Instructor: Johnny Burkhalter PhD  
Email: johnny.burkhalter@angelo.edu  
Phone: 325 942 2068  
Office: 401 d Ach bld  
Office Hours: tues 1-3

Course Information

Course Description  
This course will thoroughly explore counseling/therapy relationship with children and adolescents. The differences and similarities between adult therapy and therapy with younger clients will be illuminated. Special approaches and techniques will be taught. Particular emphasis will be placed on the Cognitive Behavioral approach.

Course Credits  
3 hours

Prerequisite and Co-requisite Courses  
“none.”

Prerequisite Skills  
Accessing Internet websites, using ASU Library resources, and proficiency with Zoom is required in this course.

Student Learning Outcomes

<table>
<thead>
<tr>
<th>Student Learning Outcome</th>
<th>Assignment(s) or activity(ies) validating outcome achievement:</th>
</tr>
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<tbody>
<tr>
<td>By completing all course requirements, students will be able to:</td>
<td>Assignments on blackboard, small group discussion on case studies, and class participation</td>
</tr>
<tr>
<td>1. Understand the development issues with children and adolescence as they relate to the therapy process.</td>
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</table>
### Student Learning Outcome
By completing all course requirements, students will be able to:

<table>
<thead>
<tr>
<th>Assignment(s) or activity(ies) validating outcome achievement:</th>
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<tbody>
<tr>
<td>2. Students will demonstrate working knowledge of the theoretical foundations of Cognitive behavioral therapy</td>
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<tr>
<td>3. Students will demonstrate understanding of CBT theory as it applies to children and adolescents.</td>
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### Course delivery:
This is a face to face course offering. The course will be supported by the assignment, and discussion links on the Blackboard Learning Management System. The course site can be accessed at ASU's Blackboard Learning Management System.

### Required Texts and Materials
Child and Adolescent Therapy Cognitive-Behavioral Procedures......Philip Kindall  Guilford Press

### Recommended Texts and Materials
none

### Technology Requirements
To participate in one of ASU’s distance education programs, you need this technology:
- A computer capable of running Windows 7 or later, or Mac OSX 10.8 or later
- The latest version of one of these web browsers: internet Explorer, Firefox, or Safari
- Microsoft Office Suite or a compatible Open Office Suite
- Adobe Acrobat Reader
- High Speed Internet Access
- Ethernet adapter cable required (wireless connections can drop during tests and Collaborate sessions)
- Webcam

Refer to Angelo State University’s Distance Education website for further technology requirements:
Angelo State University's Distance Education Website

### Topic Outline
Aug 17---general introductions, review of child and adolescence cognitive processes

Aug 24---review of theoretical principles of CBT
Aug 26—role of school, family, and other social supports in the process of therapy with children and adolescents. Historical background for therapeutic intervention with these populations.

Sept 2—read chapter 2. CBT with aggression in children, complete case treatment plan 1 posted under assignments on blackboard due Sept 7.

Sept 9—read chapter 3 CBT with Attention-Deficit/Hyperactivity Disorder complete case treatment plan 2 due Sept 14th

Sept 16—read chapter 4 Anger Management with Children and Adolescents, complete case treatment plan 3 due Sept 21.

Sept 23—read chapter 5 Anxiety Disorders in Youth, complete case treatment plan 4 due Sept 28

Sept 30—read chapter 6 Childhood Depression and complete case treatment plan 5 due Oct 5th

Oct 7—read chapter 7 Adolescent suicidal behavior complete case treatment plan 6 due Oct 12

Oct 17—read chapters 8 and 9 Obsessive Compulsive Disorders and Trauma-focused CBT for Children who have experienced sexual abuse complete case treatment plan due Oct 19

Oct 21—Read chapter 13 Dialectical Behavior Therapy with children and adolescence

Oct 28—Read chapter 14 Mindfulness Based treatment for Youth

Nov 4—Play therapy—good bad ugly??

Nov 11—Other evidence based Treatment modalities for children

...final exam tba and will be a case treatment plan

**Communication**

Faculty will respond to email and/or telephone messages within 24 hours during working hours Monday through Friday. Weekend messages may not be returned until Monday.

Written communication via email: All private communication will be done exclusively through your ASU email address. Check frequently for announcements and policy changes. In your emails to faculty, include the course name and section number in your subject line.
Virtual communication: Office hours and/or advising may be done with the assistance of the telephone, Collaborate, Skype, etc.

