FACULTY OF HEALTH
Psychology 4060.06 D  COUNSELLING PSYCHOLOGY
Tuesday, 2:30-5:30, FC-105

Course director: Diane Lawless
Office number: 277 BSB
Office Hours: Tuesday 1:30-2:30 by appt.
E-mail: dlawless@yorku.ca
Secretary: Agnes Levstik – 281 BSB - 736-5125
Prerequisites: Psyc 2130 3.0 and Psyc 3140 3.0


2. Additional Readings: To be assigned in class

Course Objectives: The purpose of the course is to provide an introduction to different approaches to psychotherapy and counselling and to allow students to begin to formulate their personal view on counselling.

Class format: The classes will be in the form of a seminar. The first half of the course will include lectures, case studies, class discussion, videos and experiential exercises to help stimulate learning of therapeutic approaches. The second half of the course will involve student presentations on various topics recommended by the course director and chosen by the student.

Moodle: You are responsible for checking moodle.yorku.ca frequently for assignment guidelines, notes, and other key class updates and information.

Evaluation: Personal Theory paper (7%) First draft due: Oct. 4, 2011
Editorial comments (3%) Oct. 18, 2011
Second draft due: Oct. 25, 2011

Film review (3%)

In-Class tests: Test #1 (19%) November 1, 2011
Test #2 (22%) January 20, 2012

Seminar Presentation (14%) TBA
Final Paper on presentation (20%) March 27, 2012
Class participation (12%)
Information on Academic Honesty, Student Conduct Standards, Religious Observance Accommodation and Accommodations for Students with Disabilities:
It is also expected that students are familiar with the Senate Committee on Curriculum & Academic Standards webpage-
(http://www.yorku.ca/secretariat/senate_cte_main_pages/ccas.htm)

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**DESCRIPTION OF COURSE REQUIREMENTS**

**Personal Theory Paper** (7%) First draft: October 4, 2011. Second draft: October 25, 2011

This is a maximum four page (double-spaced) paper outlining your own theory of personality and counselling. Describe in your own words your view of personality, important factors that contribute to personality development and the essential features necessary to explain how we function. Try and discern the underlying assumptions of human nature. Include a discussion about what you think motivates human beings. In addition, describe your theory of counselling and show how it is related to your theory of personality. What do you think is necessary for psychotherapy to be effective? What are important factors for facilitating change? Outline what you would emphasize in therapy, the topics you feel would be important to cover and the types of information you feel you would need to have in order to work effectively with your client. Identify and define up to four core constructs that guide the way you think about psychotherapy.

N.B.: It is important that this material reflect your own thinking. Do not describe an existing theory. Do not refer to any texts. Write in the first person.

The first draft of the paper is due October 4, 2011. It will be edited by a peer in your class. After receiving your peer-reviewed feedback, make any
changes you think are necessary. Hand in both the first draft (along with your peer-editor’s comments) and the second draft during class on October 25, 2011.

**Editorial Comments (3%)**
Return to writer by October 18, 2011

You will read one of your colleague’s Personality Theory paper. Provide the writer with comments and questions that you believe will help them to express their ideas more clearly and effectively. Type your comments on a separate sheet of paper. Hand the comments and the original paper back to the writer by October 18. You will be graded on the clarity and usefulness of your own feedback. N.B.: Your promptness regarding turn-around-time is very important.

**Film review (3%)**
A part of each class will be devoted to a film review. Students will sign up to be a discussant. Film discussants will need to preview the film. All films are available in the York library. Because viewing time is limited to 20 minutes, you will need to select a portion of the film you believe would be most useful for the class to see. After the class views the selected portions, you will give your reactions to the film as a means of stimulating class discussion. N.B.: This is NOT a presentation. Your objective is to help facilitate a class discussion. Please note: the library takes reserved films off of the shelf 1 week prior to the viewing date. This means students will need to review their films on an earlier date.

**In Class tests**
Test #1 (19%) November 1, 2011
Test #2 (22%) January 20, 2012
These tests will consist of multiple choice, short answer and essay style questions covering the text and supplemental chapters covered to date. The second test is not cumulative.

**Seminar Presentation (14%)** January 27 to March 27, 2012
Each student is expected to make a presentation to the rest of the class in the second term. Your one-hour presentation will be done in a group of three people. The presentation can include lecture, audiovisual material, exercises, and guided group discussion. A list of suggested topics will be provided. Feel free to discuss additional topics with me. Topics and presentation dates will be established early in the first term. You will need to have your topic and proposed readings approved by the course director. You will be expected to research your area of interest and present the material in a clear and organized manner. More specific guidelines regarding the expectations for the presentation will be discussed in class.
Final Paper (20%) March 27, 2012
The term paper may be an elaboration of the same topic as the seminar presentation, or students can choose a different topic (with approval of the Course Director). Details will be announced in class. The paper should be written in accordance with the Publication Manual of the American Psychological Association. Papers should be approximately 10-12 double spaced pages (2500-3000 words).

