PSYCH 34400-01, Class #5203
Clinical Psychology at Hunter College, Fall 2024

Course Time: Mondays and Thursdays from 11:30AM-12:45PM

Location: North Building, Room C108

Instructor: Charlene Baudet, LMHC

Email: cb5792@hunter.cuny.edu

Office Hours: Tuesdays and Fridays 9:30AM-11:15AM in North Building, Room HN752

COURSE PREREQUISITE:

Prerequisites: ENGL 12000 and (PSYCH 24900 or PSYCH 25000) and PSYCH 22300. Only open to PSYCH BA, MHC PSYCH BA majors. All students who do not meet these prerequisites must withdraw from this course.

REQUIRED COURSE TEXT:

Douglas A. Bernstein, Bethany A. Teachman, Bunmi O. Olatunji, and Scott O. Lilienfeld. (2020) Introduction to Clinical Psychology, (9th Edition). Cambridge University Press**.** ISBN: 9781108484374.

Wedding, D. & Corsini, R.J. (2011) Case Studies in Psychotherapy (Seventh Edition). Brooks/Cole. Cengage Learning: Belmont, CA.

These textbooks are required if you want to succeed in this course. It is up to you if you'd like a PDF version or the actual copy. The Introduction to Clinical Psychology by Kramer, Bernstein, & Phares will not be posted on Blackboard. Only the Case Studies in Psychotherapy by Wedding & Corsini is available on Blackboard.

COURSE DESCRIPTION & OBJECTIVES: Learning about clinical psychology, with a focus on assessment, treatment, debates within the field, ethics, and taking a scientific / critical-thinking perspective.

LEARNING OUTCOMES: You will learn how psychologists assess, describe, study, and treat the major psychological disorders. You will gain an understanding of the etiology of these disorders, and you will read original research articles that have informed our understanding of psychopathology (both broadly and in terms of specific disorders).

a. Learn about the DSM-5 diagnostic system and the major psychiatric disorders covered in the DSM-5.

b. Understand the major psychological, biological, and sociocultural models of abnormal behavior, including how each model conceptualizes the causes of and treatments for abnormal behavior.
c. Understand the role of the scientific method in investigating abnormal behavior.
d. Learn the primary treatment options for major psychiatric disorders.
e. Learn the ethical and legal issues relating to psychiatric diagnosis and treatment (e.g. duty to warn, commitment, and confidentiality issues).
f. Learn to think critically about the role of mental health in the law and our society.
g. Learn to read and understand original research articles investigating the nature and treatment of psychological disorders

WHAT YOU WILL BE GRADED ON AKA ASSIGNMENTS/EXAMS:

- **EXAMS (300 POINTS TOTAL):** There will be three (3) non-cumulative exams and one (1) optional final cumulative exam in this course. The first three non-cumulative exams will each be 50 questions with a mix of true/false, multiple-choice questions, and short-written responses. Your optional final exam will be 100 questions with a mix of true/false, multiple choice, and short-written responses questions and will cover all chapters and materials/resources discussed throughout the semester.
  Each exam (including the optional final) is worth 100 points (300 points total towards your grade). **All exams will be IN PERSON ONLY unless you have paperwork/a request from the office of accessibility**. You will be given a scantron to complete exams and only scantrons will be graded, make sure to bring a writing utensil on exam days as these will not be provided.
  If you have noticed, your final is optional. The optional final is not mandatory, it is a grade booster or a replacement to a missed exam. If you happen to test positive for COVID and/or have a family emergency, or anything else, during the semester that falls on an exam day, fear not, you will be able to take the optional final exam as I do not hold makeup exams. If you're not happy with your grade by the end of the semester and you've taken the three exams, you'll be able to take the optional final and if you receive a higher grade on your optional final, will replace your lowest exam grade. To take the final exam you must let me know by 12/13/2024 at 11:59PM if you're taking it. If you do not let me know by that date, you will not be able to take the final exam. To let me know if you'll be taking the final exam or not, you will need to email me with your name, class, and a sentence letting me know that you'll be taking the optional final.

