Document N: Course and Program Development:
IMPACT AND APPROVAL SIGNATURES
See Course and Program Development Policy and Procedures (www.ubalt.edu/provost) for instructions.

SCHOOL:  
- LAW  - MSB  - CAS  - CPA

CONTACT NAME: Elaine  PHONE: Johnson

DEPARTMENT/DIVISION: Applied Behavioral Sciences  DATE PREPARED: 10/7/11

PROPOSED SEMESTER OF IMPLEMENTATION:  
- fall  - spring  YEAR: 2012

TYPE OF ACTION:  
- add (new)  - deactivate  - modify  - other

LEVEL OF ACTION:  
- noncredit  - undergraduate  - graduate  - other

ACTION BEING REQUESTED (select one category, either Course Actions or Program Actions):

- COURSE ACTIONS

Original Subject Code/Course Number:
APPL 663

Original Course Title:
Treatment of Depressive Disorders

Select one or multiple actions from one of the lists below (review the list of necessary documents and signatures):

- 1. Experimental Course
- 2. Course Title
- 3. Course Credits
- 4. Course Number
- 5. Course Level
- 6. Pre- and Co-Requisite
- 7. Course Description
- 8. New Course
- 9. Deactivate Course
- 22. Other

- PROGRAM ACTIONS

Original Program Title:

Select one or multiple actions from one of the lists below (review the list of necessary documents and signatures):

- 10. Program Requirements
- 11a. Undergraduate Specialization (24 credits or fewer)
- 11b. Master's Specialization (12 credits or fewer)
- 11c. Doctoral Specialization (18 credits or fewer)
- 12. Minor (add or delete)
- 13. Closed Site Program
- 14. Program Suspension
- 15. Program Reactivation
- 16a. Certificate Program (UG/G) exclusively within existing degree program
- 16b. Certificate Program (UG/G) outside of or across degree programs (12 or more credits)
- 17. Off-Campus Delivery of Existing Programs
- 18a. Undergraduate Concentration (exceeds 24 credits)
- 18b. Master's Concentration (exceeds 12 credits)
- 18c. Doctoral Concentration (exceeds 18 credits)
- 19. Program Title Change
- 20. Program Termination
- 21. New Degree Program
- 22. Other

ADDITIONAL DOCUMENTATION (check all appropriate boxes of documents included; review the list of necessary documents):

- summary proposal (O)  - course definition document (P)  - full five-page MHEC proposal (Q)
- financial tables (MHEC) (R)  - other documents as may be required by MHEC/USM (S)  - other (T)
**IMPACT REVIEW (review the list of necessary signatures):**

<table>
<thead>
<tr>
<th>Impacted Entity</th>
<th>Signature</th>
<th>Date</th>
</tr>
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<tbody>
<tr>
<td>a. Library</td>
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<tr>
<td>□ no impact</td>
<td>□ no impact statement attached</td>
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<tr>
<td>b. OTS</td>
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<tr>
<td>□ no impact</td>
<td>□ no impact statement attached</td>
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<tr>
<td>c. University Relations</td>
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<td>□ no impact</td>
<td>□ no impact statement attached</td>
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<td>d. Admissions</td>
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<td>e. Records</td>
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</tr>
<tr>
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<td>□ no impact statement attached</td>
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</tr>
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</table>

**APPROVAL SEQUENCE (review the list of necessary signatures):**

<table>
<thead>
<tr>
<th>Approval Level</th>
<th>Signature</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Department/Division (Chair)</td>
<td>Deborah Koh</td>
<td>11-19-11</td>
</tr>
<tr>
<td>B. General Education (for No. 7, 8)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>C. Final Faculty Review Body Within Each School (Chair)</td>
<td>Kathryn Summers</td>
<td>11/3/11</td>
</tr>
<tr>
<td>D. Dean</td>
<td></td>
<td>11/28/11</td>
</tr>
<tr>
<td>E. University Faculty Senate (Chair)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>F. University Council (Chair)¹</td>
<td></td>
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</tr>
<tr>
<td>G. Provost and Senior Vice President for Academic Affairs</td>
<td>Beverly Schnell</td>
<td>2/5/11</td>
</tr>
<tr>
<td>H. President</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I. Board of Regents (notification only)</td>
<td></td>
<td></td>
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<tr>
<td>J. Board of Regents (approval)</td>
<td></td>
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<tr>
<td>K. MHEC (notification only)</td>
<td></td>
<td></td>
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<tr>
<td>L. MHEC (approval)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>M. Middle States Association notification</td>
<td>Required only if the University's mission is changed by the action</td>
<td></td>
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</table>

¹ University Council review (for recommendation to the president or back to the provost) shall be limited to curricular or academic policy issues that may potentially affect the University's mission and strategic planning, or have a significant impact on the generation or allocation of its financial resources.
**Document O: Course and Program Development: SUMMARY PROPOSAL**

See Course and Program Development Policy and Procedures (www.ubalt.edu/provost) for instructions.

