

Course Syllabus
Psychology 336
Introduction to Clinical Psychology
Fall, 2016

Course Instructor: Dr. C. Purdon, Ph.D., C. Psych., Professor
UW Department of Psychology, PAS 3038
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Office Hours: Mondays 11:00am-12:00pm, or by appointment

Text Book: *Introduction to Clinical Psychology: An Evidence-Based Approach, 3rd Canadian Edition* by John Hunsley and Catherine Lee

Paperback OR e-version, your choice

ISBN Electronic Version: 978-1-118-80567-1
ISBN Paperback Version: 978-1-118-62461-6

Class Time: Mondays and Wednesdays, 2:30 - 3:50pm

Class Location: PAS 2083

TAs:	Brenda Chiang	Katherine Finch	Martyn Gabel	Ami Rints
Office:	PAS 3210	PAS 3029	PAS 3203	PAS 3275
Office Hours :	Tuesdays 12 – 1	Thursdays 3 - 4:00	Wednesdays 1-2	Fridays 1:30-2:30
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Course structure and objectives:

Classes will be held on Mondays and Wednesdays from 2:30-3:50pm. Classes will feature a lecture and big and small group discussions. The lectures will cover important material from the text and will introduce important material that is not in the text. We will hold discussions about current controversies in clinical psychology, as well as moral, ethical, and practical issues that bear on how clinical psychology is conducted.

The course covers the assumptions on which clinical psychology is based, how we classify mental health problems, and how we assess and treat them.

The primary objective of this course is for students to develop a ready facility with the nature and range of methods used in clinical psychology to study, assess, and treat mental health problems, and to develop an appreciation of the ethical, moral, and practical issues that bear on the execution of clinical psychology work.

Who am I?

I am a Full Professor in the Department of Psychology at the University of Waterloo and am a Registered Psychologist with the College of Psychologists of Ontario. I completed my BA(Hon.) at the University of Western Ontario and received my MA and PhD from the University of New Brunswick, supervised by Dr. David A. Clark. I completed my pre-doctoral residency in the Anxiety Disorders Clinic at the Centre for Addiction and Mental Health 1996-1997 under the supervision of Dr. Martin Antony. I joined the Department of Psychology at UW as an Assistant Professor in 1997 and became a Full Professor in 2010.

In my 19 years at UW, I have had an active program of research that examines the development and persistence of anxiety disorders, particularly obsessive-compulsive disorder (OCD). My research lab is one of two labs that form the Anxiety Studies Division of the UW Centre for Mental Health Research (CMHR). I was the Executive Director of the CMHR for 13 years and I supervise students in our PhD program in clinical psychology who conduct assessment and treatment through the CMHR. I also teach the graduate course in cognitive-behaviour therapy in our PhD program in clinical psychology and I hold a small private practice in which I assess and treat adults with mood and anxiety difficulties.

Office Hours

Please come and visit me either during my office hour (Mondays 11-12) or by appointment. In a class of this size I don't really have an opportunity to get to know you. I enjoy meeting my students and chatting, whether about the course, your career plans, clinical psychology, or psychology in general. If your quiz marks are not in the range you would like, definitely come and visit me for help.

Textbook

The textbook is available for purchase in the bookstore in South Campus Hall. A copy has been placed on 3 hour reserve in the Dana Porter Library. All coursework and evaluation is based on the assumption that you have studied the relevant chapters in the text. Please note that the text is the **THIRD Canadian edition** of the text (there are American editions and two Canadian editions on the market, so beware – *you really need the right edition*).

Course evaluation:

Evaluation will be based on the best 4 of 5 in-class quizzes worth 25% each and you may earn bonus credits for participation in research.

