

Clinical Psychology

Course Motto: Think with a scientist's mind and feel with a humanist's heart.

Catalog Description

(Prerequisites: Psyc 110; a grade of C or higher in Psyc 225) An overview of contemporary clinical psychology focusing on its practices, contributions, and directions. Topics include clinical research, psychological assessment, psychotherapy systems, community applications, and emerging specialties, such as health and forensic psychology. Fall only. (EPW –Writing Intensive.)

Faculty Information

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Required Texts

Trull, T. J., & Prinstein, M. J. (2013). *Clinical psychology* (8th edition).
www.themizzoustore.com/p-224164-nfs-clinical-psychology.aspx

VandenBos, G. R., McNeil, J., & Norcross, J. C. (1995). *The anatomy of psychotherapy: Viewer's guide to APA Psychotherapy Videotape Series*. Washington, DC: American Psychological Association.

Student Learning Objectives

By performance on multiple quizzes, three papers, and a final examination, students completing this course will demonstrate knowledge of the:

1. cardinal activities and responsibilities of clinical psychologists (including psychotherapy, assessment, research, supervision, consultation, training, research, and ethics)
2. foundational assessment methods (e.g., interview, behavioral assessment, psychological tests, clinical and actuarial judgment)
3. major psychological interventions in both theoretical orientations (psychodynamic, humanistic, cognitive-behavioral, integrative) and therapy formats (individual, couples, family, group)
4. core specialties in clinical psychology (including health, community, clinical neuropsychology, forensic, pediatric, and prescription privileges)

Evaluation Process

Your grade in this course will be determined by your performance on weekly quizzes, a final examination, and three papers. In cases of “borderline” grades, your attendance and class participation will also be considered. A Writing Consultation with the professor is required but is not graded.

There will be 14 weekly quizzes (15 points apiece) and one final examination (40 points). The weekly multiple-choice quizzes will be given at the beginning of class; these quizzes will cover lecture material, reading assignments, film presentations, and class handouts. Make-up quizzes are not available; missed quizzes become dropped quizzes. The final exam will primarily assess your knowledge of material covered in the last two weeks of class and secondarily assess your mastery of themes throughout the course.

Three papers, accorded 40 points apiece, are also requested. Detailed instructions for preparing the papers are attached. You have several options for each of the papers; moreover, you are encouraged to suggest a different project that will promote your intellectual discovery and development. You may complete the repeated assignments (Biofeedback, APA Psychotherapy Videotape) only once.

Paper 1: Biofeedback **or** Cochrane Synopsis **or** Autobiography of Mental Health Patient
Paper 2: APA Psychotherapy Videotape **or** Behavioral Analysis **or** Biofeedback
Paper 3: Listening to Others **or** Gratitude Letter **or** APA Psychotherapy Videotape

Putting it all together:

Best 12 of 14 quizzes (15 each)	180 (\approx 53% of grade)
Final examination	40 (\approx 12% of grade)
Three papers (40 each)	<u>120</u> (\approx 35% of grade)
Total	340 possible points

Course Policies

Regular class attendance is essential for a comprehensive understanding of the subject matter. You are responsible for all announcements made in class. If absent from a class, you are responsible for the material covered. If absent from a class in which a videotape is shown, you may be able to obtain and watch it in the Media Resources Center in the library.

Please refer to the University's *Academic Code of Honesty*. Plagiarism, dishonest quiz/exam behavior, and collaboration on individual papers will result in a grade of F for the course. Submitting false data or manufacturing data on written assignments will also result in a grade of F for the course. As stated in the *Student Handbook*: Failures in the area of academic honesty strike at the heart of what is essential to the University community – the pursuit of truth.

Kindly do not use laptops during class time. Research documents that taking notes by hand (compared to typing) increases your knowledge of the material and improves your ability to conceptualize the knowledge at a higher level.