- **CASE STUDY REFLECTIONS (150 POINTS TOTAL):** Students are expected to turn in **FIVE** written reflections based off the case studies in Wedding & Corsini's text. Each response is worth 30 points (totaling to 150 points). You will need to use factual information and provide references for your answers. You will post your answers and responses to classmates in discussion boards in the assigned case study discussion board. I expect that all members of this course will post respectfully and in a professional manner.
  - **Reading responses require two components:**
    1. Each case study will have a series of questions taken from your case studies. You are expected to answer all questions posted for each assignment. There

are no right or wrong answer, however you are expected to write at least 2 full sentences for each question. This will be worth 15 points. **AND**

2. A response or question to one of your classmates' answers. This will be worth 15 points. This component of the assignment is designed to stimulate conversation between classmates and should be a minimum of 2 sentences.

- **PRE-RECORDED LECTURE ASSIGNMENT (50 POINTS):** We will not be meeting on 11/25/2024 and 12/02/2024, instead, I will be posting a pre-recorded lecture on the evening of 11/21/2024 with an assignment that will go along with the pre-recorded lecture. It is your responsibility to watch this lecture and complete/submit the assignment. All information for the assignment will be posted along with the pre-recorded lecture and will be submitted on Blackboard in your pre-recorded lecture folder, titled "Pre-Recorded Lecture Assignment Submission". The pre-recorded lecture assignment will be due on 12/02/2024 at 11:59PM.

- **PAPER (200 POINTS TOTAL):** Choose a clinical intervention that we discussed over the course of the semester and discuss the background, provide an overview and discuss common techniques associated with the intervention you choose (eg. existential, gestalt, interpersonal, positive psychotherapy, integrative psychotherapies) (5-8-pages double spaced, not including citations page). Then use one of the case studies in the Wedding and Corsini (2011) text and discuss if the intervention you described would be appropriate for the case study that you chose. Describe what techniques from the clinical intervention would apply. Look up at least 3 additional resources to see if the treatment you chose is an empirically supported treatment for the case study you chose. All papers will be submitted on Blackboard. For any more information regarding rubric, please look for Paper Rubric posted on Blackboard.

OTHER IMPORTANT INFORMATION:

- **ATTENDANCE:** Attendance will be taken at the beginning of every class via QR code or sign-in sheet located at the front of the classroom. While attendance is not mandatory in this course and you will not be penalized if you do not attend class, it is strongly encouraged that you complete it every class for record keeping purposes. Extension dates, recommendation letters, and any other requests outside of class material, will not be given or completed unless student attends 80% of scheduled in person classes.

- **EXTRA CREDIT OPPORTUNITIES:**
    - **EXAMS:** Extra credit in review sessions will be given in the form of Kahoot!, an online game that uses smart phones, tablets, or computers, where only the top 3 winners will receive credit on the exam. First place winner will receive 10 extra credit points on exam grade, second place winner will receive 6 extra credit points on exam, and third place winner will receive 3 extra credit points. Students will be able to play with a max of 2 players per team and only allowed to use 1 device per group. It is optional to pair up, it your decision whether you want to participate in a pair or individually. If participating in a pair and you win, each individual will

receive the 10, 6, or 3 points. Kahoot! games are not promised and will only happen if time permits.

- **RANDOM ATTENDANCE:** There will be three random extra credit attendances taken at the end of three classes. These three random extra credit attendances are separate and completely different from the attendances taken at the beginning of the class via QR code or sign-in sheet. Random extra credit attendance will happen randomly at the end of a class and are an opportunity for students to receive extra credit. I will call out each student's name individually and go through each student on the roster, you cannot leave class early if you're wanting extra credit. I believe that attendance should be rewarded, so for each random extra credit attendance you attend you will receive 20 points, for a total of 60 extra credit points towards your overall grade. Random extra credit attendances will not be excused and cannot be made up. Example: if you have a doctor's appointment, an emergency, or are sick at the time of class and you do not attend, you cannot receive the 20 extra credit points even if you provide paperwork. Whenever a random attendance is completed, I will post an announcement on Blackboard letting you know how many we have left.

- **LATE SUBMISSION OF ASSIGNMENTS:** It is your responsibility to submit each assignment correctly and on time. To succeed in this course you will need to follow all due dates and times. I am very strict about submission of assignments and will take off points if your assignment is 1 minute late. All assignments will be due on due dates at 11:30AM. **Points will be taken off if you submit assignments after the official due dates and times.** Any assignments submitted up to 1 minute-24 hours late will receive partial credit, and any assignments received after 24 hours will automatically receive a 0.