**Grading**

**Evaluation and Grades**
Course grades will be determined as indicated in the table below.

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<thead>
<tr>
<th>Assessment</th>
<th>Percent/Points of Total Grade</th>
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<tbody>
<tr>
<td>Class attendance and participation in class discussions</td>
<td>50</td>
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<tr>
<td>Case treatment plans. Most weeks a case study will be assigned. Case formulation and treatment plan that includes identification of goals, design intervention strategy utilizing CBT methodology will be due at the beginning of class each week.</td>
<td>25</td>
</tr>
<tr>
<td>Presentation in class of diagnostic topic and evidence based treatment modalities.</td>
<td>25</td>
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<tr>
<td>Total</td>
<td>100%</td>
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**Grading System**
Course grades will be dependent upon completing course requirements and meeting the student learning outcomes.

The following grading scale is in use for this course:
A = 90.00-100 points
B = 80.00-89.99 points
C = 70.00-79.99 points
D = 60.00-69.99 points
F = 0-59.99 points (Grades are not rounded up)

**Teaching Strategies**
Students are expected to be “active learners.” It is a basic assumption of the instructor that students will be involved (beyond the materials and lectures presented in the course) discovering, processing,
and applying the course information using peer-review journal articles, researching additional information and examples on the Internet, and discussing course material and clinical experiences with their peers.

**Assignment and Activity Descriptions**

*Please note: Rubrics for all assignments and activities are located at the end of this syllabus.

**Instructional Design (ID) Assignments:** Assignments to be completed will require the student to demonstrate knowledge and understanding of the chapter material. Factual as well as conceptual knowledge is required to make a passing grade.

**Assignment Submission**

All assignments MUST be submitted through the Assignments link in the Blackboard site. This is for grading, documenting, and archiving purposes. Issues with technology use arise from time to time. If a technology issue does occur regarding an assignment submission, email me at Johnny.Burkhalter@angelo.edu and attach a copy of what you are trying to submit. **Please contact the IT Service Center at (325) 942-2911 or go to your Technology Support tab to report the issue.** This lets your faculty know you completed the assignment on time and are just having problems with the online submission feature in Blackboard. Once the problem is resolved, submit your assignment through the appropriate link. This process will document the problem and establish a timeline. Be sure to keep a backup of all work.

**Late Work or Missed Assignments Policy**

All assignments will have a suspense date and time. No late offerings will be accepted without prior approval.

**General Policies Related to This Course**

All students are required to follow the policies and procedures presented in these documents:

- Angelo State University Student Handbook¹
- Angelo State University Catalog²

**Student Responsibility and Attendance**

This class is synchronous, meaning you do have to be on-line at a certain time. There are readings which you will have to complete to be able to adequately participate in individual and group assignments. In order to complete this course successfully, you do have to participate in all course activities. Students are expected to engage in course activities and submit work by due dates and times. The hope is that students will make substantive contributions which reflect integration of assigned materials as well as any outside readings as appropriate. Scholarly contribution is an expectation. For planning purposes, this class will probably require a minimum of 4-6 study/work
hours per week on average.

**Academic Integrity**
Students are expected to maintain complete honesty and integrity in all work. Any student found guilty of any form of dishonesty in academic work is subject to disciplinary action and possible expulsion from ASU.

The College of Health and Human Services adheres to the university’s Statement of Academic Integrity.

**Accommodations for Students with Disabilities**
ASU is committed to the principle that no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefits of the services, programs or activities of the university, or be subjected to discrimination by the university, as provided by the Americans with Disabilities Act of 1990 (ADA), the Americans with Disabilities Act Amendments of 2008 (ADAAA) and subsequent legislation.

Student Disability Services is located in the Office of Student Affairs, and is the designated campus department charged with the responsibility of reviewing and authorizing requests for reasonable accommodations based on a disability. It is the student’s responsibility to initiate such a request by contacting an employee of the Office of Student Affairs, in the Houston Harte University Center, Room 112, or contacting the department via email at ADA@angelo.edu. For more information about the application process and requirements, visit the Student Disability Services website. The employee charged with the responsibility of reviewing and authorizing accommodation requests is:

Dallas Swafford  
Director of Student Disability Services  
Office of Student Affairs  
325-942-2047  
dallas.swafford@angelo.edu  
Houston Harte University Center, Room 112

**Incomplete Grade Policy**
It is policy that incomplete grades be reserved for student illness or personal misfortune. Please contact faculty if you have serious illness or a personal misfortune that would keep you from completing course work. Documentation may be required. See ASU Operating Policy 10.11 Grading Procedures for more information.
Plagiarism
Plagiarism is a serious topic covered in ASU’s Academic Integrity policy in the Student Handbook. Plagiarism is the action or practice of taking someone else’s work, idea, etc., and passing it off as one’s own. Plagiarism is literary theft.