You are encouraged to participate fully and civilly in class. At the same time, we will not tolerate disruptive or offensive behavior that is antithetical to our university ideals or that is contrary to a conducive learning environment. Civility is a fragile construct that each of us must cherish and protect.

Please turn off your cell phone while in class. You may not text, tweet, or venture online during class. Violation of this policy will demand punishment – though one that does not infringe on your eighth amendment rights.



Course Calendar and Assignments

<i>Dates</i>	<i>Topics</i>	<i>Reading</i>	<i>Assignment</i>
Aug 18	Welcome; Definitions		
Aug 20	Clinical Training	T1, Syllabus	Quiz #1
Aug 25	Historical & Current Perspectives	T2, T3	Quiz #2
Aug 27	Clinical Research		
Sep 1	Psychological Assessment	T4, T6	Quiz #3
Sep 3	Psychological Assessment		
Sep 8	Behavioral Assessment	T9, T10	Quiz #4
Sep 10	Actuarial and Clinical Judgment		Paper 1
Sep 15	Psychotherapy and Behavior Change	T11, VIntro	Quiz #5
Sep 17	Psychotherapy Research & Integration	Articles	
Sep 22	Psychoanalytic Psychotherapies	T12, V3	Quiz #6
Sep 24	Psychoanalytic Psychotherapies		
Sep 29	Behavioral and Cognitive Therapies	T14, V11	Quiz #7
Oct 1	Behavioral and Cognitive Therapies		
Oct 6	Humanistic and Existential Therapies	T13, V5	Quiz #8
Oct 8	Humanistic and Existential Therapies		Paper 2
Oct 13	Group Therapies	T15	Quiz #9
Oct 15	Couples & Family Therapy		
Oct 20	Community Intervention	T16, article	Quiz #10
Oct 22	Prevention & Positive Psychology		
Oct 27	Health Psychology	T17, T18	Quiz #11
Oct 29	Clinical Neuropsychology		
Nov 3	Forensic Psychology	T19, forensic report	Quiz #12
Nov 5	Pediatric & Clinical Geropsychology	D2L Youth Interv	Paper 3
Nov 10	Prescription Privileges	pp. 75 - 83	Quiz #13
Nov 12	International; Future Prospects	Handout	
Nov 17	Psychoquackery; Odds and Ends	Handout	Quiz #14
Nov 19	Final Class; Clinical Jeopardy		

GUIDELINES FOR THE PAPERS

Kindly type all three papers double-spaced with conventional fonts and one-inch margins. The target word count is between 1,500 and 2,000. Please record your word count at the end of each paper and place your name on the *back* of the last page (which enables blind/masked grading). Papers are due at the beginning of the designated class period.

The 40 points per paper will be distributed as 10 points for writing and punctuation, and 30 points for content (insofar as one can readily separate those elements). Avoid cover sheets and extra blank pages (save trees!). You are encouraged (but not required) to print your paper on both sides.

Collaboration and consultation with other students are **not** permitted in preparing these papers. You may consult with the Writing Center, the professor, and the course TAs, but otherwise the papers must represent your original, independent work.

Phases of the Writing Assignments (for either paper 1 or paper 2)

1. Students read syllabus instructions and select one of the three options for that written assignment
2. Students selecting the same assignment meet during class in groups to discuss the parameters, objectives, and potential problems; professor clarifies questions and addresses potential obstacles
3. Students write and submit their first drafts
4. Professor reads, marks (with copious comments), grades, and returns the papers; professor shows PPT in class of common writing (and substantive) problems in the papers
5. Students meet with professor in individual writing conferences (during office hours) to review their initial submissions and to prepare their second drafts
6. Students compose second drafts, submit to professor with first drafts attached (to ensure rewriting occurred beyond correcting obvious mistakes), and professor reviews and regrades

Checklist for All Papers

For the sake of my sanity and your grade, please complete the following checklist before submitting your papers.

