

COUN 597/697: Self-Injurious Behavior: Conceptualization and Treatment Online Winter Mini 2015

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Office Hours: as arranged between student and instructor

Course Description: This course provides advanced masters and doctoral students with knowledge of appropriate use of conceptualization and treatment skills with individuals who employ self-injury as a means of self-regulation. Students will learn conceptualization skills and therapeutic interventions facilitative in working with self-injurious behavior. Students also will engage in online reading assignments and discussion that will facilitate learning.

Textbooks:

Readings will be assigned on class.

Recommended Reading (but not required):

Conterio, K. & Lader, W. (1998). *Bodily harm: The breakthrough healing program for self-injurers*. Hyperion: New York, NY.

Walsh, B.W. (2014). *Treating self-injury: A practical guide* (2nded). Guilford Press: New York, NY.

Course Objectives: Students will demonstrate:

1. Increased knowledge of self-injury as an emotional regulation technique;
2. Expanded understanding of concepts like attachment, anxiety and depression;
3. Understanding of DSM 5 definitions and diagnostic criteria for self-injury;
4. Understanding of relationship between nonsuicidal self-injury and other self-harming behaviors;
5. Improvement in working with “clients” in who employ self-injury.

Attendance Policy

All class meetings are online and evaluation of attendance is completed through successful completion of weekly discussion questions. With this said, students are expected to attend all classes. This class is completely online and interactive in nature and thus it demands consistent attendance.

Students with Disabilities:

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services
Texas A&M University-Commerce
Gee Library Rm 132
Phone (903) 886-5150 or (903) 886-5835
Fax (903) 468-8148
StudentDisabilityServices@tamuc.edu

CONDUCT AND ACADEMIC HONESTY

"All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment." (See Student's Guide Handbook, Policies and Procedures, Conduct) "Graduate students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all their scholastic work." (See Section A13.12, Academic Honesty, A&M-Commerce Procedures.)

UNIVERSITY CLOSING DUE TO WEATHER

Check <http://www.tamu-commerce.edu/> regarding class cancellations. Also, KETR radio on 88.9 FM and television channels 4, 5, and 8 (channel 7 for Tyler & Longview Area).

COURSE REQUIREMENTS AND GRADING:

1. Course Discussion Questions

Each week students will respond to a primary discussion prompt as well as at least two discussion responses by fellow classmates.

2. Summation Paper

Each student will complete an APA formatted paper summarizing their individual learning experience around self-injurious behavior. The paper will be eight pages of text not including APA title page and reference page.

Grade Distribution:

Discussion Question 1	20 points
Discussion Question 2	20 points
Discussion Question 3	20 points
<u>Summation Paper</u>	<u>40 points</u>
Total	100 points

Flexible Course Calendar

Week 1(December 15-December 19)

- Assigned readings:
Simpson , C. (2014). *Cutting and self-harm: Definitions, History and Basic Characteristics, Definitions and important terminology*;
Smith, N.B. (2014). The role of trauma symptoms in nonsuicidal self-injury. *Trauma Violence Abuse*, 15(41). DOI: 10.1177/1524838013496332
- **Discussion Question 1 due on December 18**

Week 2 (December 29-January 2)

- Assigned reading:
Simpson, C. (2014). *Responding to self-injury*;
Simpson, C. (2014). *Self-injury and other conditions*
- **Discussion Question 2 due on January 2**

Week 3 (January 5-January 8)

- Assigned reading:
Simpson, C. (2014). *Treatment and prevention of self-injury*;
Simpson, C. (2014). *Psychopharmacological treatment of self-injury*
- **Discussion Question3 due on January 8**
- **Summation Paper due on January 8**