In your treatment plans should represent independent work, do not consult with fellow students on this assignment until class time.

Assessments are subject to be evaluated for originality. Resources to help you understand this policy better are available at the ASU Writing Center.

Student Absence for Observance of Religious Holy Days
A student who intends to observe a religious holy day should make that intention known in writing to the instructor prior to the absence. See ASU Operating Policy 10.19 Student Absence for Observance of Religious Holy Day for more information.

Copyright Policy
Students officially enrolled in this course should make only one printed copy of the given articles and/or chapters. You are expressly prohibited from distributing or reproducing any portion of course readings in printed or electronic form without written permission from the copyright holders or publishers.

Syllabus Changes
The faculty member reserves the option to make changes as necessary to this syllabus and the course content. If changes become necessary during this course, the faculty will notify students of such changes by email, course announcements and/or via a discussion board announcement. It is the student’s responsibility to look for such communications about the course on a daily basis.

Title IX at Angelo State University
Angelo State University is committed to providing and strengthening an educational, working, and living environment where students, faculty, staff, and visitors are free from sex discrimination of any kind. In accordance with Title VII, Title IX, the Violence Against Women Act (VAWA), the Campus Sexual Violence Elimination Act (SaVE), and other federal and state laws, the University prohibits discrimination based on sex, which includes pregnancy, and other types of Sexual Misconduct. Sexual Misconduct is a broad term encompassing all forms of gender-based harassment or discrimination and unwelcome behavior of a sexual nature. The term includes sexual harassment, nonconsensual sexual contact, nonconsensual sexual intercourse, sexual assault, sexual exploitation, stalking, public indecency, interpersonal violence (domestic violence or dating violence), sexual violence, and any other misconduct based on sex.

You are encouraged to report any incidents involving sexual misconduct to the Office of Title IX Compliance and the Director of Title IX Compliance/Title IX Coordinator, Michelle Boone, J.D. You may submit reports in the following manner:

Online: www.angelo.edu/incident-form
Face to face: Mayer Administration Building, Room 210
Phone: 325-942-2022
Note, as a faculty member at Angelo State, I am a mandatory reporter and must report incidents involving sexual misconduct to the Title IX Coordinator. Should you wish to speak to someone in confidence about an issue, you may contact the University Counseling Center (325-942-2371), the 24-Hour Crisis Helpline (325-486-6345), or the University Health Clinic (325-942-2171).

For more information about resources related to sexual misconduct, Title IX, or Angelo State’s policy please visit: www.angelo.edu/title-ix.

**Course Schedule**

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<tr>
<th>Week/Date</th>
<th>Topic/Assignments/Assessments DUE</th>
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**Grading Rubrics**

**Student Evaluation of Faculty and Course**

Students in all programs are given the opportunity to evaluate their courses and the faculty who teach them. Evaluations are most helpful when they are honest, fair, constructive, and pertinent to the class, clinical experience, or course. Faculty value student evaluations, and use student suggestions in making modifications in courses, labs and clinical experiences.

Angelo State University uses the IDEA (Individual Development and Educational Assessment) system administered through Kansas State University for all course evaluations. The Office of Institutional Research and Assessment administers IDEA for the entire university, online and has established a policy whereby students can complete course evaluations free from coercion.

**Select the SLO’s you use**
1. Gaining a basic understanding of the subject (e.g., factual knowledge, methods, principles, generalizations, theories)
2. Developing knowledge and understanding of diverse perspectives, global awareness, or other cultures
3. Learning to apply course material (to improve thinking, problem solving, and decisions)
4. Developing specific skills, competencies, and points of view needed by professionals in the field most closely related to this course
5. Learning how to find, evaluate, and use resources to explore a topic in depth
6. Developing ethical reasoning and/or ethical decision making

End of Syllabus

1https://www.angelo.edu/student-handbook/
2https://www.angelo.edu/catalogs/
3https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php
4https://www.angelo.edu/services/disability-services/
5https://www.angelo.edu/content/files/14197-op-1011-grading-procedures
6https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php
7https://www.angelo.edu/dept/writing_center/academic_honesty.php
8https://www.angelo.edu/content/files/14206-op-1019-student-absence-for-observance-of