- ✓ My paper is typed double-spaced (except for Gratitude Letters) with a conventional font
- ✓ Uses one-inch margins throughout
- ✓ The word count is between 1,500 and 2,000 (except for autobiography reviews) and is recorded at the end of the paper (not on the back)
- ✓ My name is written on the *back* of the last page
- ✓ Paper is titled, e.g., Biofeedback
- ✓ Headings and paragraphs are used as indicated in the instructions
- ✓ The paper contains few or no junk adjectives, e.g., “really,” “very,” “actually”
- ✓ The number of contractions is limited, as these are formal writing assignments
- ✓ Vacuous words, such as “issues,” have been eliminated
- ✓ Extremist characterizations of “always” and “never” do not appear in my final version
- ✓ Any requested documents are attached to the paper
- ✓ The paper does not contain title pages or blank last pages
- ✓ Redundancy is anathema: these are focused, structured papers
- ✓ My paper is beautifully assembled and stapled diagonally in the upper left corner
- ✓ The paper represents my original, independent work
- ✓ “I am pleased and proud to submit this fine piece of work!”

Cochrane Synopsis

The Cochrane is a database comprised of systematic reviews which identify and expertly synthesize randomized clinical trials (RCTs) on a given health-care topic. The Cochrane Database of Systematic Reviews (CDSR) is considered a “gold standard” of evidence-based practice in mental health. Here is where many mental health professionals find the most recent and balanced conclusions of what treatments work for a particular mental disorder or life challenge.

Think of yourself as a clinical psychologist practicing in a private office, a clinic, or a hospital. You turn to the Cochrane to address an interesting and practical question with which you are confronted in your clinical work. How might you think, relate, or behave differently as a result of the scientific research?

Access the Cochrane site through the Weinberg Memorial Library webpage (not directly from the web). Click on Database: A to Z list. Scroll down to find the Cochrane Library and click the link. Get familiar with the site. On the top of the homepage, go to the BROWSE header. Restrict your search to topics under two headings: Mental Health; and Tobacco, Drugs, and Alcohol. And restrict yourself to a review of interventions/treatments (e.g., psychotherapy, pharmacotherapy, prevention, self-help).

You will find hundreds of Cochrane reviews. Scan the various reviews, and then select one for this assignment. I recommend that you select a review featuring a few to perhaps two dozen studies; it will prove difficult to write a synopsis on a longer review. Select a review published in the last five years. Print the Abstract of the Cochrane review and attach it to your finished paper.

The purpose of your paper is neither to abstract the review nor to repeat its contents. Rather, the assignment is intended to review the study's principal purposes, methodologies, and findings in a concise and practical manner. The central question to keep in mind is, "What are the specific implications of this research for clinical practice?"

Below are the outline and the required headings for your synopsis.

Article: Cite the author, article, and Cochrane database in APA format.

Central Purpose: Review the author's main objectives for conducting the review.

Method: Summarize the characteristics of studies and the number of patients included in the review. Identify the inclusion and the exclusion criteria for studies covered in the review.

Major Findings: Describe the major findings. Check that the findings you describe directly relate to the central purpose of the review.

Practice Implications: Highlight the implications for clinical practice. Demonstrate how this Cochrane review can influence clinical work. Avoid general conclusions, such as "Psychologists can help people more," "Research is valuable," and "More research is needed" in favor of concrete and specific implications for treating a particular disorder or life challenge based on the results of this review. Do not address implications for future research.

Impressions: Mention the reasons you selected this topic and the review's most important limitations.

Autobiography of a Mental Health Patient

People adore personal, compelling stories of self-transformation. Autobiographies provide an inside view of psychological disorders and life challenges, drawing on the human capacity for self-

description and self-analysis. Memoirs complement scientific research and case studies performed from the outside looking in. Written in the person's own words, an autobiography emphasizes issues that the writer, as distinct from a therapist or researcher, considers important. Autobiographies describe disorders in family and environmental context, provide interesting narratives with strong story lines, and in the end, typically reveal a successful outcome.

