Course: PSYC 5380.060 Acceptance and Commitment Therapy Seminar
Semester: Summer I 2021
Class Meeting: Mon, Tues, Weds, Thurs 9-10:25am (synchronous via zoom link below)
Office Hours: Mon & Tues 11am-12:30pm (via zoom link below)
Instructor: Olga Berkout, Ph.D. |Assistant Professor| HPR 219| oberkout@uttyler.edu |Please set up calls via email, these will be conducted using zoom.

Class Meeting Link:
https://uttyler.zoom.us/j/96386635304?pwd=L2I3djcrWDFCTHRzOGJBcWN0ZDVuZz09
Meeting ID: 963 8663 5304
Passcode: 500472
Call in: (312)-626-6799 (Chicago) or (646)-876-9923 (New York).

Office Hours Link:
https://uttyler.zoom.us/j/99793054944?pwd=S2dIUElEakNIYVRUTFJMNzBEdTZ1Zz09
Meeting ID: 997 9305 4944
Passcode: 302125
Call in: (312)-626-6799 (Chicago) or (646)-876-9923 (New York).

Course Catalog Description: Seminars of topical interest in specialized areas of psychology.

Course Description: This class will provide an in-depth overview of Acceptance and Commitment Therapy (ACT) a third wave cognitive behavioral therapy, which integrates acceptance and mindfulness with principles of behavior change. We will review the basic philosophical and research principles that inform ACT and their application. The class will include experiential exercises, role plays, case conceptualization exercises, and reviews of the empirical literature.

Student Learning Outcomes: After participating in the class, you will be able to:

- Understand basic theoretical principles that inform the ACT approach
- Conceptualize how ACT processes play a role in psychopathology and therapeutic change
- Utilize common ACT intervention strategies to target processes contributing to psychological difficulties
- Know the empirical support currently available for ACT
- Describe protocols and adaptations of ACT for common difficulties

Required Readings:


Article readings as listed on course schedule, available on Canvas.
NOTE: A student at UT Tyler is not under any obligation to purchase a textbook from a university-affiliated bookstore. The same textbook may also be available from an independent retailer, including an online retailer.

Course Structure and Instructor Expectations

In this course, class time is largely comprised of lectures, activities, and discussions. You should come to class prepared to discuss assigned readings and to be actively involved in your own learning, by asking questions and being engaged in class activities.

Attendance – While it is strongly recommended that you do not miss any classes, you are permitted to miss one class with no penalty. If you are going to miss a class, it is expected that you will notify the professor ahead of time. With a second absence, you will receive a one-letter grade deduction from your final grade in the course (e.g., A to B, B to C and so on) unless this absence is excused for extenuating circumstances, as determined by instructor. Each subsequent absence will result in another drop of a letter grade.

Class Punctuality - Students are expected to attend classes on time. Students who are consistently late at the beginning of class will have this counted as an unexcused absence.

Late Work Students are expected to submit assignments on time. Late assignments that are not excused will have 10% deducted for each additional 24-hour period that they are late. Similar to missed classes, lateness penalty may be excused by instructor if there are extenuating circumstances.

Requirements/Grading

Please check course announcements/email regularly for any changes in requirements

1. Reflections 48% Throughout the course, you will be asked to do brief experiential activities that will help you practice engaging with the processes described in class. In response to these activities, you will be asked to submit brief reflections on the experience. Please focus on your reaction to the exercise itself, you do not need to self-disclose personal information in reflections. If you felt strongly opposed to engaging in a particular activity you may reflect upon this.

3. Case Conceptualization Assignments 42%. Each of you will find a fictional character that is struggling with a diagnosis that you are interested in treating. This should be a character where enough detail is given. You will submit four assignments related to case conceptualization of this character along with a summary presentation of case conceptualization to the class.

