

# PSYCHOTHERAPY LABORATORY (RSLB)

## Courses

### RSLB 613 - Child and Adolescent Therapy

**Credits 3**

This course is designed to help the student learn basic principles of therapy with children and adolescents. In addition, the course will provide an overview of the major categories of psychopathology relevant to children and adolescents, and how to effectively address them. **Note(s):** Elective. **Grade Mode:** A.

**Restriction(s):** Must be Rosemead Sch of Psychology; and Graduate Level or Doctoral Level.

### RSLB 631 - Psychodynamic Therapy I

**Credits 3**

An in-depth study of the process of therapy based on psychoanalytic developmental theory and giving special attention to the concepts of transference, counter-transference and interpretation. **Note(s):** Elective. **Grade Mode:** A.

**Prerequisite(s):** RSPY 515 and participation in individual training therapy.

**Restriction(s):** Must be Rosemead Sch of Psychology; and Graduate Level or Doctoral Level.

### RSLB 632 - Psychodynamic Therapy II

**Credits 3**

Continuation of RSLB 631. **Note(s):** Elective. **Grade Mode:** A.

**Prerequisite(s):** RSLB 631.

**Restriction(s):** Must be Rosemead Sch of Psychology; and Graduate Level or Doctoral Level.

### RSLB 641 - Group Psychotherapy

**Credits 3**

This course will explore the science and art of interpersonal process group therapy as well as group therapy with substance abusers. The course will focus on understanding the group process and group as social microcosm; artful group facilitation in the here-and-now; and adapting group work to the needs of various groups, populations, and stages of change. The course will also include an experiential component, with all students participating in an interpersonal process group experience. Students will develop group facilitation skills, sensitivity to group process issues, and an understanding of the merits and drawbacks of curriculum-based group treatment. **Note(s):** Elective. **Grade Mode:** A.

**Restriction(s):** Must be Rosemead Sch of Psychology; and Graduate Level or Doctoral Level.

### RSLB 654 - Clinical Neuropsychology

**Credits 3**

The focus of this course is to introduce students to clinical neuropsychological diagnoses while providing them with a basic understanding of the brain areas implicated. This course will also focus on promoting beginner neuropsychological-assessment competency. It is designed to introduce students to neuropsychological assessment tools in the following areas: Attention, Executive Functioning, Language, Memory, Visuospatial Skills, and Motor Ability; as well as integrate assessments of Intelligence, Achievement, Emotions and Personality. The overall purpose of this course is for students to develop basic competencies in the administration, scoring, and interpretation of the instruments included in a comprehensive neuropsychological assessment battery. This course is also designed to help students continue developing foundational competencies in the following key areas: describing examinee mental status and behaviors, conducting clinical interviews, integrating assessment data, articulating case conceptualizations, and writing psychological reports. Furthermore, it is designed to help students develop multicultural competencies in the area of clinical neuropsychological assessment, emphasizing the diversity domains of age, gender, ethnic and racial identity, and developmental disabilities and disabilities acquired later in life. **Note(s):** Elective. **Grade Mode:** A.

**Restriction(s):** Must be Rosemead Sch of Psychology; and Graduate Level or Doctoral Level.

**Course Fee:** \$100.

### RSLB 671 - Marriage and Family Therapy

**Credits 3**

This course is designed to help the student learn the basic principles of family therapy and will give the student a foundational understanding and application of theory and related assessment and intervention techniques. **Note(s):** Elective. **Grade Mode:** A.

**Restriction(s):** Must be Rosemead Sch of Psychology; and Graduate Level or Doctoral Level.

### RSLB 676 - Emotionally Focused Therapy for Couples

**Credits 3**

Students will learn theoretically grounded and empirically supported intervention models and related intervention strategies for the clinical treatment of distressed couples. The clinical model will be based primarily on Susan Johnson's model of Emotionally Focused Therapy (EFT) for Couples. Research has shown EFT to be effective in reducing couple distress at the conclusion of treatment and follow up, even when one partner has a secondary diagnosis (e.g., depression, GAD, PTSD). The course will include special considerations in couples therapy related to religion/spirituality, gender, sexual identity and orientation, and culture. Special issues of abuse, affairs, and addictions in the treatment of couples will also be addressed. **Note(s):** Elective.

**Grade Mode:** A.

**Restriction(s):** Must be Rosemead Sch of Psychology; and Graduate Level or Doctoral Level.

### RSLB 705 - Brief Psychodynamic Therapy

**Credits 3**

The course applies recent research and theory in contemporary brief psychodynamic therapies focusing on Time Limited Dynamic Therapy. The modality framework will be TLDP, but we will generally draw on attachment theory, affective-experiential processing, neuroscience, and relational psychoanalysis. We will address cultural and spiritual issues as they arise in the clinical work. Students will meet weekly with a T.A. for supervision and write up case reports. **Grade Mode:** A.

**Restriction(s):** Must be Rosemead Sch of Psychology; and Graduate Level or Doctoral Level.

**RSLB 707 - Cognitive Behavior Therapy** **Credits 3**

This course will prepare the student to conduct individual psychotherapy with adults from a cognitive behavioral perspective. Theoretical underpinnings of the orientation will be considered. Cognitive behavioral therapy will be presented as an evidence-based practice modality. The emphasis of the course will be on case conceptualization and a variety of intervention techniques employed by practitioners in the cognitive behavioral tradition, particularly in the treatment of mood, anxiety, and personality disorders. **Grade Mode:** A. **Restriction(s):** Must be Rosemead Sch of Psychology; and Graduate Level or Doctoral Level.

**RSLB 708 - Dialectical Behavior Therapy Skills for Individual Therapy** **Credits 3**

This course is designed to introduce students to the theory of Dialectical Behavior Therapy (DBT) and the practice of applying Dialectical Behavior Therapy skills within an individual therapy/private practice context (DBT proper requires a treatment team and is typically administered within a hospital setting). Although the DBT treatment protocol was originally developed to treat borderline personality disorder, this class will explore the research and practice of DBT skills for a variety of conditions. **Grade Mode:** A.

**Restriction(s):** Must be Rosemead Sch of Psychology; and Graduate Level or Doctoral Level.

**RSLB 715 - Current Psychotherapies** **Credits 3**

This course focuses each time it is offered on a specific therapy not regularly included in Rosemead's curriculum. Teaching personnel are drawn from the professional community of active practitioners of the specific modality to be considered. **Note(s):** Elective; may be retaken for credit. **Grade Mode:** A.

**Restriction(s):** Must be Rosemead Sch of Psychology; and Graduate Level or Doctoral Level.

**Repeat Limit (after first attempt):** 10.

**RSLB 716 - Psychology in Medical Settings** **Credits 3**

This course is designed to prepare clinical psychology students to work as part of an interdisciplinary primary care team. Using a biopsychosocial framework, students will learn to deliver brief, evidence-based behavioral health interventions within a fast-paced medical environment. Emphasis is placed on Cognitive Behavioral Therapy and Motivational Interviewing techniques for addressing health-related behaviors, stress management, and coping with medical conditions. Students receive supervised clinical experience at the Biola University Student Health Center, document interventions and recommendations in the patient's medical record, and gain practical experience in collaborative care and integrated health service delivery. **Grade Mode:** A.

**Restriction(s):** Must be Rosemead Sch of Psychology; and Graduate Level or Doctoral Level.