For this assignment, you will read an autobiography written by a mental health client which appears on the following list and which you have *not* previously read. Our library possesses many of these books. A list of 12 approved autobiographies follows.

An unquiet mind by Kay Jamison (bipolar disorder)
ADHD and me by Blake Taylor and Lara Honos-Webb (ADHD)
Because we are bad by Lily Bailey (OCD)
Born on a blue day by Daniel Tammet (autistic savant)
Feeding the hungry heart by Geneen Roth (eating disorders)
The broken cord by Michael Dorris (fetal alcohol syndrome)
Girl, interrupted by Susana Kaysen (borderline personality disorder)
I am the Central Park jogger by Trisha Melli (PTSD)
Rewind, replay, repeat by Jeff Bell (OCD)
I never promised you a rose garden by Joanna Greenberg (schizophrenia)
The lost boy by Dave Pelzer (abuse)
Undercurrents by Martha Manning (depression)

You then complete an Autobiographical Review form (which will be distributed in class). At the end of that form, you will provide a 700 – 850 word review of the book.

What belongs in a brief book review? That depends largely on you and the book's content. At a minimum, summarize the content of the book (one paragraph), the author's/client's perspective, the strengths and uses of this autobiography, its perceived weaknesses or limitations, and your final observations/evaluations.

Biofeedback Assignment

Biofeedback is a popular intervention in clinical practice, especially in health psychology, and encompasses a wide array of procedures. The defining features of biofeedback are that: (1) some aspect of the person's biological functioning (e.g., blood pressure, heart rate, galvanic skin response) is systematically monitored by an apparatus; (2) the apparatus feeds back information on the biological functioning to the person by way of a visual or auditory signal; and (3) the person then attempts to modify that signal by changing the biological functioning. For example, a person suffering from essential hypertension might be hooked up to a machine that measures blood pressure and that registers the systolic pressure on a visual display. With instruction and practice in relaxation training, the person will gradually be able to lower his/her systolic pressure.

For the purposes of this course, the Psychology Department has purchased 10 mobile biofeedback relaxation systems. These systems employ abbreviated training in progressive muscle relaxation, imagery, diaphragmatic breathing, and biofeedback itself. Although less intense than what one would typically receive in psychotherapy, this training exercise will provide you with hands-on experience with relaxation training and biofeedback, heretofore limited to the classroom.

Our biofeedback kits provide feedback on two biological functions: galvanic skin response and finger temperature. The feedback is in the form of either an auditory signal (a tone) or a visual signal (meter).

Most students will have the opportunity to sign out the biofeedback kits during the semester for a three-week period. The kit contains all the essential materials: Instruction manual; GSR monitor; relaxation CD; temperature probe; and visual feedback meter. (For health reasons, we have removed the ear plug.) You are personally responsible for the biofeedback kit's safe return.

Follow these steps, in this order, to complete the assignment. Two weeks are required to complete all the steps.

1. Read pages 497 - 499 in the textbook on biofeedback.
2. Review the Instruction Manual accompanying the GSR2 Biofeedback Relaxation System.
3. Listen to the CD (How to get the most from your GSR2).
4. Begin and maintain a running log of your relaxation activities on the attached table. Record the date, time, location, feedback type, relaxation methods, and your subjective units of discomfort (SUDs) on a 0 to 10-point scale (where 0 is perfectly relaxed and 10 is very uncomfortable) before your relaxation exercise and after you have finished. Conduct and log at least 14 relaxation trails. Staple the completed log to your paper.
5. Practice the relaxation exercise on the CD (fully-narrated relaxation exercise) *without* using the biofeedback system on two different days.
6. Acquaint yourself with the GSR monitor using the tone feedback on two 20-minute occasions on two different days.
7. Use the GSR monitor *with* the CD relaxation exercise on three different days.
8. On one of these days, inject an annoying external stressor -- such as a ringing telephone, alarm clock, or kitchen timer -- and observe the difference. On that same day, inject an annoying internal stressor -- such as a mild unpleasant thought or image -- and observe the difference.
9. Experiment on different days with the GSR monitor using the auditory signal (tone) versus using the visual signal (meter).
10. Choose the most effective signal display (auditory or visual) for you and then practice that on at least three occasions.
11. Try the biofeedback system in different locations. Perhaps in quiet and noisy places or locations with and without other people.
12. Experiment with the GSR system. Try different variations and alternative means of relaxation, *beyond* those given in these instructions. For example, try different types of music, various relaxation tapes, before and after exercising, while petting a dog or cat, or watching an exciting television show.
13. Return the biofeedback kit to your professor during class time. Thank the professor profusely for such a valuable exercise!

