TO BUY THIS.

ASSIGNMENTS OVERVIEW:

Assignments for the course include class attendance and participation, 40 hours of volunteer fieldwork, eight written 1-page journals, one 5 to 6-page paper, weekly readings, an in-class exam that must be passed prior to beginning volunteer work, and an in-class final exam. Details of these assignments will be explained by your TA as the course progresses through the semester and will be posted on the course website.

Reading Assignment for Exam 1: The first exam, which will be given in class the 4th week of the semester, will be based on readings on a) helping; b) selections from the Surgeon General's Report, and c) readings specific to your agency. You will receive an Exam 1 study guide to help you prepare for the exam. For this first exam:

- a) ALL students are responsible for the material covered in the first three class meetings, including handouts.
- b) ALL students are responsible for Surgeon General Report: pp. 39-49; 73-91; 437-440 (page numbers are original pages of the report printouts); "Patients' Diversity is Often Discounted," (hand-out) and the three READER chapters on being a helper (Ch. 4: "Ethical Issues..." Ch. 6: "Attending and Listening;" Ch. 8: "Restatement").
- c) The third component of readings for Exam 1 will be readings that are *specific to the population at your agency*. Thus, these readings will vary from student to student. When you are matched with an agency after your second class meeting you will be assigned specific pages in the Surgeon General Report, and possibly a brief handout, relevant to your agency to study for the first exam.

GRADING:

Grades are based on required class attendance (at the section for which you are registered) and participation, fieldwork hours, written assignments, and two exams. A point system is utilized. You must earn at least 334 points of 455 possible points to receive credit for the class. See the "Grade Breakdown" below for specifics.

FIELDWORK HOURS:

You must turn in your Hours Verification forms, signed by the agency supervisor, IN CLASS weeks 10 and 15. Hours missed due to illness, weather, etc., must be made up in time to meet these deadlines. You must attend an agency orientation by week 5 and complete 40 hours of volunteer fieldwork by the end of the term to receive credit for the class.

EXAMS:

You must take all exams when given in your section of the class, unless you have made special arrangements in advance. No make-up exams will be given unless you provide documentation (e.g. Doctor's note) of illness or some other true emergency.

EXAM 1: There will be a multiple choice exam worth 50 points based on the information in your binder or covered in class weeks 1, 2 and 3. This exam will be given the 4th week of classes. You must receive at least 75% on the exam before you start fieldwork at your designated agency. If you do not pass the first time, you will be required to re-take the exam at a time specified by your instructor. Your grade from the first administration of the exam is the grade that will count towards your final point total for the class. If you do not re-take and pass the exam by week 5, you will be dropped from the class.

REMEMBER:

- ⇒ **You may NOT begin fieldwork until your T.A. has told you that you have passed Exam 1 with 75%.**
- ⇒ **If you do not pass the exam by week 5, you will be dropped from the class.**

FINAL EXAM: There will be a 50 question multiple-choice final exam worth 100 points based on ALL class material, readings, videos and class discussions. The final will be held in class on the last day of class (Week 15).

GRADING (cont):

WRITTEN ASSIGNMENTS:

Journals: You are required to write eight 1-page journal essays during the semester. Journal entries must be typed, double-spaced (see assignments for formatting requirements) and turned in **AT THE BEGINNING OF CLASS** according to the schedule below. Unless you have made arrangements with your TA in advance, **late journals will be penalized**. If it is not turned in class when due, you may turn it in the following week for 1/2 credit. Once it is more than one week late, you cannot receive credit for the journal assignment. NOTE: FOR CONFIDENTIALITY REASONS, PLEASE DO NOT IDENTIFY YOUR CLIENT OR YOUR AGENCY BY NAME.

Assessment & Goals Paper: This 5-6 page paper (not including the cover page) is designed to simulate the kind of psychosocial assessment and treatment planning you would be doing if you were actually working in the field of psychology, counseling or social work. This paper must be typed (it does not have to be in APA format), and it will be due at the final exam, IN CLASS week 15. The grade for the paper will be based on both the quality of your thinking and the quality of your writing. **Late papers will be penalized.**

ATTENDANCE AND PARTICIPATION:

Since this is a special study class, it **REQUIRES** 50 minutes of class and an average of 4 hours of fieldwork every week for a total of 40 hours. Class attendance (at your section) and participation in class discussions are extremely important. You will lose points for class absences as follows: 1 absence -10 points; 2 absences -25 points; 3 absences - 50 points; 4 absences -75 points; 5 absences, dropped from class and grade of No Credit.

GRADE BREAKDOWN:

✓	Class Attendance (at your section) and Participation:	150 points
✓	Eight Journals: 10 points each	80 points
✓	Exam 1 (must be passed prior to starting volunteer hours):	50 points
✓	Assessment & Goals Paper:	75 points
✓	Final Exam:	100 points
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	Grand Total:	455 points

Points needed to receive credit for this class: 334 points

LIABILITY INSURANCE AND CURRENT TB TEST REQUIRED:

ALL students must provide proof of a current negative TB test, per agency requirements, and proof of Liability Insurance to work as a Student Psychologist, *per university and departmental policy*.

PROFESSIONALISM:

A key component of the course is professionalism. One of the goals of the class is to instill in you a sense of the importance of the responsibilities of a helping professional. In the context of this class, you will have responsibilities to your companion, your agency, our class, SDSU, and to yourself. We cannot send you out into the community to work in a given agency as a representative of SDSU unless we feel comfortable that you are knowledgeable about the population with whom you will work. →Therefore, you will not be able to begin your placement until you pass Exam 1. It is essential that you master this material and pass the test as soon as possible, so you can begin your fieldwork on time.