2. Student Led Exercise 10% Each of you will find an ACT exercise that should take about 10 minutes to complete and lead the class through practicing this.
COURSE SCHEDULE
Note: Course schedule, readings, and assignments are subject to change at instructor discretion. Any changes will be communicated through course announcements, please be sure to check these regularly or receive notifications.

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<thead>
<tr>
<th>Week 1</th>
<th>Date</th>
<th>Topic</th>
<th>Readings/Assignments</th>
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<tbody>
<tr>
<td></td>
<td>6/1/21</td>
<td>Introduction and History of ACT</td>
<td>Hayes, 2004</td>
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<td></td>
<td>6/2/21</td>
<td>Introduction and History of ACT/Overview of the Theoretical Model</td>
<td>Chapter 1</td>
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<td>6/3/21</td>
<td>Overview of the Theoretical Model</td>
<td>Chapter 1</td>
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<tr>
<td></td>
<td>6/7/21</td>
<td>Acceptance</td>
<td>Chapter 2</td>
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<td>6/8/21</td>
<td>Acceptance/Defusion</td>
<td>Chapter 2, Chapter 3</td>
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<td>Reflection 1 due 11:59pm</td>
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<td></td>
<td>6/9/21</td>
<td>Defusion</td>
<td>Chapter 3</td>
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<td>6/10/21</td>
<td>Present Moment</td>
<td>Chapter 4</td>
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<td>Reflection 2 due 11:59pm</td>
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<td>Acceptance and Defusion in Case Conceptualization due 11:59pm</td>
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<tr>
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<td>6/14/21</td>
<td>Present Moment/Self as Context</td>
<td>Chapter 4, Chapter 5</td>
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<td></td>
<td>6/15/21</td>
<td>Self as Context</td>
<td>Chapter 5</td>
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<td>6/16/21</td>
<td>Values</td>
<td>Chapter 6</td>
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<td>6/17/21</td>
<td>Values/Committed Action</td>
<td>Chapter 6, Chapter 7</td>
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<td>Reflection 4 due 11:59pm</td>
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<td>Self as Context and Present Moment in Case Conceptualization due 11:59pm</td>
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<tr>
<td></td>
<td>6/21/21</td>
<td>Committed Action</td>
<td>Chapter 7</td>
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<td>6/22/21</td>
<td>ACT for Anxiety</td>
<td>Eifert et al., 2009</td>
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<td>Reflection 5 due 11:59pm</td>
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<td>6/23/21</td>
<td>ACT for Depression</td>
<td>Zettle, 2015</td>
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### Week 5 Applications

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<tr>
<td>6/28/21</td>
<td>ACT for Psychotic Disorders</td>
<td>Bloy et al., 2011 Student led exercises</td>
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<td>6/29/21</td>
<td>New Directions: Integration of Psychedelics</td>
<td>Luoma et al., 2019 Student led exercises</td>
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<td>6/30/21</td>
<td>Case Presentations</td>
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<tr>
<td>7/1/21</td>
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### Article Readings

[https://doi.org/10.1177/1534650111420863](https://doi.org/10.1177/1534650111420863)

[https://doi.org/10.1016/j.cbpra.2009.06.001](https://doi.org/10.1016/j.cbpra.2009.06.001)

[https://doi.org/10.2147/jpr.s144631](https://doi.org/10.2147/jpr.s144631)


[https://doi.org/10.1016/j.jcbs.2019.10.003](https://doi.org/10.1016/j.jcbs.2019.10.003)

[https://doi.org/10.1002/9781119114482.ch7](https://doi.org/10.1002/9781119114482.ch7)
University Policies

UT Tyler Honor Code

Every member of the UT Tyler community joins together to embrace: Honor and integrity that will not allow me to lie, cheat, or steal, nor to accept the actions of those who do.