The resulting paper will summarize your experiences with the relaxation and biofeedback exercise. Kindly address the following questions, each in a separate, brief paragraph:

- ♦ What were your expectations going into the exercise?
- ♦ What was your prior experience with formal relaxation methods?
- ♦ What type of feedback signal (tone or meter) worked best for you? Why?
- ♦ Which relaxation technique in this exercise -- muscle relaxation, imagery, deep breathing, biofeedback signal, or any combination thereof -- was most effective in helping you relax deeply?
- ♦ Which technique (from the list in the last question) was least helpful?

- ◆ How long did your relaxation typically last after the session?
- ◆ Did you discern any differences in relaxation efficacy due to the time of day?
- ◆ Any differences due to the location?
- ◆ Did you notice any patterns over time and with practice in your relaxation response as you practiced biofeedback? Calculate the SUDs differences over time, say, for your first five versus your last five trials (excluding noxious stimuli).
- ◆ What occurred when you intentionally introduced noxious stimuli while you were relaxing? Did you observe difference in your reaction between an external stressor and an internal stressor?
- ◆ How did you experiment with the biofeedback unit? (Please do not recount those variations already given in these instructions.) What were the results of the experiments?
- ◆ Overall, how well did you relax?
- ◆ Excluding the experiences with the noxious stimuli and your experiments, did your SUDs ratings reliably decrease pre-relaxation to post-relaxation?
- ◆ If so, what was the average decrease (excluding those times when you introduced noxious stimuli)?

Calculate and report the pre-post average difference in SUDs.

- ◆ What was the average SUD decrease using your most effective signal and relaxation techniques in a quiet environment?
- ◆ What did you learn from the assignment about biofeedback and how you relax? Say more than repeating your answers to the previous questions.

APA Psychotherapy Videotapes

Your paper will analyze and discuss a psychotherapy session, not viewed in class, from the APA Psychotherapy Videotape Series I and II. The first step is to decide which of the following eight videotapes you would particularly like to watch. You may watch as many as you like, but your paper will analyze only one of them.

Lillian Comas-Diaz, PhD: Ethnocultural Psychotherapy
 Alvin R. Mahrer: Experiential Psychotherapy
 Jacqueline Persons, PhD: Cognitive-Behavior Therapy
 Arnold A. Lazarus, PhD: Multimodal Therapy
 Alice K. Rubenstein, EdD: Practical Psychotherapy with Adolescents
 Francine Shapiro, PhD: EMDR for Trauma (get from Norcross)
 Samuel M. Turner, PhD: Behavior Therapy for OCD

The second step is to read the respective pages in *The Anatomy of Psychotherapy* or the booklet accompanying the videotape about that therapeutic approach. The chapter includes a biographical sketch of the therapist, a synopsis of the therapeutic approach, a summary of the patient's background, and a description of the previous psychotherapy sessions. Once you have read the material, you will possess the same information as the psychologist conducting the session.

