PSYC 4061 3.0 A FALL 2011

YORK UNIVERSITY
FACULTY OF HEALTH
DEPARTMENT OF PSYCHOLOGY
HH/SC/PSYC 4061 3.0 A – FALL 2011

THEORETICAL APPROACHES TO COUNSELLING AND
PSYCHOTHERAPY

Course Director: Dr. Vasanthi Valoo
Lecture Time: Mondays: 7PM – 10PM
Location: HNE B11
Course Duration: Sept 12, 2011 – Dec 5, 2011
Office Hours: Mondays after class
Email: valoo@yorku.ca (Always include PSYC 4061 in the subject line)
Secretary: Ms. Agnes Levstik, 416-736-5125

PREREQUISITES / CO-REQUISITES
Prerequisite or co-requisite: AK/AS/HH/SC/PSYC 1010 6.0 or AK/PSYC 2410 6.0 with a minimum grade of C; AK/AS/HH/SC/PSYC 2030 3.0 or AK/PSYC 2530 3.0; AK/AS/SC/PSYC 2021 3.0, AK/AS/HH/SC/PSYC 2020 6.0 or AK/PSYC 2510 3.0 or substitutes; AK/AS/HH/SC/PSYC 2130 3.0 or AK/PSYC 3220 3.0; AS/HH/SC/PSYC 3140 3.0 or AK/PSYC 3215 3.0. Students must be in an Honor Program in Psychology and have completed 14 university courses or 84 credits (Excluding Education Courses).
Course credit exclusion: AK/AS/HH/SC/PSYC 4060 6.0, AK/PSYC 4210 3.0

REQUIRED TEXT

EXPANDED COURSE DESCRIPTION
The goal of this course is to increase your understanding of how theoretical perspectives are used to conceptualize human functioning and how theoretical perspectives influence counselling and psychotherapy. The experiential course format will provide an opportunity for you to begin to develop your theoretical orientation. The lectures may be supplemented by films and videos and invited guest/s.
LEARNING OBJECTIVES

• To compare and contrast how human functioning is conceptualized according to theoretical perspectives
• To explain the status of current research on theoretical perspectives
• To assess theoretical perspectives with respect to its applicability to people with diverse backgrounds
• To reflect on how your personal preferences, worldview, values, and biases influence your evaluation of theoretical perspectives
• To begin to develop your theoretical orientation

TENTATIVE EVALUATION

Midterm Exam  30%
Group Presentation  25%
Reflection Papers  25%
Final Exam   20%

ORGANIZATION OF THE COURSE

REFLECTION PAPERS - 25%

• Students will write five reflection papers (5% each) in which they critically evaluate the topic assigned (2 pages maximum each)

GROUP PRESENTATION– 25%

• Based on a scholar-practitioner model, groups of 4-5 students will investigate the connection between theoretical perspectives and the therapeutic approaches (therapy/treatments/interventions) derived from these perspectives.
• Each group will choose one of the theoretical perspectives from the list below:
  • Behavior or cognitive-behavioral perspectives:
    o Behavior
    o Cognitive
  • Humanistic perspectives:
    o Client-Centered
    o Gestalt
  • Psychoanalytic perspectives:
    o Psychoanalysis
    o Adlerian.
• You will review current research to determine how theoretical perspectives relate to therapeutic approaches (therapy/treatments/interventions) (5 references)
GROUP PRESENTATION— 25% (Continued)

• You will interview a mental health professional who is aligned with your chosen theoretical orientation to investigate how their theoretical perspective relates to their therapeutic approach.
• Presentations (40-45 minutes) will be based on your research and interview data and will be graded according to the following criteria:
  • An accurate description of the theoretical perspective
  • A critical evaluation of how the theoretical perspective relates to the therapeutic approach
  • A critical evaluation of the theoretical perspective and therapeutic approach with respect to applicability to people with diverse backgrounds

MIDTERM EXAM - 30%
• Multiple Choice and Short Answer

FINAL EXAM - 20%
• Multiple Choice and Short Answer

IMPORTANT NOTE: For tests you must bring York sessional and photo ID!