**SCHOOL:**
- [ ] LAW
- [ ] MSB
- [ ] CAS
- [ ] CPA

**CONTACT NAME:** Elaine

**PHONE:** Johnson

**DEPARTMENT/DIVISION:** Applied Behavioral Sciences

**DATE PREPARED:** 10/7/11

**PROPOSED SEMESTER OF IMPLEMENTATION:**
- [ ] fall
- [ ] spring

**YEAR:** 2012

**ACTION BEING REQUESTED** (select one category, either Course Actions or Program Actions):

- [ ] COURSE ACTIONS
- [ ] PROGRAM ACTIONS

**Original Subject Code/Course Number:** APPL 663

**Original Course Title:** Treatment of Depressive Disorders

Select one or multiple actions from one of the lists below (review the list of necessary documents and signatures):

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<td></td>
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</tr>
</tbody>
</table>

**For changes to existing courses:**

<table>
<thead>
<tr>
<th>OLD TITLE</th>
<th>SUBJECT CODE/COURSE NO.</th>
<th>CREDITS</th>
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</thead>
<tbody>
<tr>
<td>Special Topics: Topics in Counseling: Depression</td>
<td>APPL 629</td>
<td>3</td>
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<tr>
<td>NEW TITLE</td>
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<td></td>
</tr>
<tr>
<td>Treatment of Depressive Disorders</td>
<td>APPL 663</td>
<td>3</td>
</tr>
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</table>

Summer 2010
Create a new, permanent course, APPL 663, Treatment of Depressive Disorders.

Licensed Professional Counselors in Maryland are required to take one 3-credit graduate course in "Psychotherapy and Treatment of Mental Disorders." UB has in the past offered just one course (APPL 616, Advanced Treatment Techniques) to meet this licensure requirement. Recently, we have expanded our course offerings to include more in-depth coverage of psychotherapy for different clinical problems. Research-based treatment techniques for the depressive disorders have expanded significantly in recent years. These constitute one of the most pervasive mental health problems. In addition, more severe disorders often present as depression. Knowledge about differential diagnosis and treatment techniques for this array of problems are vital to training of professional counselors.

We have offered this course for two years under the special topics course number above (APPL 629) and student response has been enthusiastic. This course meets the Maryland Board of Professional Counselors and Therapists' criteria for its required "psychotherapy" area.
1. DATE PREPARED

10/7/2011

2. PREPARED BY

Elaine Johnson

3. DEPARTMENT/DIVISION

Applied Behavioral Sciences

4. COURSE NUMBER(S) with SUBJECT CODE(S)

APPL 663

5. COURSE TITLE

Treatment of Depressive Disorders

6. CREDIT HOURS

3

7. CATALOG DESCRIPTION

This course is designed to provide students with knowledge and skills in current evidence-based approaches to treatment of depressive disorders, and of more complex disorders that often present as depression, such as borderline personality disorder. Cognitive and cognitive behavioral treatments are emphasized, though other theoretical approaches are noted. The class is designed for advanced graduate students in counseling, and meets the State of Maryland LCPC licensure requirement for a course in psychotherapy and treatment of mental disorders.

8. PREREQUISITES

APPL 605, 606, 610 or their equivalents

9. COURSE PURPOSE (how the course is to be used in the curriculum; e.g., required for the major, elective, etc.)

This course will be taken by students in the counseling track of the M.S. in Applied Psychology, as an elective course, or by students in the Certificate in Professional Counseling Studies program, who are preparing for licensure as Licensed Clinical Professional Counselors in Maryland. It is a requirement for licensure in Maryland, and will convey vital knowledge for working with some of the most common and most challenging mental disorders encountered by practitioners.

10. GENERAL EDUCATION AREA (if applicable; e.g., social sciences, humanities, mathematics, etc.)

Summer 2010
11. COURSE TYPE/COMPONENT (clinical, continuance, discussion, field studies, independent study, laboratory, lecture, practicum, research, seminar, supervision, thesis research, tutorial or workshop; this must match PeopleSoft 9.0 coding, so check with your dean's office if you are unsure of the correct entry)

Lecture/discussion and laboratory

12. FACULTY QUALIFIED TO TEACH COURSE

Elaine Johnson, Ph.D., Courtney Gasser, Ph.D., David Goode-Cross, Ph.D.

13. CONTENT OUTLINE

1. The Spectrum of Depressive Disorders — The Differential Diagnosis
2. Conceptualization and Treatment Planning
3. Cognitive Treatment Overview
4. Cultural Issues & Collaboration in Treatment
5. Identifying Automatic Thoughts & Emotions
6. Evaluating and Responding to Automatic Thoughts
7. Identifying and Modifying Intermediate Beliefs & Core Beliefs
8. Schemas, Cognitive Restructuring, & Schema- Focused Therapy
9. Depression, Trauma, and "Personality" Disorders
10. Dialectical Behavior Therapy: Dialectical Dilemmas and Overview of Treatment
11. DBT Core Treatment Strategies
12. DBT Stylistic Strategies
13. DBT: Special Treatment Strategies

14. LEARNING GOALS

At the conclusion of this course, the students will be able to:

1. Describe the major steps in assessment, conceptualization and theory-based treatment planning for psychological problems in the general adult population.
3. Describe important considerations in the differential diagnosis for the depressive disorders, including the diagnosis of major depression.
4. Describe and implement the major components of cognitive therapy for depression.
5. Describe ways in which depression, trauma, and borderline personality disorder may be related, according to current theory.
6. Describe the major components of dialectical behavior therapy in the treatment of borderline personality disorder (BPD).

15. ASSESSMENT STRATEGIES

Summer 2010
May include:
Class participation, Exams, Student Presentations, and Papers

16. SUGGESTED TEXT(S) and MATERIALS (e.g. textbooks, equipment, software, etc., that students must purchase)


17. SPECIAL GRADING OPTIONS (if applicable)

n/a

18. SUGGESTED CLASS SIZE

12-18

19. LAB FEES (if applicable)

Lab fee may be required

Summer 2010