The third step is to proceed to the Media Resources Center on the third floor of the library (x 6330). Their hours are 8:00 am to 10:00 pm Monday through Thursday, 8:00 am to 4:30 pm on Friday, 12:00 noon to 7:00 pm on Saturday, and 12:00 noon to 10:00 pm on Sunday. You may watch the videotapes only in the Media Center.

The fourth step is to watch the videotape, recording your prominent reactions to the clinician and client and answering specific questions presented in italics. These will serve as the basis for your written paper.

The fifth step is to write your paper, which will consist of your answers to the italicized Stimulus Questions About the Videotaped Session in the viewer's guide, and to the following four General Questions:

- What are your general reactions to the session, the patient, and the therapist?
- What do you think were the strengths and weaknesses of this approach?
- After reading about and viewing the session, what are the patient's DSM-5 diagnoses?
- What one other psychotherapy do you believe this patient would profit from and why?

Do *not* answer the questions in the first four sections of the chapter (About Dr. X; Synopsis of Brand X Psychotherapy; Client Background & Precipitating Events; Process Notes from Initial Session); only answer the questions in the Stimulus Questions About the Videotaped Session section and the four General Questions above. Kindly avoid repeating in the "strengths and weaknesses" answer your responses to the stimulus questions (that is, avoid redundancy).

Kindly structure your paper by creating two centered headings – Stimulus Questions, General Questions – and then numbering your answers under each. Please do *not* provide an introduction to your paper (just begin with your answer to the first question), and please do *not* repeat the question (simply answer it). Remember to address all parts of the multipart questions.

Behavioral Analysis

This assignment will help you identify what triggers a problem behavior and what maintains it. What are the environmental, interpersonal, and emotional triggers for your smoking, procrastination, nail biting, or not exercising? What reinforces the continuation of those problem behaviors? Your answers will expose clues to your behavior pattern. You will become a behavioral detective.

It's a well-defined sequence: Antecedents trigger your problem Behavior, which brings Consequences. It's as easy as 1-2-3 or as simple as ABC; one thing leads to another and then to another.

1		2		3
Antecedents	→	Behavior	→	Consequences

Antecedents occur before and may precipitate the problem in question. What are the environmental, interpersonal, and mood triggers? What time of the day do these seem to regularly occur? What were the situations before the problem occurred?

Behavior is the problem behavior as well as the healthy alternatives to it.

Consequences occur after the problem and are usually contingent on it. As you learned, short-term consequences of our behaviors can often be rewarding—yummy, soothing, releasing, and relaxing. But the long-term consequences can be painful and destructive; sadly, we attend far more to the immediate than the delayed consequences. That's why we record both the immediate and delayed results.

As an example, here are the shortened results of an ABC behavioral analysis that we did in class regarding problem drinking on campus. The behavioral (or functional) analysis is a serious way to understand its causes and to chart its solutions.

<i>Antecedents</i>	→ <i>Behavior</i>	→ <i>Short-Term Consequences</i>	→ <i>Delayed Consequences</i>
Bored	Drink	Fun, maybe hook up	Miss class in morning
Stressed from school	Drink	Relaxed, mellow	Sick, hangover
My friends are at the bar	Drink	With my friends, bonding	Blackouts
Not much to do at night	Drink	Lot better than studying!	Sexual risks
Weekends	Drink	Enjoy the party	Poor decisions Academic failure

The results of the behavioral analysis allow the solutions to practically jump out. In terms of Antecedents, find healthier ways to relax than drinking, develop social norms on campus that do not depend on alcohol, and fill your night life with pleasurable activities that do not involve the bars, for example. In terms of Behaviors, develop healthier substitutes that meet the underlying needs of fun, friends, and freedom. Learn social skills, coping skills, and relaxation skills. In terms of Consequences, reverse the rewards of the immediate consequences and the punishments of the delayed consequences.