Another aspect of professionalism is **making sure you meet all of your commitments**, to your agency, to your companion, and to the class. The agency is depending on you to be there at the orientation and for your volunteer times. Your companion is depending on you to be there as his/her helper; in many cases you will be the only source of special attention this individual has all week. We feel so strongly about the necessity of your following through with your commitments that if you miss an appointment – orientation or any other – and have not notified the agency at least two days in advance and made arrangements for an alternate appointment **you will be dropped from the class**. It is your responsibility to find out whom you need to notify if you need to change an appointment and how to best contact them.

Lastly, many of the agencies allow casual dress. Still, it is important to appear neat and professional, even if dressed casually. In addition, in some agencies, clothing which is tight or revealing may create problems with some clients (even if those clients are not your companion). If you are unsure how to dress appropriately, please ask your supervisor at the agency. When in doubt, please err on the side of conservative, professional dress. This applies to both women and men in this class.

Release of liability:

This course requires students to participate in field trips, research or studies that include course work that will be performed off-campus. Participation in such activities may result in accidents or personal injury. Students participating in these events are aware of these risks, and agree to hold harmless San Diego State University, the State of California, and Trustees of the California State University and Colleges and its officers, employees, and agents against all claims, demands, suits, judgments, expenses and costs of any kind on account of participation in the activities. Student using their own vehicles to transport other students to such activities must have current automobile insurance.

Class Week #/Date	Class Topics Class Activities	Readings Due Assignments Due
#1 T 1/22 W 1/23 TH 1/24 M 1/28	Orientation to Course -Review Syllabus -Hand out Agency Descriptions -\$20 for Binder Materials	Read: N/A Write: N/A
#2 T 1/29 W 1/30 TH 1/31 M 2/4	Mental Health Care System and Multicultural Issues -Choose Agency (Lottery System)	Read: SGR pgs. 39-49, 73-91 Reader pgs. 1-4 Write: N/A
#3 T 2/5 W 2/6 TH 2/7 M 2/11	Helping, Boundaries, Ethics, and Confidentiality -Quiz (on materials from week 1, 2, 3) -Assign Agency/Handout Agency Info Sheet	Read: SGR 437-440 Reader pgs. 5-13 Write: N/A
#4 T 2/12 W 2/13 TH 2/14 M 2/18	Listening Skills and Setting Client Goals -EXAM 1 -Agency Orientation	Read: Reader pgs. 14-30 Write: N/A
#5 T 2/19 W 2/20 TH 2/21 M 2/25	Mental Health and Mental Illness (Biopsychosocial Model) -Results from Exam 1 -Begin Agency Fieldwork	Read: SGR pgs. 9-11, 49-52, 63-64 Reader pgs. 31-34 Write: N/A
#6 T 2/26 W 2/27 TH 2/28 M 3/3	Mood Disorders, Anxiety, and Suicide -Continue Agency Fieldwork	Read: SGR pgs. 150-163, 233-257, 346-351 Reader pgs. 35-40 Write: Journal #1 – Expectations
#7 T 3/4 W 3/5 TH 3/6 M 3/10	Disorders Affecting the Elderly -Video: Assessing the Mental Status of the Older Person -Continue Agency Fieldwork	Read: SGR pgs. 336-343, 356-364 Reader pgs. 41-42 Write: Journal #2 – Introduction to your Agency
#8 T 3/11 W 3/12 TH 3/13 M 3/17	Autism -Video: Autism: The Child Who Couldn't Play -Continue Agency Fieldwork	Read: SGR pgs. 163-164 Reader pgs. 43-50 Write: Journal #3 – Introduction to your Companion
#8 T 3/18 W 3/19 TH 3/20 M 3/24	Autism -Video: Autism: The Child Who Couldn't Play -Continue Agency Fieldwork	Read: SGR pgs. 163-164 Reader pgs. 43-50 Write: Journal #3 – Introduction to your Companion
#9 T 3/25 W 3/26 TH 3/27 M 3/7	ADHD, Communication, and Learning Disorders -Video: A New Look at ADHD -Continue Agency Fieldwork	Read: SGR pgs. 142-150 Reader pgs. 51-52 Handout Write: Journal #4 (DAP)
Week # 10 Spring break	(March 31 st -April 4 th) no class during these dates	
#11 T 4/8 W 4/9 TH 4/10 M 4/14	Disruptive Behavior Disorders -Assign Assessment and Goals Paper -Turn in Hours Verification Sheet -Continue Agency Fieldwork	Read: SGR pgs. 164-166 Reader pgs. 53-58 Write: Journal #5 (DAP)

#12 T 4/15 W 4/16 TH 4/17 M 4/21	Schizophrenia -Video: Discovering Psychology: Psychopathology -Continue Agency Fieldwork	Read: SGR pgs. 269-279 Write: Journal #6 (DAP)
#13 T 4/22 W 4/23 TH 4/24 M 4/28	At-Risk Youth, Child Abuse, and Domestic Violence -Continue Agency Fieldwork	Read: SGR pgs. 129-132, 231-232 Reader pgs. 59-70 Write: Journal #7 (DAP)
#14 T 4/29 W 4/30 TH 5/1 M 5/5	Mental Health Professions Discussion: What have you learned? -Review for Final	Read: SGR pgs. 453-458 Reader pgs. 71-78 Write: Journal #8 – What have you learned?
#15 T 5/6 W 5/7 TH 5/8 M 5/12	Final Exam Course Evaluations -Turn in Hours Verification Sheet	Final Exam Write: Assessment and Goals Paper Due