- **MAKEUP EXAMS: There will be no makeup exams.** If something happens, like a positive COVID test, a family emergency, a work emergency, or anything else, you will receive a 0 on the missed exam and you'll be able to replace the 0 with the grade you receive on the optional final exam. Please be aware that there will not be a makeup exam for the optional final. This is your first of many reminders to put your exam dates in your calendar now. You have them available to you already, so this is a great time to prepare and plan ahead!

- **11/25/2024 AND 12/02/2024 CLASS:** Classes for 11/25/2024 and 12/02/2024 will not be held. Instead, there will be a recorded lecture for Chapter 15 (Training and Practice Issues) with an assignment that will follow. All instructions will be posted on Blackboard under the Course Materials tab in a folder titled "Recorded Lecture Assignment". The assignment will be due on 12/02/2024 at 11:59PM. This assignment will be worth 50 points.

GRADING SUMMARY:

Your final grade will be determined by your percentage correct out of approximately **700 points**: 300 points from your best 3 100-point exams (300 points total), 150 points from 5 case study reflections each worth 30 points, 200 points from your paper, and 50 points from the pre-

recorded lecture assignments. The final grading scale will be based on HC grade guidelines and the distribution of scores.

A+	97.5-100.0	**B-**	80.0-82.4
A	92.5-97.4	**C+**	77.5-79.9
A-	90.0-92.4	**C**	70.0-77.4
B+	87.5-89.9	**D**	60.0-69.9
B	82.5-87.4	**F**	0.0-59.

CLASSROOM EXPECTATIONS AND POLICIES:

Participation & Attendance: While there is no grade attached to attendance, you are expected to attend each session. Success on exams will require more than reading slides. Attendance will be taken, and punctuality is expected in all class sessions. Class participation includes both in class discussions and group interactions during the semester. If you miss class, it is your responsibility to obtain notes or other information regarding what was covered that day. I will NOT provide these. You will be held accountable for all material covered the day of your absence.

Email Policy: Please include your name, name of class, and course number in the subject line of the email. I teach three different courses so if you just email me letting me you're running late, I'll have no idea what you're running late to. Also, as part of your professional development, make sure to refrain from slang and/or "text language" in an email (e.g., "hey prof"). As students, you should get in the habit of using professional email etiquette, which includes information in the subject line, greeting, body, and closing. REVIEW THE SYLLABUS FIRST, BEFORE EMAILING ANY COURSE RELATED QUESTIONS. If the answer to your question is clearly in the syllabus, you will not receive an email response. Please also be mindful that I am an adjunct lecturer, this means that this is not my full-time job. When I am not on campus teaching, I am seeing clients. I also have a life and enjoy resting and enjoying my time off. Please give me at least 48 hours to respond to emails. If you email me on a Friday, please give me until that Monday to respond. If you don't receive a response from me within 48 hours or after a weekend is over, please send me another email to make sure I didn't miss it.

Office Hours: My office hours will be every Tuesdays and Fridays from 9:30AM-11:15AM in North Building (HN) Room# 752. My office hours are walk-in, you do not need an appointment to come to office hours. If my office hour time does not work for you, or if you can't make it in person, please reach out to me via email to schedule another time to meet in person or virtually.

Credit/No Credit: Psychology majors are not eligible for this option. Direct any questions about this to the psychology department (North 611).

Classroom Policies/Expectations:

- Be professional!
- Refrain from showing up late or leaving class early. I understand that this can happen

from time to time, if that is the case, please make sure to sit in seat that is not disturbing to other individuals in the classroom.

- Once class starts, you are expected to turn off all electronics. Do not take phone calls in class! While I do not recommend taking notes on your computer, if that is your preferred method of note taking, you will be expected to not scroll or visit other websites. While it may help you minimize being bored, it is distracting to other people. You can wait an hour to scroll or to online shop!
- No pictures, videos, or audio recordings! I do not allow any pictures, videos, or audio recordings in my lectures. All lecture presentations will be posted on Blackboard. I will stop a lecture if I see anyone taking pictures, videos, or audio recordings. The only time audio recordings are allowed is if you have paperwork from the office of accessibility.
- During exams, you are required to turn off all electronics (including apple watches), and all items need to be on the floor.
- There is no cheating allowed in this course. If I catch you cheating on an exam, you will receive an immediate 0 and be reported to Hunter and your department. Cheating on an exam will also require you to sit next to me for all future exams. Use of AI is strictly prohibited and will also result in consequences if used for any assignments.