*Final course grades may be adjusted to conform to Program or Faculty grades distribution profiles.
GRADING, ASSIGNMENT SUBMISSION, LATENESS PENALTIES AND MISSED TESTS

Grades:
For a full description of York grading system see the York University Undergraduate Calendar -
http://calendars.registrar.yorku.ca/pdfs/ug2004cal/calug04_5_acadinfo.pdf

Grade Conversion Table:

<table>
<thead>
<tr>
<th>From Percentage</th>
<th>To Letter Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>90-100</td>
<td>A+</td>
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<tr>
<td>80-89</td>
<td>A</td>
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<td>75-79</td>
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<tr>
<td>55-59</td>
<td>D+</td>
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<tr>
<td>50-54</td>
<td>D</td>
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<tr>
<td>Marginally failing (Marginally below 50%)</td>
<td>E</td>
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<tr>
<td>Failing (Below 50%)</td>
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</tbody>
</table>

Missed Tests: Students with a documented reason for missing a test, such as illness, compassionate grounds, etc., which is confirmed by supporting documentation (e.g., doctor’s letter) may request accommodation from the Course Instructor. Accommodations may be permission to write a make-up test, reweighting of course evaluations. Further extensions or accommodation will require students to submit a formal petition to the Faculty.

Students who miss a test must notify the course director prior to the test and will only be able to write a make-up test if they have valid documentation to support their absence. Serious illnesses and family tragedies are the only acceptable justifications for missing a test. Please note that there is no guarantee that the make-up test will follow the same format as the original and the date of the make-up test will be assigned by the course director.

Missed Presentations: Students will not be able to defer their presentation. If a student is absent on the day of their presentation, he or she will receive a zero. For the presentation, the remaining group members will still be expected to complete the presentation and will be graded accordingly. Students are also expected to be aware of York’s policies regarding academic dishonesty and any other policies of relevance.
Late Assignments: Assignments received later than the due date will be penalized (1 grade point per day that the assignment is late). Students with a documented reason for missing the due date, such as illness, compassionate grounds, etc., which is confirmed by supporting documentation (e.g., doctor’s letter) may request accommodation from the Course Instructor.

IMPORTANT COURSE INFORMATION FOR STUDENTS

- The last day to drop this class without receiving a grade is November 11, 2011

- All students are expected to familiarize themselves with the following information, available on the Senate Committee on Curriculum & Academic Standards webpage (see Reports, Initiatives, Documents) - http://www.yorku.ca/secretariat/senate_cte_main_pages/ccas.htm
  - York’s Academic Honesty Policy and Procedures/Academic Integrity Website
  - Ethics Review Process for research involving human participants
  - Course requirement accommodation for students with disabilities, including physical, medical, systemic, learning and psychiatric disabilities
  - Student Conduct Standards
  - Religious Observance Accommodations
## TENTATIVE COURSE OUTLINE

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topic</th>
<th>Readings</th>
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<tbody>
<tr>
<td>1</td>
<td>09/12</td>
<td>Introduction</td>
<td>Chapter 1</td>
</tr>
<tr>
<td>2</td>
<td>09/19</td>
<td>Psychoanalysis Ad[lerian Therapy</td>
<td>Chapter 2 &amp; 3</td>
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<td>3</td>
<td>09/26</td>
<td>Client-Centered Therapy Gestalt Therapy</td>
<td>Chapter 5 &amp; 10</td>
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<td>Reflection Paper #1 (5%)</td>
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<td>Behaviour Therapy Cognitive Therapy</td>
<td>Chapter 7 &amp; 8</td>
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<td>Reflection Paper #2 (5%)</td>
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<td>10/10</td>
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<td>6</td>
<td>10/17</td>
<td>Mid Term Exam (30%) Chapters 1,2,3,5,7,10</td>
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<td>Multicultural Psychotherapies Reflection Paper #3 (5%)</td>
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<td>Integrative Psychotherapies Reflection Paper #4 (5%)</td>
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<td>11/07</td>
<td>Interpersonal Psychotherapy, Family Therapy Reflection Paper #5 (5%)</td>
<td>Chapter 11 &amp; 12</td>
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<td>11/14</td>
<td>Group Project Preparation</td>
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<td>11</td>
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<td>12/05</td>
<td>Final Exam (20%) Chapters 8,11,12,14,15</td>
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