Quizzes

Five quizzes are scheduled throughout the term (for dates, see the Course Outline below). The best 4 of the 5 will contribute to your final grade (25% each). This gives you one “freebie” in the event some mishap or undocumented health or personal problem causes you to miss a quiz, or if you should do especially poorly on one. The quizzes will feature essay questions and/or short answer questions that are designed to evaluate your ability to summarize and synthesize the concepts and develop informed opinions on the course material. Note that the quizzes will cover both class *and* text material. Each quiz will be given in the first 30 minutes of class. You must have your UW student ID card for every quiz. The quizzes will start promptly at 2:30 and the lecture component of the class will begin promptly at 3:05pm. If you arrive late for a class in which there is a quiz you will only have until 3:05pm to write.



Alternative arrangements for the quizzes will only be made if there is a **major** disruption in your ability to function academically due to **documented** health reasons or personal problems. If you are in that boat, I need you to call me at least an hour **in advance** of the quiz you are missing (519-888-4567, x33912; be sure to call rather than e-mail!) and you will need to provide your formal documentation as soon as possible. Note that all documentation must date from *before* the missed quiz, not after it. That is, the documentation must represent first-hand knowledge of the circumstances that made it impossible for you to write the quiz as scheduled, as opposed to reflecting your retrospective self-report to the authority providing documentation. If you miss a quiz for a documented reason, you need to make arrangements as soon as possible to make it up.

There are two reasons that I am strict about having students write the quizzes as scheduled. The first is fairness; in the absence of a major extenuating circumstance it is not fair for one student to have the extra study time, the opportunity to achieve a more balanced exam schedule, or the longer holiday afforded by a modified quiz date. The second reason is pragmatic; there are 120 people in the class, so if I begin making accommodations for common life nuisances/problems, such as routine colds, commonplace interpersonal stresses, and normal busyness, as opposed to major life disruptions, the TAs and I would be spending more time than we can afford preparing alternate quizzes, finding rooms in which to hold them, and arranging for their supervision, marking, and grade entry. Furthermore, as you embark on your professional lives you will find that you will be required to function well despite commonplace stressors and illnesses and this policy provides you with relevant experience. This policy is consistent with the UW policy on Academic Integrity (see below).

Research Participation Bonus Credits

You can earn bonus points of up to 4% of your grade through participation in research studies (but you cannot exceed a final grade of 100% - although it would be mildly entertaining to see how the Registrar's office would handle that...). Please see the document entitled "Research Experience Marks" for details.

Course Outline

Date	Topic	Text Chapter	Quiz
09/12	Introduction	NA	
09/14	The Evolution of Clinical Psychology	Chapter 1	
09/19	Contemporary Clinical Psychology	Chapter 2	
09/21	How do we classify and diagnose mental illness?	Chapter 3	
09/26	Research in Clinical Psychology	Chapter 4	Ch. 1-3 09/12-09/21
09/28	Research in clinical psychology cont'd	Chapter 4	
10/3	Assessment overview	Chapter 5	
10/5	Professional issues-guest speaker(s)	NA	
10/10	 Thanksgiving Monday 		
10/12	****READING BREAK, no class****		
10/14*	Interview/observational assessment methods	Chapter 6	
10/17	Intellectual and cognitive measures of Assessment	Chapter 7	Ch. 4-6 09/26-10/14
10/19	Intellectual and cognitive measures of assessment	Chapter 7	
10/24	Self-report and projective measures of assessment	Chapter 8	
10/26	Integration and clinical decision-making	Chapter 9	
10/31	Intervention Overview	Chapter 11	Ch. 7-9 10/17-10/26
11/2	Intervention: Adults and couples	Chapter 12	
11/7	Intervention: Adults and couples	Chapter 12	
11/9	Intervention: Adults and couples	Chapter 12	
11/14	Intervention: Children and adolescents	Chapter 13	
11/16	Intervention: Children and adolescents	Chapter 13	
11/21	Identifying key elements of change	Chapter 14	Ch. 11-13 10/31-11/16
11/23	Identifying key elements of change	Chapter 14	
11/28	Health/Neuropsychology/Forensic	Chapter 15	
11/30	Prevention	Chapter 10	
12/5	Applying to graduate school	NA	Yes Ch. 10, 14-15 11/21-11/28

*NOTE this class is on FRIDAY, due to Reading Break

On Academic Integrity, Grievance, Discipline, and Disability

Academic Integrity

Academic Integrity: In order to maintain a culture of academic integrity, members of the University of Waterloo are expected to promote honesty, trust, fairness, respect and responsibility. See the [UWaterloo Academic Integrity webpage](#) and the [Arts Academic Integrity webpage](#) for more information.