CLINICAL PSYCHOLOGY SCHEDULE FALL 2024

NOTE: the lecturer reserves the right to alter the schedule and syllabus, including assignments and dates with proper notification. Any changes to the schedule will be posted as announcements on the Blog and/or Blackboard. You are responsible for keeping up on such changes.

Lecture Day/Date	LECTURE TOPIC FOR THE WEEK	ASSIGNMENT Read Ch before class
Thurs. 08/29/24	Introductions: Review Syllabus	
Mon. 09/02/24 Thurs. 09/05/24	**NO CLASS, COLLEGE CLOSED ON 09/02/2024** What is Clinical Psychology?	Bernstein et al. Ch 1. (p. 1-29)
Mon. 09/09/24 Thurs. 09/12/24	History of Clinical Psychology	Bernstein Ch. 2 (p. 30-62) & Case Study 1: Simone (p. 2-10)

Mon. 09/16/24 Thurs. 09/19/24	Clinical Assessment, Classification, and Diagnosis & Interviewing and the Therapeutic Alliance **CASE STUDY REFLECTION #1 (SIMONE'S CASE) DUE ON 09/19/2024 AT 11:30AM.**	Bernstein et al. Ch. 3 & 4 (p. 63-142
Mon. 09/23/24 Thurs. 09/26/24	Testing in Clinical Psychology & Clinical Interventions	Bernstein et al. Ch. 5 & 6 (p. 143-215).
Mon. 09/30/24 **Thurs. 10/03/24**	Research on Clinical Intervention & Cultural Competence **CASE STUDY REFLECTION #2 (ALMA'S CASE) DUE ON 09/30/24 AT 11:30AM.** **NO CLASSES SCHEDULED 10/02-10/04/24**	Bernstein et al. Ch. 7 (p. 216-247) & Case Study 14: Almas (p. 214-218).
Mon. 10/07/24 Thurs. 10/10/24	**EXAM #1 ON 10/07/2024, CH. 1-7** Psychoanalytic, Psychodynamic, and Humanistic Psychotherapies	Bernstein et al. Ch. 8 (p. 248-285) & Case Study 3: David (p. 32-57).
Mon. 10/14/24 Thurs. 10/17/24	**NO CLASS, COLLEGE CLOSED ON 10/14/24** Psychoanalytic, Psychodynamic, and Humanistic Psychotherapies cont. **CASE STUDY REFLECTION #3 (DAVID'S CASE) DUE ON 10/17/2024 AT 11:30AM**	Bernstein et al. Ch. 8 (p. 248-285) & Case Study 5: The Reverend

Mon. 10/21/24 Thurs. 10/24/24	Cognitive, Behavioral, and Acceptance-Based Psychotherapies **CASE STUDY REFLECTION #4 DUE ON 10/24/2024 AT 11:30AM (STUDY 5: THE REVEREND)**	Bernstein et al. Ch. 9 (p. 286-323) & Case Study 6: Depressed Patient
Mon. 10/28/24 Thurs. 10/31/24	Cognitive, Behavioral, and Acceptance-Based Psychotherapies **CASE STUDY REFLECTION #5 DUE ON 10/31/2024 at 11:30AM (STUDY 6: DEPRESSED PATIENT)**	Bernstein et al. Ch. 9 (p. 286-323) Case Study 11: Contemplative Psychotherapies
Mon. 11/04/24 Thurs. 11/07/24	Delivering Mental Health Services	Bernstein et al. Ch. 10 (p. 324-349).
Mon. 11/11/24 Thurs. 11/14/24	Clinical Psychology for Youth and Older Adults **EXAM #2 ON 11/14/2024, CH. 8-11**	Bernstein et al. Ch. 11 (p. 350-393).
Mon. 11/18/24 Thurs. 11/21/24	Clinical Psychology, Health, and Well-Being Other Career possibilities related to Clinical: Health Psychology, Forensic Psychology, Neuropsychology, School Psychology	Bernstein et al. Ch. 12 (p. 394-417). Bernstein et al. Ch. 13 & 14 (p. 418-476).
Mon. 11/25/24 Thurs. 11/28/24	**NO CLASS SCHEDULED ON 11/25/24, PRE-RECORDED LECTURE ON TRAINING AND PRACTICE ISSUES. THANKSGIVING, NO CLASS 11/26-11/29/24**	Bernstein et al. Ch. 15 (p. 477-516).

