

YORK UNIVERSITY

Faculty of Health: PSYCHOLOGY DEPARTMENT

PSYC 4061: Approaches in Counselling and Psychotherapy 3.0

2013-14 / Session S1

Monday and Wednesday 7-10 pm

Location: Founders College (FC) 103

Course Director: Dr. Ehud E. Avitzur

Webpage: www.psych.yorku.ca/eavitzur

Office: 256 BSB

Office Hours: During the summer: Only by appointment, before class.

Phone Messages: (416) 736-2100 x 66115

E-mail address: eavitzur@yorku.ca use it for *urgent and important matters only*. PLEASE WRITE "PSYC 4061" in the subject line. E-mail without such a subject line would be considered "a spam" and will be deleted.

Secretary: Mrs. Judy Manners, Office 280 BSB, Tel. (416) 736-2100 x 66115

Prerequisites: Psych 1010.06 (Intro to Psychology with grade minimum of C);
Psych 2020 (Statistics);
Psych 2030 (Research Methods);
Psych 2130 (Personality);
Psych 3140 (Abnormal Psychology).

Course Description and Objectives

This course focuses on the theoretical wealth of psychotherapy and counselling. Through active class format, the student will be able to establish a basic knowledge of some of the approaches in this field. The student will be encouraged to develop a personal sense of these approaches. It should be noted that this course does not aim at *developing* a helping professional, and does not provide the student any specific tools that may train her/him to become one. This course may give the student an opportunity for a good glimpse into these professions.

Most of the study in class is done in groups. Therefore class attendance, preparation for class, and a *positive active contribution*, are of great importance.

Class Format

This is a seminar-form class. To a great extent the class is based on reading about the approaches at home and discussing the reading in class. We will also have some guest speakers who are experts in specific approaches, videos, and students' presentations.

Required Reading:

*Sommers-Flanagan, J. and Sommers-Flanagan R. (2012), *Counseling and psychotherapy theories in context and practice*. NJ: Wiley.

A copy of this text is available for the course' students in the reserve section in Scott Library.

* A chapter on Jungian approach:

http://media.johnwiley.com.au/product_ancillary/34/04706179/DOWNLOAD/Jung_Chapter.pdf

* SUGGESTED READING:

Fels Usher, S. (2013). *Introduction to Psychodynamic Psychotherapy Technique*. NY: Routledge.

A copy of this text is available for the course' students in the reserve section in Scott Library.

The author, Dr. Sarah Usher, will be our guest-speaker.

Evaluation

Your final grade will be calculated based on:

Highest seven in-class quizzes: 20%

Reading reflection portfolio: 20%

Positive contribution in class: 20%

A presentation: Adding further research and or personal sense to the text: 20%

A final exam: 20%

Explanation:

Quizzes: MC and SA. **No** make-up is offered for a missed quiz for any reason.

A reflections portfolio: For each chapter read, and for every guest-speaker's encounter, a short reflection paper (1-2 pages long, font 12, double space) is due. This paper will be collected in the beginning of each class, and will create a portfolio that represents the student's course-related reflections. This portfolio will be evaluated in the end of the course, by perceived effort put into it, articulation and the depth of reflection about the subject matter.

Positive contribution in class: Only when attending: Being positively and actively engaged in class. Disruptive, disrespectful behaviour or attitude, result in negative points.

Presentation on an approach: A personal contribution to the discussion about an approach beyond the textbook. 30 minutes long. The reflection can be personal, intellectual, expanding on research, etc. Your work will be evaluated according to perceived effort put into it, manifested knowledge gained by working on it, level of articulation, and the depth of reflection about the subject matter. A short summary of your contribution is due on the date of the presentation.

