
Calumet College



of Saint Joseph

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Calumet College of St. Joseph is a Catholic institution of higher learning dedicated to the academic, spiritual and ethical development of undergraduate and graduate students. Informed by the values of its founding religious community, the Missionaries of the Precious Blood (C.P.P.S.), the College promotes the inherent dignity of all people, social justice, an ethic of service, student empowerment, opportunity, and lifelong learning.

COURSE SYLLABUS, Fall 2018

Course: PSY 570, Behavioral and Cognitive Therapies

Instructor Information:	
Instructor Name	Joseph Kovach, Psy.D.
Office Number:	528
Phone Number:	219-473-4261 or 219-838-3338 (preferred)
Email:	jkovach@ccsj.edu and jwk46@sbcglobal.net
Office Hours:	Tuesday 11-7 Wednesday 11-7 Thursday 2-10 Times are subject to change. Other times by appointment.
Instructor background:	B.A. in Speech; M.A. in Psychology; Psy.D. in Psychology

Course Information:	
Course Time:	Saturdays 9-4 p.m. October 6, 13, 20, 27
Classroom:	204
Prerequisites:	None

Required Books and Materials:	Beck, J. (2011). <i>Cognitive Behavioral Therapy</i> . New York: Guilford Press. Antony, M & Roemer, L. <i>Behavior Therapy</i> . Washington: APA
Other Readings:	American Psychological Association (2010). <i>Monitor on Psychology</i> . Washington, DC: American Psychological Association. (In Library). American Psychological Association (2010). <i>American Psychologist</i> . Washington, DC: American Psychological Association. (In Library).
Learning Outcomes/ Competencies: * Have a working knowledge of cognitive behavioral theory and therapy * Awareness of when appropriate to utilize CBT techniques and when not to * Have successful experience in practicing CBT with assigned classwork * Observe cognitive behavioral therapy in action	
Course Description: Students examine the manner in which human behavior is shaped and altered by cognition, affect, and the interrelationship between the two. Research from the fields of perception, motivation, language, memory, and learning is reviewed.	
Learning Strategies: Lectures, discussions, group projects, work assignments, written papers, videos, and final exam.	

Assessment:	
Attendance and class participation (4 classes, 25 points each)	(100 points)
Cognitive conceptualization paper	(100 points)
Videos and discussion	(50 points)
Final Exam	(100 points)
TOTAL:	350 points
Grading Scale:	
A 90 – 100%	
B 80 – 89%	
C 70 – 79%	
D 60 – 69%	
F <59	

Course Schedule and Assessments:

Major Assignments

October 6

Behavior Therapy

October 13, 20, and 27

Behavior Therapy

Cognitive Behavior Therapy

I reserve the right to change this schedule to meet the needs of the class.

Responsibilities	
Attending Class	You cannot succeed in this class if you do not attend. We believe that intellectual growth and success in higher education occur through interaction in the classroom and laboratories. Being absent doesn't excuse you from doing class work; you have more responsibilities to keep up and meet the objectives of this course.
Turning In Your Work	You cannot succeed in this class if you do not turn in all your work when due. Because the class is in a seminar style, assignments are due the following week. Missing assignment may not be graded.
CCSJ Student Honor Code	This course asks students to reaffirm the CCSJ Student Honor Code: I, as a student member of the Calumet College academic community, in accordance with the college's mission and in a spirit of mutual respect, pledge to: <ul style="list-style-type: none">• Continuously embrace honesty and curiosity in the pursuit of my educational goals;• Avoid all behaviors that could impede or distract from the academic progress of myself or other members of my community;• Do my own work with integrity at all times, in accordance with syllabi, and without giving or receiving inappropriate aid;• Do my utmost to act with commitment, inside and outside of class, to the goals and mission of Calumet College of St. Joseph.
Using Electronic Devices	Electronic devices can only be used in class for course-related purposes. If you text or access the Internet for other purposes, you may be asked to leave, in which case you will be marked absent.

Participating in Class	You must be on time, stay for the whole class and speak up in a way that shows you have done the assigned reading. If you are not prepared for class, you may be asked to leave, in which case you will be marked absent.
Doing Your Own Work	<p>If you turn in work that is not your own, you will be subject to judicial review by the Faculty-Student Grievance Committee. These procedures can be found in the Student Planner. The maximum penalty for any form of academic dishonesty is dismissal from the College.</p> <p>Using standard citation guidelines to document sources avoids plagiarism. You'll find guides to the major citation methods at the CCSJ Specker Library Web page at http://www.ccsj.edu/library/subjectsplus/subjects/guide.php?subject=cite</p> <p>PLEASE NOTE: All papers may be electronically checked for plagiarism.</p>
Sharing Your Class Experience	At the end of the term, you will have the opportunity to evaluate your classroom experience. These confidential surveys are essential to our ongoing efforts to ensure that you have a great experience that leaves you well prepared for your future. Take the time to complete your course evaluations – we value your feedback!
Withdrawing from Class	After the last day established for class changes has passed (see the College calendar in the CCSJ Course Catalog), you may withdraw from a course by following the policy outlined in the Course Catalog.

Resources	
CCSJ Book Rental Program	The CCSJ Book Program ensures that everyone has the right course materials on the first day of class to be successful. You pay a book rental fee each semester, and in return, receive all the materials for all your classes prior to the beginning of classes. At the end of the semester, simply return the books. For traditional students, the Book Rental Program is conveniently located in the library, where students can pick up and return their books. For students in accelerated programs and graduate programs, books will be delivered to their homes and they can return them by mail. For more information, see http://www.ccsj.edu/bookstore . All books must be returned at the end of the semester or you will incur additional fees, which will be charged to your student account.
Student Success Center:	The Student Success Center provides faculty tutors at all levels to help you master specific subjects and develop effective learning skills. It is open to all students at no charge. You can contact the Student Success Center at 219 473-4287 or stop by the Library.
Disability Services:	Disability Services strives to meet the needs of all students by providing academic services in accordance with Americans with Disabilities Act (ADA) guidelines. If you believe that you need a “reasonable accommodation” because of a disability, contact the Disability Services Coordinator at 219-473-4349.

Student Assistance Program	Through a partnership with Crown Counseling , Calumet College of St. Joseph provides a free Student Assistance Program (SAP) to current students. The SAP is a confidential counseling service provided to students for personal and school concerns which may be interfering with academic performance and/or quality of life. The SAP counselor is available on campus once a week and off-site at the Crown Counseling offices in Crown Point or Hammond. For more information, contact Kerry Knowles SAP Counselor , at 219-663-6353 (office), 219-413-3702 (cell), or kerryk@crowncounseling.org .
CCSJ Alerts:	Calumet College of St. Joseph's emergency communications system will tell you about emergencies, weather-related closings, or other incidents via text, email, or voice messages. Please sign up for this important service annually on the College's website at: http://www.ccsj.edu/alerts/index.html .