

**Faculty of Health
Department of Psychology
Counselling Psychology
Monday 2:30-5:30 p.m. FC 110**

Course: HH Psyc 4060 Section B

Course Webpage: <https://moodle.yorku.ca/>

Term: Fall/Winter 2014-2015

Prerequisite / Co-requisite Personality Psyc 2130 3.0 and Abnormal Psyc 3140 3.0

Course Instructor

Diane Lawless Office number: 277 BSB
Office Hours: Wednesday 11:30-12:30 by appt.
E-mail: dlawless@yorku.ca
Secretary: Agnes Levstik – 281 BSB - 736-5125

- Readings:** 1. Corsini, R. J., & Wedding, D. (Eds.) (2014). Current Psychotherapies (10th edition). Itasca, Ill. :Peacock Publishers.
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 the course website <https://moodle.yorku.ca/> frequently for assignment guidelines, notes, and other key class updates and information.

Evaluation: * Personal Theory paper (7%) First draft due: Sept. 28, 2015
Editorial comments (3%) Oct. 5, 2015
Second draft due: Oct. 19, 2015

Film review (4%)

In-Class tests: Test #1 (19%) Nov. 2, 2015
Test #2 (22%) January 18, 2016

Seminar Presentation (14%) TBA
Final Paper on presentation (20%) April 4, 2016
Class participation (11%)

Conversion Table

From Percentage	To Letter Grade
90-100	A+
80- 89	A
75- 79	B+
70- 74	B
65- 69	C+
60- 64	C
55- 59	D+
50- 54	D
(Marginally below 50%) Marginally failing	E
(Below 50%) Failing	F

“Final course grades may be adjusted to conform to Program or Faculty grades distribution profiles.”

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)

DESCRIPTION OF COURSE REQUIREMENTS

Personal Theory Paper (7%) First draft: Sept. 28, 2015. Second draft: October 19, 2015

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 Sept. 28, 2015. 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 19, 2015. Additionally, submit your final draft to turnitin via the link on moodle.

Editorial Comments (3%)

Return to writer by October 5, 2015

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 15. 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 (4%)

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 10-15 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 2, 2015: Corsini Chapters 1, 2, 3, 4, 9, all lecture slides, *plus* AR 1) Seligman and 2) What is a theory ?

Test #2 (22%) January 18, 2016 Corsini Chapters 5, 6, 7, 8, 11, 12, all lecture slides *plus* AR Corey

Both 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 25 to March 28, 2016

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%) April 4, 2016

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 (11%)

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 is 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 completed Attending Physician's statement form (available on the Registrar's website) 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 <http://www.yorku.ca/academicintegrity/students/index.htm>

All students are expected to familiarize themselves with the following information, available on the Senate Committee on Academic Standards, Curriculum & Pedagogy webpage (see Reports, Initiatives, Documents) -

<http://www.yorku.ca/secretariat/senate/committees/ascp/index-ascp.html>

- Senate Policy on Academic Honesty and the 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 Accommodation

EXPECTED LECTURE SCHEDULE

- Sept. 14 Intro to Course
Intro to 21st Century Psychotherapies (CP: Chapter 1)
What is a theory? (AR moodle)
- Sept. 21 Therapeutic Relationship; Therapist Contributions and Role
(AR: Seligman)
Application Exercise #1
Experiential Psychotherapy DVD 0897
- Sept. 28 Psychoanalysis
(CP: Chapter # 2)
Application Exercise #2
Three approaches to counseling [electronic resource]; one client, three
approaches with Allen E. Ivey (psychodynamic)
1st draft personal theory paper
- Oct. 5 Adlerian Psychotherapy:(CP: Chapter #3)
Case Study: The case of Roger (moodle)
Application Exercise #3
Brief integrative Adlerian couples therapy: Jon Carlson (electronic resource)
Editorial comments due
- Oct. 12 *Thanksgiving – no class*
- Oct. 19 Client-Centered Therapy
(CP Chapter #4)
Final draft personal theory paper due
Application Exercise #4
Three approaches to psychotherapy: I Part 1 Carl Rogers
- Oct. 26 Gestalt Therapies
(CP: Chapter 9)
Application Exercise #5
Three approaches to psychotherapy: I Part 2. F. Perls.

- Nov. 2 Test #1
- Nov. 9 Rational Emotive Behaviour Therapy (CP Chapter 5)
Application Exercise #6
Three approaches to psychotherapy. I Part 3, Albert Ellis
- Nov. 16 Behaviour Therapy
(CP Chapter #6)
Application Exercise #7
Fight or Flight: overcoming panic and agoraphobia DVD 5154.
- Nov. 23 Cognitive Therapy
(CP: Chapter #7)
Case Study: Interview with a Depressed and Suicidal
Application Exercise #8
Cognitive-behavioral couples therapy [electronic resource]: challenges in the context of an altered family structure
- Nov. 30 Feminist Therapy
(AR: Corey, moodle)
Application Exercise #9
Feminist Counseling and Cultural Therapy: Two Demonstrations
- Dec. 7 Family Therapy (CP: Chapter 11)
Case Study: The daughter who said no
Application Exercise #10
Bowenian Family Therapy

WINTER

- Jan. 4 Existential Psychotherapy
(CP: Chapter 8)
Death, dying & grief in psychotherapy
- Jan. 11 Contemplative Therapies
(CP: Chapter 12)
Application Exercise #11
Mindfulness, self, and contact with the present moment
- Jan. 18 Test #2

Jan. 25	Student Presentation
Feb. 1	Student Presentation
Feb. 8	Student Presentation
Feb. 15	Reading week:
Feb. 22	Student Presentation
Feb. 29	Student Presentation
March 7	Student Presentation
March 14	Student Presentation
March 21	Student Presentation
March 28	Student Presentation
April 4.	Final paper due: hard copy in class and e-copy to turnitin