Discipline: A student is expected to know what constitutes academic integrity, to avoid committing academic offences, and to take responsibility for his/her actions. A student who is unsure whether an action constitutes an offence, or who needs help in learning how to avoid offences (e.g., plagiarism, cheating) or about “rules” for group work/collaboration should seek guidance from the course professor, academic advisor, or the Undergraduate Associate Dean. When misconduct has been found to have occurred, disciplinary penalties will be imposed under Policy 71 – Student Discipline. For information on categories of offenses and types of penalties, students should refer to [Policy 71 - Student Discipline](#). For typical penalties check [Guidelines for the Assessment of Penalties](#).

Concerns About a Course Policy or Decision

Informal Stage. We in the Psychology Department take great pride in the high quality of our program and our instructors. Though infrequent, we know that students occasionally find themselves in situations of conflict with their instructors over course policies or grade assessments. If such a conflict arises, the Associate Chair for Undergraduate Affairs (Richard Eibach) is available for consultation and to mediate a resolution between the student and instructor: Email: reibach@uwaterloo.ca; Ph 519-888-4567 ext. 38790

A student who believes that a decision affecting some aspect of his/her university life has been unfair or unreasonable may have grounds for initiating a grievance. See [Policy 70](#) and [72](#) below for further details.

Grievance: A student who believes that a decision affecting some aspect of his/her university life has been unfair or unreasonable may have grounds for initiating a grievance. Read [Policy 70 - Student Petitions and Grievances](#), Section 4. When in doubt, please be certain to contact Richard Eibach, the Associate Chair for Undergraduate Affairs who will provide further assistance; reibach@uwaterloo.ca.

Appeals: A decision made or penalty imposed under Policy 70 - Student Petitions and Grievances (other than a petition) or Policy 71 - Student Discipline may be appealed if there is a ground. A student who believes he/she has a ground for an appeal should refer to [Policy 72 - Student Appeals](#)

Accommodation for Students with Disabilities

Note for students with disabilities: The [AccessAbility Services](#) office, located on the first floor of the Needles Hall extension (1401), collaborates with all academic departments to arrange appropriate accommodations for students with disabilities without compromising the academic integrity of the curriculum. If you require academic accommodations to lessen the impact of your disability, please register with the AS office at the beginning of each academic term.

Accommodation for course requirements

- Students requesting accommodation for course requirements (assignments, midterm tests, final exams, etc.) due to illness should do the following:
 - seek medical treatment as soon as possible and obtain a completed uWaterloo [Verification of Illness Form](#)
 - submit that form to the instructor within 48 hours.
 - (if possible) inform the instructor by the due date for the course requirement that you will be unable to meet the deadline and that documentation will be forthcoming.
- In the case of a missed final exam, the instructor and student will negotiate an extension for the final exam, which will typically be written as soon as possible, but no later than the next offering of the course.
- In the case of a missed assignment deadline, midterm test, or quiz, the instructor will either:

- waive the course component and re-weight remaining term work as he/she deems fit according to circumstances and the goals of the course, or
- provide an extension.
- In the case of bereavement, the instructor will provide similar accommodations to those for illness. Appropriate documentation to support the request will be required.
- Students who are experiencing extenuating circumstances should also inform their academic advisors regarding their personal difficulties.

Official version of the course outline

If there is a discrepancy between the hard copy outline (i.e., if students were provided with a hard copy at the first class) and the outline posted on LEARN, the outline on LEARN will be deemed the official version. Outlines on LEARN may change as instructors develop a course, but they become final as of the first class meeting for the term.