Students Rights and Responsibilities

To know and understand the policies that affect your rights and responsibilities as a student at UT Tyler, please follow this link: http://www. Uttyl er.ed u/wellness/rightsresponsibilities.php

Campus Carry

We respect the right and privacy of students 21 and over who are duly licensed to carry concealed weapons in this class. License holders are expected to behave responsibly and keep a handgun secure and concealed. More information is available at http://www. Uttyl er.ed u/about/campus-carry/index.php

UT Tyler a Tobacco-Free University

All forms of tobacco will not be permitted on the UT Tyler main campus, branch campuses, and any property owned by UT Tyler. This applies to all members of the University community, including students, faculty, staff, University affiliates, contractors, and visitors.

Forms of tobacco not permitted include cigarettes, cigars, pipes, water pipes (hookah), bidis, kreteks, electronic cigarettes, smokeless tobacco, snuff, chewing tobacco, and all other tobacco products.

There are several cessation programs available to students looking to quit smoking, including counseling, quitlines, and group support. For more information on cessation programs please visit http://www. Uttyl er.ed u/tobacco-free

Grade Replacement/Forgiveness and Census Date Policies

Students repeating a course for grade forgiveness (grade replacement) must file a Grade Replacement Contract with the Enrollment Services Center (ADM 230) on or before the Census Date of the semester in which the course will be repeated. Grade Replacement Contracts are available in the Enrollment Services Center or at http://www. Uttyl er.ed u/registrar (Links to an external site.). Each semester's Census Date can be found on the Contract itself, on the Academic Calendar, or in the information pamphlets published each semester by the Office of the Registrar.
Failure to file a Grade Replacement Contract will result in both the original and repeated grade being used to calculate your overall grade point average. Undergraduates are eligible to exercise grade replacement for only three course repeats during their career at UT Tyler; graduates are eligible for two grade replacements. Full policy details are printed on each Grade Replacement Contract.

The Census Date is the deadline for many forms and enrollment actions that students need to be aware of. These include:

- Submitting Grade Replacement Contracts, Transient Forms, requests to withhold directory information, approvals for taking courses as Audit, Pass/Fail or Credit/No Credit.
- Receiving 100% refunds for partial withdrawals. (There is no refund for these after the Census Date)
- Schedule adjustments (section changes, adding a new class, dropping without a "W" grade)
- Being reinstated or re-enrolled in classes after being dropped for non-payment
- Completing the process for tuition exemptions or waivers through Financial Aid

**State-Mandated Course Drop Policy**

Texas law prohibits a student who began college for the first time in Fall 2007 or thereafter from dropping more than six courses during their entire undergraduate career. This includes courses dropped at another 2-year or 4-year Texas public college or university. For purposes of this rule, a dropped course is any course that is dropped after the census date (See Academic Calendar for the specific date).

Exceptions to the 6-drop rule may be found in the catalog. Petitions for exemptions must be submitted to the Enrollment Services Center and must be accompanied by documentation of the extenuating circumstance. Please contact the Enrollment Services Center if you have any questions.

**Disability/Accessibility Services**

In accordance with Section 504 of the Rehabilitation Act, Americans with Disabilities Act (ADA) and the ADA Amendments Act (ADAAA) the University offers accommodations to students with learning, physical and/or psychological disabilities. If you have a disability, including non-visible disabilities such as a learning disorder, chronic illness, TBI, PTSD, ADHD, or you have a history of modifications or accommodations in a previous educational environment you are encouraged to visit https://hood.accessiblelearning.com/UTTyler (Links to an external site.) and fill out the New Student application. The Student Accessibility and Resources (SAR) office will contact you when your application has been submitted and an appointment with Cynthia Lowery, Assistant Director of Student Services/ADA Coordinator. For more information, including filling out an application for services, please visit the SAR webpage at http://www.uttyle.r.edu/disabilityservices (Links to an external site.), the SAR office located in the University Center Room 3150, or call 903.566.7079.
Student Absence due to Religious Observance

Students who anticipate being absent from class due to a religious observance are requested to inform the instructor of such absences by the second class meeting of the semester.

