

# Psychology Department Spring 2023 New Courses

**\*Psych 381: Diversity in the Modern World** (Tuesdays from 1:40 - 4:30, in person, with Professor Jennifer Valad )

This course is designed to introduce students to the diverse world we live in and how diversity shapes us. The class will be broken into 3 parts. First, students will look at the current knowledge that influences our society and how this needs to be reassessed and more inclusive. Next, we will look at how diversity is changing the fields of education and clinical psychology. Last, we will look at examples of diverse groups and understand ways to create an inclusive environment for all.

**\*Psych 381: Evidence-Based Psychotherapies.** (Monday, Wednesday 10:45-noon, in person, with Dr. Usha Barahmand)

This seminar is designed to provide an in-depth understanding of time-limited, empirically validated interventions for specific disorders. This course will focus on five empirically supported interventions: Behavioral Activation (BA), Cognitive-Behavioral Therapy (CBT), Emotion-Focused Therapy (EFT), Interpersonal Therapy (IPT), Dialectical Behavior Therapy (DBT) and Acceptance Commitment Therapy (ACT). Case vignettes and treatment sessions will be examined to gain a better understanding of the application of the specific therapies. Class meetings will consist mainly of facilitated discussions and student-led presentations on the theoretical concepts applied, the cognitions, emotions and behaviors targeted and what the therapist says or does in the treatment.

*\* These count as electives towards Psych major/minor and **can be repeated** because the topics vary!!*