For this assignment, quickly reread chapter 9 on Behavioral Assessment. Select a *mild or moderate* behavioral problem that you would like to change soon (in the preparation or action stage, but not drinking), that occurs at least several times a week, and that you are comfortable sharing with the professor. Complete the attached Behavioral Analysis Log for your problem behavior for at least 14 consecutive days. At least once a day, make an entry in the data log and, on those days when the problem behavior occurred more frequently, make several entries (but no more than three occurrences per day). Please stop at 20 recorded occurrences of your problem behavior.

Track on the data log four features of the problem behavior:

1. Time of day
2. Antecedents: the situation (e.g., where you were, what you were doing), the people (who you were with), and your feelings (e.g., sad, happy, stressed, relaxed, bored, lonely)
3. Behavior: the frequency, magnitude, or duration of the problem behavior (e.g., the number of nail bites, the amount of money, the number of arguments)
4. Consequences: the short-term results of the problem behavior as well as the longer-term impact on your functioning and others'

To reduce forgetting, social desirability, and other biases, carry the data log with you during the day and record the data daily. If you do not have your data log, then record the behavior in your cell phone. Perhaps set an alarm on your cell phone to remind you to transfer the data to your log every day.

The paper will summarize your experiences with the behavior analysis assignment. Attach the data log to your paper. Remember: write and think like a behavior analyst, not a cognitive therapist, not a psychodynamic therapist. Using that data log, address the following questions, each in a separate paragraph (even if only a sentence or two):

- ♦ What were your expectations going into the exercise?
- ♦ Were your expectations borne out?

- ◆ What was your target problem behavior? Operationally define it in observable, specific terms; provide behavioral examples. What related behaviors, if any, were excluded?
- ◆ What was your prior experience with (a) formally assessing the problem and (b) reducing the problem behavior? How did they work?
- ◆ How and when did you collect and record the data presented in your log? How did you minimize the effects of forgetting and social desirability?
- ◆ What were the typical antecedents (time of day, settings, people, emotions) that precipitated your problem behavior? Give specific percentages of the antecedents by category (time, settings, people, emotions); for example, the percent of time it was boredom for an emotional trigger.
- ◆ What was the frequency of your problem behavior? What did you learn about its frequency, magnitude or duration? How severe was the problem behavior on a 0 – 10 scale?
- ◆ What were healthier alternatives to the problem behavior?
- ◆ What were the typical *immediate* consequences of your problem? What percentage were punishing and what percentage were reinforcing?
- ◆ What were the *delayed or long-term* consequences of your problem behavior? What percentage of the delayed/long-term consequences were punishing and what percentage were reinforcing?
- ◆ What did you overall learn from the assignment about your problem and the behavioral chain?
- ◆ If you were to change the problem behavior, what steps would you take based on the results of your behavioral analysis? That is, what would be your behavioral self-change plan? (Hint: A comprehensive plan will involve the A, B, and C.)
- ◆ Finally, how might you improve this assignment in the future? (Do not suggest behavior change as we do not have the time to do so in this assignment.)

Listening to Others

How well do most humans listen to others' expressions of distress? Do laypersons listen as well and as long as mental health professionals? Let's closely observe your conversations and address those questions in this assignment.

All schools of psychotherapy prize the therapeutic relationship, especially the clinician's ability to listen carefully and empathize deeply. Indeed, that ability may distinguish a trained mental health professional from a caring layperson. Research has found that the length of a layperson's active listening and empathy averages a mere 30 to 40 seconds, before she moves to sympathy, advice, or discussing her own problems. In this context, a clinician's empathic and listening skills prove unusual and curative.

For this assignment, you will record the results of at least 12 naturalistic conversations with other people. Conversations can occur in-person or by telephone (but not online or via text). When another person asks "How are you?" or you initiate a conversation in which you express some degree of distress, you will record the context of the conversation and the amount of time that the other person responds with active listening and empathy (not the length of the entire conversation, but the length of active listening and empathy). Estimate the time in five second increments.

Six of the conversations should be held in private and six in a public setting. Try to initiate about half of the conversations, and wait until other people begin the other half. Collect data over multiple days, please.