Mon. 12/02/2024 Thurs. 12/05/24	**NO CLASS SCHEDULED ON 12/02/24, PRE-RECORDED LECTURE ON TRAINING AND PRACTICE ISSUES. PRE-RECORDED ASSIGNMENT DUE ON 12/02/2024 AT 11:59PM.** Other Career possibilities related to Clinical: Health Psychology, Forensic Psychology, Neuropsychology, School Psychology cont.	Bernstein et al. Ch. 15 (p. 477-516). Bernstein et al. Ch. 13 & 14 (p. 418-476).
Mon. 12/09/24 Thurs. 12/12/24	**EXAM #3 ON 12/09/2024, CH. 13-15** Graduate School for Clinical Psychology	Bernstein et al. Ch. 16 (p. 517-550)
Mon. 12/16/24 Thurs. 12/19/21	**FINAL PAPER DUE ON 12/16/2024 AT 11:30AM.** TBD ON FINAL EXAM SCHEDULE FOR FINAL EXAM DATE.	

LEARNING & DOING WELL: I want to help you learn and do well. If you aren't doing as well as you think you should, *please* set up a time to meet with me. I welcome the chance to get to know you, help you learn, and succeed. I am a very empathetic and understanding person. College is filled with stressors and sometimes life happens. If that's the case, please do not hesitate to let me know. I am here to help; however I cannot help you if you do not communicate it. While I am empathetic and understanding, I also value communication. Please do not tell me of things last minute as it will make it harder for me to accommodate you. Feel free to either email me or come during my office hours to chat. I am here to be of support and assist in any ways I can, however, if you do not communicate I cannot help!

COUNSELING AND WELLNESS SERVICES: Hunter offers counseling and wellness services for students. If you should need to contact them for any mental or physical health concerns, please see information below: Counseling Services: Hunter East, Room 1123 t: 212-772-4931 email: personalcounsling@hunter.cuny.edu and website: http://www.hunter.cuny.edu/cws

Please note that the Counseling and Wellness Center has been holding individual and group counseling sessions, workshops on Stress Management, Time Management, COVID-19 Support Groups, Race, Justice and Change Support Group and many others.

Hunter College Policies

Academic integrity

Hunter College regards acts of academic dishonesty (e.g., plagiarism, cheating on examinations, obtaining unfair advantage, and falsification of records and official documents) as serious offenses against the values of intellectual honesty. The College is committed to enforcing the CUNY Policy on Academic Integrity and will pursue cases of academic dishonesty according to the Hunter College Academic Integrity Procedures.

Accommodation/Abilities

From the Office of AccessABILITY: In compliance with the American Disability Act of 1990 (ADA) and with Section 504 of the Rehabilitation Act of 1973, Hunter College is committed to ensuring educational parity and accommodations for all students with documented disabilities and/or medical conditions. It is recommended that all students with documented disabilities (Emotional, Medical, Physical and/ or Learning) consult the Office of AccessABILITY located in Room E1124 to secure necessary academic accommodations. For further information and assistance please call 212-772-4857)/TTY 212-650-3230. Website: http://www.hunter.cuny.edu/access

Sexual Misconduct

In compliance with the CUNY Policy on Sexual Misconduct, Hunter College reaffirms the prohibition of any sexual misconduct, which includes sexual violence, sexual harassment, and gender-based harassment retaliation against students, employees, or visitors, as well as certain intimate relationships. Students who have experienced any form of sexual violence on or off campus (including CUNY-sponsored trips and events) are entitled to the rights outlined in the Bill of Rights for Hunter College.
a. Sexual Violence: Students are strongly encouraged to immediately report the incident by calling 911, contacting NYPD Special Victims Division Hotline (646-610-7272) or their local police precinct, or contacting the College's Public Safety Office (212-772-4444).
b. All Other Forms of Sexual Misconduct: Students are also encouraged to contact the College's Title IX Campus Coordinator, Dean John Rose (jtrose@hunter.cuny.edu or 212-650-3262) or Colleen Barry (colleen.barry@hunter.cuny.edu or 212-772-4534) and seek complimentary services through the Counseling and Wellness Services Office, Hunter East 1123.

ACADEMIC INTEGRITY/CHEATING/PLAGARISM:

Please note the HC academic integrity statement above. For this class it primarily means that you must write your own essays and independently do your own work on all assignments, quizzes and exams. Cheating on assignments or exams, such as copying other's work or sharing answers, is dishonest. **It may lead to failing this class and could forever damage your academic reputation.**