



3. Name and execute a variety of tec



## OVERVIEW OF FINAL GRADE COMPOSITION

Assignment	%
Reading summaries	36%
Paper	40%
Participation	24%
<b>TOTAL:</b>	<b>100%</b>

## LETTER GRADE

Grade	Percent Equivalent
A	92-100
A-	90-91
B+	88-89
B	82-87
B-	80-81
C+	78-79
C	72-77
C-	70-71
D+	68-69
D	62-67
D-	60-61
F	<59%

## COURSE POLICIES

### Incompletes

If you do not complete all requirements for this course by the end of the semester, you will receive an incomplete. All requirements must then be completed within one semester. If said requirements are met by that time your grade will be changed accordingly.

### Class Attendance

Attendance is mandatory. Please arrive on time. If you are going to be late or miss a meeting, please notify me in advance.

### Class Communication

The Instructor will communicate to the student through email and Blackboard about class announcements, changes to the course schedule (including class cancellations), and grades. It  
announcements.

### Additional Rules

Grade disputes must be submitted in writing to be considered. Grievances about the course and/or instructor should be brought up with the instructor first to resolve the matter, prior to discussing the matter with the d  
administration.

## TENTATIVE READING LIST

Readings will be made available in advance on Blackboard. Any changes made to the reading list will be made at least two weeks before readings are due.

### **Week 1**

No readings.

### **Week 2**

Hofmann, S.G., & Asmundson, G.J. (2008). Acceptance and mindfulness-based therapy: New



Linehan, M. M. (1993). Chapter 4: Overview of treatment: Targets, strategies, and assumptions in a nutshell. *Cognitive behavioral treatment of borderline personality disorder*. New York, NY: Guilford.

Chapman, A. L. (2006). Acceptance and mindfulness in behavior therapy: A comparison of Dialectical Behavior Therapy and Acceptance and Commitment Therapy. *International Journal of Behavioral Consultation and Therapy*, 2, 308-312.

Linehan, M. M., Comtois, K. A., Murray, A. M., Brown, M. Z., Gallop, R. J., Heard, H. L., ... & Lindenboim, N. (2006). Two-year randomized controlled trial and follow-up of dialectical behavior therapy vs therapy by experts for suicidal behaviors and borderline personality disorder. *Archives of General Psychiatry*, 63, 757-766.

Gratz, K.L., Tull, M.T., & Levy, R. (2014). Randomized controlled trial and uncontrolled 9-month follow-up of an adjunctive emotion regulation group therapy for deliberate self-harm among women with





## **UNIVERSITY POLICIES**

All students at the University of Toledo are expected to read, understand, and follow the academic policies that govern their attendance at the University. These policies include, but are not limited to, academic dishonesty, academic forgiveness, adding and dropping a course, grades and grading, and the missed class policy. Please use the following URL to read a comprehensive list of academic policies that pertain to you in this class and throughout your academic journey: <http://www.utoledo.edu/policies/academic/undergraduate/>