Exam: MC and SA

Your grade for the course will be based on the following scale: A+ 90-100; A 80-89; B+ 75-79; B 70-74; C+ 65-69; C 60-64; D+ 55-59; D 50-54;

Senate approved the following grading schemes for the Faculties of Administrative Studies, Arts, Atkinson College, Education, Fine Arts, Science and Glendon College:

- A+. 9. Exceptional. Thorough knowledge of concepts and/or techniques and exceptional skill or great originality in the use of those concepts, techniques in satisfying the requirements of an assignment or course.
- A. 8. Excellent. Thorough knowledge of concepts and/or techniques with a high degree of skill and/or some elements of originality in satisfying the requirements of an assignment or course.
- B+. 7. Very Good. Thorough knowledge of concepts and/or techniques with a fairly high degree of skill in the use of those concepts, techniques in satisfying the requirements of an assignment or course.
- B. 6. Good. Good level of knowledge of concepts and/or techniques together with considerable skill in using them to satisfy the requirements of an assignment or course.
- C+. 5. Competent. Acceptable level of knowledge of concepts and/or techniques together with considerable skill in using them to satisfy the requirements of an assignment or course.
- C. 4. Fairly Competent. Acceptable level of knowledge of concepts and/or techniques together with some skill in using them to satisfy the requirements of an assignment or course.
- D+. 3. Passing. Slightly better than minimal knowledge of required concepts and/or techniques together with some ability to use them in satisfying the requirements of an assignment or course.
- D. 2. Barely Passing. Minimum knowledge of concepts and/or techniques needed to satisfy the requirements of an assignment or course.
- E. 1. Marginally Failing
- F. 0. Failing.

Class' Etiquette:

We are all committed to create a positive learning environment. We strive to treat one another with utmost respect, even when disagree.

A seminar is a group in a process of learning together. As such, getting in and out class is disruptive to the group's learning process. Therefore, students will not be late to class and will not leave class before it ends, unless in emergency situations, which will be explained to the group.

We will turn off cellphone and we will not engage in Internet browsing and in social media during class. In an emergency situation, you will let the class know in advance that you have to leave your cellphone turned-on due to that emergency.

Academic Honesty:

The Department of Psychology, Faculty of Health, operates according to the Senate Policy on Academic Honesty, which is available electronically through the following <http://www.yorku.ca/secretariat/policies/document.php?document=69>

Important dates:

Summer second semester begins May 5, 2014; ends June 16, 2014.

Last date to enroll without permission: May 9, 2014.

Last date to drop the course without receiving a grade: May 30, 2014 (Make sure you have enough feedback on your performance prior to this date).

No class on: Monday, May 19, 2014: Victoria Day.

Tentative Course Outline

Lesson #	Topic	Reading assignment	Assignment/presentations
Fall Term			
1 May 5	Introduction	Chapter 1	
2 May 7	Psychoanalytic approach: Part 1	Chapter 2	Quiz 1 on Ch. 2
3 May 12	Jungian approach Meet the therapist: Dr. Tim Pilgrim, a Jungian analyst	Chapter 3a	Quiz 2 on Chs. 1, 3a (Jung)
4 May 14	Adlerian approach Meet the therapist: TBD	Chapter 3	Quiz 3 on Ch. 3
May 19	Victoria Day University is closed		Have fun!
5 May 21	Existential approach	Chapter 4	Quiz 4 on Ch. 4
6 May 26	Psychoanalytic approach: Part 2: Meet the therapist: Dr. Sarah Usher, a psychoanalyst	Introduction to psychodynamic psychotherapy technique	
7 May 28	Person Centered approach	Chapter 5	Quiz 5 on Dr. Usher's presentation and Chapter 5
8 June 2	Gestalt approach Meet the therapist: A Gestalt therapist: TBD	Chapter 6	Quiz 6 on Ch. 6
9 June 4	Behavioural approach	Chapter 8	Quiz 7 on Ch. 8
10 June 9	Cognitive-Behavioural approach Meet the therapist: Ms. Carol Garson, a CBT therapist.	Chapter 9	Quiz 8 on Ch. 9
11 June 11	TBA	Chapter 10	Quiz 9 on Ch. 10 (Feminist approach) and on Ms. Garson's presentation.
12 June 16	Final Exam		

*Make sure you have enough feedback on your performance prior to the last date to drop the course without receiving a grade (Please check "important dates" on previous pages).

Have a fine August!