Syllabus/Course Plan

Short Title—Psychological Interventions

Longer Title—Psychological Interventions for Mental Illness: Development, Evaluation and Dissemination

Course Number—Psychology 135

Professor—***
GSIs—***

Although progress has been made in developing and disseminating evidence-based treatments for most forms of mental illness, there are still giant gaps in the knowledge base. Coverage of mental illness with adequate and disseminable intervention strategies is all too limited. Hence, there is a great need for the next generation to contribute to the mission of filling in the gaps and pursing careers as the scientists, treatment providers and policy makers who will develop and deliver interventions that will improve outcomes for people with a mental illness.

What is the thinking behind this course? Many Cal students hope to pursue careers related to mental illness (e.g., psychiatry, clinical psychology, social work, marriage and family therapy, public health, public policy). This course will teach you how to think scientifically and strategically about intervention delivery, development and implementation. Implementation is where public health and public policy careers play an important role. This course will mainly focus on psychological interventions. We will consider interventions for people at all stages of the lifespan.

We will discuss treatment breakthroughs that arose/might arise from social psychology, cognitive psychology, development psychology and neuroscience. We will also highlight several other pressing and current issues such as:
1. There has been a concern that the Diagnostic and Statistical Manual of Mental Disorders is dividing mental disorders in a way that is holding back the discovery of cures for mental illness. This situation has resulted in a growing interest in the Research Domain Criteria (RDoC) and transdiagnostic approaches to assessment and treatment.
2. There is a 15-20 year gap between treatment discoveries made in university and industry settings and dissemination of these treatments into the real world. This situation has spawned a new field known as implementation science. In class we will track the early developments in this field.
3. Individuals with a mental illness are underrepresented among those who have adequate health insurance. Two relatively new laws are hoping to change this. The first law is the Patient Protection and Affordable Care Act (ACA) that was signed into law in March, 2010. The goal is for 95% of U.S. Citizens and legal residents to be insured within six years (it’s 2016, let’s see how it’s going!). The second set of laws that add potential for enormous impact on our field are the mental health parity laws. These laws prohibit differences in coverage for ‘mental disorders’ relative to ‘medical disorders’. They are needed because insurance companies and/or employers commonly set lower limits on mental health coverage relative to services for physical health problems.

Learning goals:
1. Develop knowledge relating to the problems associated with delivering, developing and disseminating treatments to people with a mental illness.
2. Develop knowledge relating to possible solutions to the problems of delivering, developing and disseminating treatments to people with a mental illness.
3. Develop knowledge about existing psychosocial interventions and how to evaluate them scientifically, including how to evaluate the quality of the science.

Please read prior to the first class:

**Theme 1. Background and The Scope of the Problem.**
6 lectures (Aug 25, Aug 30, Sept 1, Sept 6, Sept 8).


**Theme 2. Evaluation of the Quality of Evidence.**
2 lectures (Sept 13, Sept 15).


**Theme 3. Treatment Innovation/Development.**
4 lectures (Sept 20, Sept 22, Sept 27, Sept 29)


**October 4th: Review for Midterm Exam (Dr. Harvey) October 6th: Midterm Exam**

**Theme 4. Behavior Change.**
3 lectures (Oct 11, Oct 13, Oct 18)


**Theme 5. Dissemination/Implementation.**


**Theme 6. Examples of treatments.**
6 lectures (Nov 1, Nov 3, Nov 8, Nov 10, Nov 15, Nov 17) featuring special guest speakers: November 3 Caitlin Eggleston (youth); November 8 Dr Lulu Dong (child); November 10 Mike Dolsen (DBT); November 15 Dr. Lulu Dong (TBD); November 17 Mike Dolsen (DBT).

**Theme 7. Stigma.**
1 lecture (Nov 29)
Featuring special guest speaker: Shaihk Ahmad
Note. There is no lecture on Tuesday Nov 22 (Thanksgiving week)

Review for Final Exam: December 1 (Caitlin Eggleston & Niki)

Gumport Grading:
One midterm exam on October 6th, 2016 during regular class time (1:10-2 PM) (30%), One final exam held during the university set exam period on Friday, December 16 from 9:10-10 AM (30%), Final project (20%), Discussion section attendance and participation (20%). 

