This course provides an overview of stress psychophysiology, sources of stress, and stress management intervention. In addition to lecture material, students will engage in a variety of experiential activities involving self-monitoring of stressors and stress responses, as well as learning stress management techniques such as stress exposure reduction, relaxation training, assertiveness, time management, and health behavior change (Prerequisite: Psy 1010).

**Course Objectives:**
After completion of this course, students will:
- Have an understanding of stress psychophysiology
- Have an understanding of assessment strategies in stress management
- Have an understanding of basic behavior change and self-management principles relevant to stress management
- Be able to engage in a variety of stress- and self-management strategies

**Required texts:**

**Tentative class schedule:**

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<tr>
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Syllabus

Psych. 3330-002: Stress Management
Instructor: Paula Williams, Ph.D.

Spring, 2013
TuTh 2-3:20 pm
Beh S 102
TA: Carrie Baron
Email: carolynne.baron@psych.utah.edu

This syllabus describes the Honors section of a course that provides an overview of stress psychophysiology, sources of stress, and stress management intervention [Honors section additions are highlighted]. In addition to lecture material, students will engage in a variety of experiential activities involving self-monitoring of stressors and stress responses, as well as learning stress management techniques such as stress exposure reduction, relaxation training, assertiveness, time management, and health behavior change (Prerequisite: Psy 1010). In addition to the basic requirements, Honors students will also 1) do advanced readings for each assignment; 2) write a final paper focused on review of the empirical literature on a topic focused on stress or stress management intervention (to be approved by the instructor).

Course Objectives:
After completion of this course, students will:
- Have an understanding of stress psychophysiology
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- Be able to engage in a variety of stress- and self-management strategies

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Pretzer & Beck (2007)

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Kristeller (2007);

Kiecolt-Glaser et al. (2010)

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3/19 Other Relaxation Techniques

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3/21 EXAM II [Ch. 5-7, 9-11]

3/26 Enhancing recovery & restoration

Ch. 13, Sime (2007)

3/28 Exercise

4/2 Health Behavior Change

Ch. 14, Ch. 6 pp. 127-137

4/4 Application: Changing health behaviors

4/9 Buffering Stress: Positive activities, social support

4/11 Spirituality

Ch. 9

4/16 Relapse Prevention

Larimer et al. (1999)

4/18 Specific stress issues: Diversity, Occupation

Ch. 15, 16

4/23 Specific stress issues: Family

Ch. 17

4/30 Assignment 4 due

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Final Paper: 12-15 page (not including references) review of the empirical literature on a topic of your choice focused on stress or stress management (e.g., the efficacy of a specific component of stress management, the role of stress in a particular disorder) (topic to be approved by instructor).

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