This assignment does not constitute formal research; it is not an experiment. Nor should any conversations be staged or faked. You are mindfully observing your personal conversations in

naturalistic settings. No individual (other than you) should be identified by name or defining characteristic.

For each conversation, record on the attached data log the following information: date; time; location; intensity of your distress; initiator of the conversation; your relationship with the listener; situation/context of the conversation; length of the other person's listening and empathy; and the other person's non-empathic responses. Their responses are likely to be several; try to remember and record as many as possible (including checking of cell phones).

Attach the completed data log to your paper. In that paper, please address the following questions in this order:

- ◆ What were your expectations and biases going into the assignment?
- ◆ Were these expectations borne out by your data and observations?
- ◆ Summarize, in a single paragraph, your method of collecting the data. How and when did you record the data on your log?
- ◆ What was the mean and median length of others' active listening to your concerns? What was the shortest? What was the longest?
- ◆ Break down that overall mean time of active listening by the following parameters (and remember a few second differences does not represent "significant" differences):
 - (a) relationship status with the other person
 - (b) location of the conversation (public vs private)
 - (c) who initiated the conversation (you or the other), and
 - (d) self-reported intensity of distress (low, medium, or high).
- ◆ What were the principal responses of the other people to your expression of distress? Establish categories of their responses (e.g., sympathy, silence, dismissal, advice, discussing their problems, checking cell phones) and approximate the percentages of their responses.
- ◆ What were the most helpful responses you received? Why?
- ◆ What was the least helpful response? Why?
- ◆ What did you learn about how laypersons tend to listen to others' distress?
- ◆ What did you learn about your own listening skills from this assignment?
- ◆ How do your laypersons' responses compare to those of psychotherapists you have observed in the videotapes shown in class?
- ◆ What were your key, take-home lessons from this assignment? (do not repeat your previous answers)
- ◆ What else, if anything, proved important or interesting about this assignment?

Gratitude Letter

A gratitude letter is a popular, research-supported method of positive psychology. This method entails writing letters of gratitude to people who have been especially kind to you but who have never been properly thanked. Research indicates that a gratitude letter or visit can temporarily increase your happiness.

For this assignment, read Seligman et al.'s *American Psychologist* article on positive psychology (as distributed in class). Then identify two living individuals who have been especially kind to you but who have never been properly thanked. These should not be psychology professors, college roommates, fellow students, or romantic interests.

Word process (single-space) a gratitude letter of at least 750 words to the two individuals. Format the assignment as letters with the date, recipient's address, salutation, body, closing, and your name/signature.

The letters should describe your grateful feelings and the reasons for your gratitude. Begin the letters with the reasons you are expressing gratitude now (e.g., In our Clinical Psychology course, we are studying positive psychology and one of its methods, a gratitude letter; In advance of the holiday, I have been reflecting on gratitude). Provide specific examples of the person's assistance or contribution to you. Discuss the consequences of the person's kindness on your functioning and future. Detail your gratitude; avoid general and diffuse praise in favor of the specific and concrete. Please do *not* include general news about your life, your job, or your hot friends; the gratitude letter is exclusively about thanking somebody for their kindness. Sign your name to the letter.

Provide me with copies of the two letters, deleting (if you like) the names of the recipients and any overly personal details. I will treat the content of the letters as confidential and will return them to you (for mailing) once graded.

After revising the letters based on my feedback, put them in the mail. Mail the letters to the intended recipients; that is part of the assignment and part of the beneficial effect of the gratitude letter. By selecting this writing assignment, you are ethically committing to mailing the letters.



Biofeedback Data Log

[illegible]

[illegible]

Behavioral Analysis Log

My Behavioral Chain for _____ (behavior)

Behavioral Analysis Log

My Behavioral Chain for _____ (behavior)

[illegible]

[illegible]

Listening to Others: Data Log

[illegible]

[illegible]