NOTE: There will be no make-up exams for any reason.

Exams:
There will be two exams, consisting of multiple choice questions and short answer questions that will be drawn from the lectures, discussion sections and set readings. The exams will not be cumulative. In the exams you should be able to demonstrate that you have read the material and understood the factual points and arguments. You are REQUIRED TO TAKE BOTH EXAMS. If you fail to take an exam, you will receive a score of 0 for that exam. There will be no make-up exams for any reason. There will be no grade changes except for clerical errors of addition.

Final Project:
More details to come in discussion sections. Due date: Tuesday, November 22 at 7:00PM

Textbook:
There is no textbook. The readings are available on bCourses or via internet links.

Discussion sections:
Begins the week starting August 31 (Wednesday) and September 1 (Thursday). Discussion sections are required. You have been assigned to a time. Make sure you attend the discussion section you are assigned.

Discussion Section Schedule:
Week 1: Aug 24 (W) & Aug 25 (Th) No Section – First Week of Class
Week 2: Aug 31 (W) & Sept 1 (Th) Discussion
Section Week 3: Sept 7 (W) & Sept 8 (Th) Discussion Section Week 4: Sept 14 (W) & Sept 15 (Th) Discussion Section Week 5: Sept 21 (W) & Sept 22 (Th) Discussion Section
Week 6: Sept 28 (W) & Sept 29 (Th) Discussion Section – Midterm Exam Review
Week 7: Oct 5 (W) & Oct 6 (Th) No Section – Midterm Exam
Week 8: Oct 12 (W) & Oct 13 (Th) Discussion Section
Week 9: Oct 19 (W) & Oct 20 (Th) Discussion Section
Week 10: Oct 26 (W) & Oct 27 (Th) No Section This Week
Week Week 11: Nov 2 (W) & Nov 3 (Th) Discussion
Section Week 12: Nov 9 (W) & Nov 10 (Th) Discussion
Section Week 13: Nov 16 (W) & Nov 17 (Th) Discussion
Section
Week 14: Nov 23 (W) & Nov 24 (Th) No Section – Thanksgiving Break
Week 15: Nov 30 (W) & Dec 1 (Th) Discussion Section – Final Exam Review
Week 16: Dec 7 (W) & Dec 8 (Th) No Section – Dead Week
All course materials and the powerpoint slides that accompany the lectures, will be posted bcourses.berkeley.edu by the night prior to the lecture. It is crucial that you log in at least once per week to check for announcements and the latest information about assignments etc.

**Statement on Academic Integrity:** Any report submitted by you and that bears your name is presumed to be your own original work that has not previously been submitted for credit in another course. In all of your assignments, you may use words or ideas written by other individuals in publications, web sites, or other sources, but only with proper attribution. "Proper attribution" means that you have fully identified the original source and extent of your use of the words or ideas of others that you reproduce in your work for this course, usually in the form of a footnote or parenthesis. If you are not clear about the expectations for completing an assignment, be sure to ask. Out of respect for your instructors, your peers, and yourself, please refrain from trying to negotiate better grades (a.k.a. grade-grubbing).

**Accommodation of disabilities:** Please let your GSI know if you need accommodations for any physical, psychological, or learning disability.

**Absences due to medical issues, pregnancy, etc.:** It is your responsibility to inform yourself about material missed because of an absence, and to make up for any missed deadlines.

**Conduct:** The University of California strives to prevent and respond to harassment and discrimination. Engaging in such behavior may result in removal from class or the University. If you are the subject of harassment or discrimination there are resources available to support you. Please contact the Confidential Care Advocate (sa.berkeley.edu/dean/confidential-care-advocate) for non-judgmental, caring assistance with options, rights and guidance through any process you may choose. Survivors of sexual violence may also want to view the following website: survivorsupport.berkeley.edu.
For more information, please visit ophd.berkeley.edu.