Instructor: Lee Rosen, Ph.D.
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Office: Dewey 135 (in Behavior Therapy & Psychotherapy Center)

Course Objectives

- Training experience in the assessment and treatment of individuals in a non-profit, community-based mental health clinic.
- Training using empirically-corroborated treatment methods, applied in a flexible and clinically appropriate fashion.
- Particular emphasis on training in the following techniques: cognitive therapy for depression and problematic self-evaluation; behavioral activation for depressive symptoms; exposure-based treatments for anxiety disorders; mindfulness and acceptance-based interventions.

Recommended Readings


Course Expectations

- Active participation on clinical supervision team.
  - Students will be prepared to discuss their own cases, in addition to offering feedback regarding other group members’ cases.
- Continued professional and ethical development.
  - Ongoing discussion of professional and ethical conduct will be emphasized during the semester.
  - Students are encouraged to raise issues as they arise.
- Students will consult with instructor in between meetings in the event of an emergent clinical issue - Additional contact numbers will be provided.
- Students will learn clinic policies for record keeping and students’ records will conform to those policies.
• Students will provide notes and reports for instructor’s signature in a timely manner – which typically means that therapy notes will be provided on the week the clients are seen.
• Relevant readings will be recommended on an on-going basis. Students are expected to be prepared to discuss these at the next meeting.
• Students will carry client loads that they have agreed upon with the clinic director.
• If you have a formal accommodation plan developed in conjunction with UVM’s ACCESS Office or would like to discuss the supports that you need in order to learn well in this course, please contact me in the beginning of the semester. Adaptations and instructional supports are available through consultation with me and the ACCESS Office (www.uvm.edu/~access/).
• You are required to attend all classes. The exceptions to this policy are as follows:
  ▪ Religious holidays: Students have the right to practice the religion of their choice. If you need to miss a class to observe a religious holiday, please submit the dates of your absence to me in writing by the end of the second full week of classes. You will be permitted to make up work within a mutually agreed-upon time.
  ▪ Family emergencies and illness: If there are circumstances under which you may be able to anticipate missing one or more classes due to potential family emergency or personal illness during the semester, please let me know this as soon as possible. Should you unexpectedly be faced with one of these issues, please communicate with me about it so that we can formulate a plan to ensure that you can make up the work in a timely manner.
• Consultation with other professionals will be recommended at times, and it is expected that these recommendations will be enacted.