Student Absence for University-Sponsored Events and Activities

If you intend to be absent for a university-sponsored event or activity, you (or the event sponsor) must notify the instructor at least two weeks prior to the date of the planned absence. At that time the instructor will set a date and time when make-up assignments will be completed.

Social Security and FERPA Statement

It is the policy of The University of Texas at Tyler to protect the confidential nature of social security numbers. The University has changed its computer programming so that all students have an identification number. The electronic transmission of grades (e.g., via e-mail) risks violation of the Family Educational Rights and Privacy Act; grades will not be transmitted electronically.

Emergency Exits and Evacuation

Everyone is required to exit the building when a fire alarm goes off. Follow your instructor's directions regarding the appropriate exit. If you require assistance during an evacuation, inform your instructor in the first week of class. Do not re-enter the building unless given permission by University Police, Fire department, or Fire Prevention Services.

Student Standards of Academic Conduct

Disciplinary proceedings may be initiated against any student who engages in scholastic dishonesty, including, but not limited to, cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts.

i. "Cheating" includes, but is not limited to:

- copying from another student's test paper; using, during a test, materials not authorized by the person giving the test; failure to comply with instructions given by the person administering the test; possession during a test of materials which are not authorized by the person giving the test, such as class notes or specifically designed "crib notes". The presence of textbooks constitutes a violation if they have been specifically prohibited by the person administering the test; using, buying, stealing, transporting, or soliciting in whole or part the contents of an unadministered test, test key, homework solution, or computer program; collaborating with or seeking aid from another student during a test or other assignment without authority; discussing the contents of an examination with another student who will take the examination; divulging the contents of an examination,
for the purpose of preserving questions for use by another, when the instructors has
designated that the examination is not to be removed from the examination room or not to
be returned or to be kept by the student; substituting for another person, or permitting
another person to substitute for oneself to take a course, a test, or any course-related
assignment; paying or offering money or other valuable thing to, or coercing another
person to obtain an unadministered test, test key, homework solution, or computer
program or information about an unadministered test, test key, home solution or
computer program; falsifying research data, laboratory reports, and/or other academic
work offered for credit; taking, keeping, misplacing, or damaging the property of The
University of Texas at Tyler, or of another, if the student knows or reasonably should
know that an unfair academic advantage would be gained by such conduct; and
misrepresenting facts, including providing false grades or resumes, for the purpose of
obtaining an academic or financial benefit or injuring another student academically or
financially.

ii. "Plagiarism" includes, but is not limited to, the appropriation, buying, receiving as a gift,
or obtaining by any means another's work and the submission of it as one's own academic
work offered for credit.

iii. "Collusion" includes, but is not limited to, the unauthorized collaboration with another
person in preparing academic assignments offered for credit or collaboration with another
person to commit a violation of any section of the rules on scholastic dishonesty.

iv. All written work that is submitted will be subject to review by plagiarism detection
software.

Important Covid-19 Information for Classrooms and Laboratories

Please review UT Tyler COVID policies with the most up to date information accessible at
https://www.uttyler.edu/coronavirus/. This page is updated as changes to policy occur.

Recording of Class Sessions

Class sessions may be recorded by the instructor for use by students enrolled in this course.
Recordings that contain personally identifiable information or other information subject to
FERPA shall not be shared with individuals not enrolled in this course unless appropriate
consent is obtained from all relevant students. Class recordings are reserved only for the use of
students enrolled in the course and only for educational purposes. Course recordings should not
be shared outside of the course in any form without express permission.

UT Tyler Resources for Students
• UT Tyler Writing Center (903.565.5995), writingcenter@uttyler.edu
• UT Tyler Tutoring Center (903.565.5964), tutoring@uttyler.edu
• The Mathematics Learning Center, RBN 4021, this is the open access computer lab for math students, with tutors on duty to assist students who are enrolled in early-career courses.
• UT Tyler Counseling Center (903.566.7254)