Participation (12%)
Class participation will be evaluated based on active and informed participation and reflection in all class discussions and exercises. Please note, this mark is not based on attendance per se, however, it goes without saying that attendance in necessary in order to participate. It will be helpful to prepare for each meeting by completing the assigned readings prior to each class.

A NOTE ON PAPERS AND EVALUATION:
Papers that are late will be deducted 20% per day. Exceptions are made for illness, family death or exceptional circumstances. However, a medical note or official documentation will be required in these cases. The University has subscribed to the Turnitin service which helps professors identify internet plagiarism and helps students maintain academic integrity. The work submitted by students in this course will be submitted to Turnitin. Students who do not want their work submitted to this plagiarism detection service must, by the end of the second class, consult with the instructor to make alternate arrangements

Cheating/Plagiarism. The University does not look favourably on cheating of any kind and the penalties for doing so are very harsh. Become familiar with the rules and regulations regarding cheating/plagiarism available on the following site: http://www.yorku.ca/academicintegrity/students/index.htm

EXPECTED LECTURE SCHEDULE
Sept. 13 Intro to Course
Intro to 21st Century Psychotherapies (CP: Chapter 1)
Psychotherapies Video 2714 (VHS)
Sept. 20 Therapeutic Relationship; Therapist Contributions and Role
(AR: Seligman)
Application Exercise #1
Psychotherapies Video 2714 (VHS)
Sept. 27  Psychoanalysis  
(CP: Chapter # 2)  
Application Exercise #2  
Three approaches to psychotherapy III Hans H. Strupp DVD 11601

Oct. 4  Adlerian Psychotherapy:(CP: Chapter #3)  
**Case Study: The case of Roger (moodle)**  
1st draft personal theory paper  
Application Exercise #3  
Brief integrative Adlerian couples therapy: Jon Carlson (electronic resource) or Adlerien parent consultation (electronic resource) Jon Carlson

Oct. 11  Reading week: Oct. 9 - 15

Oct. 18  Client-Centered Therapy  
(CP Chapter #5)  
Editorial comments due  
Application Exercise #4  
Three approaches to psychotherapy: I Part 1 Carl Rogers  
Video 0575 or DVD 11595

Oct. 25  Gestalt Therapies  
(CP: Chapter 10)  
Final draft personal theory paper due  
Application Exercise #5  
Three approaches to psychotherapy: I Part 2. F. Perls.  Video 0576 or DVD 11596

Nov. 1  Test #1 Corsini Chapters 1, 2, 3, 5, 10, plus AR Seligman reading

Nov. 8  Rational Emotive Behaviour Therapy (CP Chapter 6)  
Application Exercise #6  
Three approaches to psychotherapy. I Part 3, Albert Ellis Video 0577 or DVD 11597

Nov. 15  Behaviour Therapy  
(CP Chapter #7)  
Application Exercise #7  
Fight or Flight: overcoming panic and agoraphobia.  Video 7483
Nov. 22  Cognitive Therapy  
(CP: Chapter #8)  
**Case Study: Interview with a Depressed and Suicidal**  
Application Exercise #8  
Three approaches to psychotherapy III Part 3  
Aaron T. Beck DVD 11603

Nov. 29  Feminist Therapy  
(AR: Corey)  
Application Exercise #9  
From boys to men? Are you listening?  
DVD 9644

Dec. 6  Family Therapy (CP: Chapter 12)  
**Case Study: The daughter who said no**  
Application Exercise #10  
The Angry Couple Video 0436 (74 mins.)

**WINTER**

Jan. 3  Existential Psychotherapy  
(CP: Chapter 9)  
Counseling Muslims In a western context (Electronic)  
Micro-training and multicultural development (the first film then advance to 21:00 minutes)  
Electronic access: [http://www.library.yorku.ca/e/resolver/id/1878576](http://www.library.yorku.ca/e/resolver/id/1878576)

Jan. 10  Contemplative Therapies  
(CP: Chapter 13)  
Application Exercise #11  
Mindful therapy DVD 11085

Jan. 17  Test #2 Corsini Chapters 6, 7, 8, 9, 12, 13, plus AR Corey

Jan. 24  Student Presentation

Jan 31  Student Presentation

Feb. 7  Student Presentation

Feb. 14  Reading week:  Feb. 19-25

Feb. 21  Student Presentation

March 6  Student Presentation
March 13  Student Presentation
March 20  Student Presentation
March 27  Final papers due

CP = Current Psychotherapies; Corsini and Wedding;
AR = Assigned Reading

Feb. 10:   Last date to drop course without receiving a grade