

Psychology 4060.06 B COUNSELLING PSYCHOLOGY

Course director: Shari Geller, Ph. D., C. Psych
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Class time: Monday 2:30-5:30; MC 101

Secretary: Zehra Bandhu – 284 BSB - 736-2100 x66232

Prerequisites: Registration in the Joint York/Seneca Program in Rehabilitation Services or AK/AS/HH/SC/PSYC 1010 6.00 or AK/HH/PSYC 2410 6.00, with a minimum grade of C; PSYC 2030 3.00 or PSYC 2530 3.00; one of PSYC 2021 3.00, PSYC 2020 6.00, PSYC 2510 3.00; PSYC 2130 3.00 or PSYC 3220 3.00; PSYC 3140 3.00 (after Winter 2002) or PSYC 3140 3.00 or PSYC 3215 3.0

Textbooks: 1. Corsini, R. J., & Wedding, D. (Eds.) (2013). Current Psychotherapies (10th edition). Itasca, Ill. :Peacock Publishers.

2. Geller, S. M., & Greenberg, L. S. (2012). *Therapeutic Presence: A Mindful Approach to Effective Therapy*. Washington: APA.

3. **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, 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.

Evaluation: Therapeutic Value Paper (20%) Due: November 4, 2013
Take Home Exam (20%) Due: December 2, 2013
Seminar Presentation (25%)
Final Paper on presentation (20%) Due: Monday March 31, 2014
Class participation (15%)

| Grading | Percentage | Letter Grade |
|---------|------------|--------------|
| | 90-100 | A+ |
| | 80-89 | A |
| | 75-79 | B+ |
| | 70-74 | B |
| | 65-69 | C+ |
| | 60-64 | C |
| | 55-59 | D+ |

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|-------|---|
| 50-54 | D |
| 40-49 | E |
| 0-39 | F |

DESCRIPTION OF COURSE REQUIREMENTS:

1. Core Therapist's Quality Paper and Brief Presentation/Discussion (20%)

This paper requires you to choose an aspect of therapeutic presence (paper provided) from the model in the introduction chapter of the book and chapters 4-6 and to write a brief paper about that (as well as be prepared to discuss in class). Core values or qualities of presence could include compassion, grounding, centering, deep listening, acceptance, intention, self-development of the therapist, authenticity, or others you can propose to me. I would ask you submit a brief proposal (a paragraph or two) on what you think would be a good core value or quality a therapist should have in therapy, and why. The paper submitted at the end of this project would be 3-4 double spaced pages and would require your personal reflection combined with a literature review (journal articles or chapters), which would include at least 5 references. Some reflection (personal and journal reflection) of cultivating this core value or aspect of therapeutic presence is essential for a good reflective and critical paper, combined as well with a literature base to support the value of this therapeutic quality.

PROPOSAL:

Questions briefly required to answer in proposal include:

- 1) What is the quality that you wish to develop for this project?
- 2) What is importance of this quality to being a good counselor?
- 3) What practice are you going to engage in to support the cultivation of this quality?
- 4) What supports will you put in place to ensure success in your practice?

PAPER:

Questions considered in this project and paper include:

- 1) The quality you are writing about, including an operational definition of this therapeutic value.
- 2) Why this therapeutic quality is essential for a good counseling process. Support from the literature is essential here.
- 3) Ways to cultivate this quality, both in therapy sessions and in the life of the therapist (perhaps including an exercise when presenting in class).
- 4) What you learned from this reflection paper about values that are important for therapists.

Mark is based on both the paper (15%) and the depth of reflection as indicated in both the paper and class discussion (5%).

2. Take Home Exam (20%)

This exam will consist of 2-4 essay style questions. Answers will be expected to be 3-4 pages long (typed-double spaced). You will have 2 weeks to complete the exam. Questions will be handed out on November 18, 2013 and the exam is due during class time on December 2, 2013. Late exams will NOT be accepted except in circumstances involving a medical illness, family death, or personal crisis. A doctor's note or some other form of official documentation will be required in these cases.

3. Seminar Presentation (25%)

Each student is expected to make a presentation to the rest of the class in the second term. Your presentation will be done in a group of 2-3 people (max 3 people) and will be conducted in class for the duration of the class time. The presentation can include lecture, audiovisual material, exercises, and guided group discussion. A list of topics will be provided along with corresponding presentation dates. Topics and presentation dates will be established late 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. Each member will be graded individually.

Students may be expected to provide a brief suggested reading list and a copy of one of the suggested readings two weeks prior to the presentation, and to submit an outline and brief summary of the presentation on their scheduled presentation dates. More specific guidelines regarding the expectations for the presentation will be discussed in class.

4. Final Paper (20%)

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). The paper should include a critical analysis and review of the research literature relevant to the topic and be written in accordance with the *Publication Manual of the American Psychological Association, 6th Edition, 2009*. Papers should be approximately 10-12 double spaced pages (2500-3000 words).

5. Participation (15%)

Class participation will be evaluated based on consistent seminar attendance and by active and informed participation and reflection in class discussions. 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.

To drop a full year course the deadline is Feb. 14, 2014.

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>)

A permanent record of the offence will be placed in the student's academic file. This record is for internal academic purposes only. Also see separate handout on academic honesty.

TENTATIVE COURSE OUTLINE 2013

| EXPECTED DATE | LECTURE TOPIC & ASSOCIATED CHAPTER |
|---------------|--|
| September 9 | Intro to Course |
| September 16 | Intro to Counselling; Importance of Self-Development (CP: Chapter 1; TP: Intro and Chapter 4) |
| September 23 | Therapeutic Presence; Active and Receptive Listening (AR: Geller and Greenberg paper; TP chapter 1-2) Proposal due for Core Therapist's Quality Paper |
| September 30 | Therapeutic Relationship; Therapist Contributions and Role (TP: Chapter 3) Development of Core Therapists Quality Begins |
| October 7 | Psychodynamic Therapy (CP: Chapter # 2 and 3) |
| October 14 | Thanksgiving: No Class |
| October 21 | Cognitive-Behavioral Therapy (CP: Chapter # 6 and 7) |
| October 28 | Rational Emotive Therapy (CP: Chapter # 5) |
| November 4 | Person-Centered Therapy (CP: Chapter # 4) Core Therapist's Quality Paper Due Today |
| November 11 | Gestalt Therapies (CP: Chapter # 9) |
| November 18 | Emotion Focused Therapy (EFT) (AR; CP: Chapter # 13); TP Chapter 11 Additional Readings EFT: A clinical synthesis http://focus.psychiatryonline.org/article.aspx?articleid=53063 Take Home Exam Handed Out |
| November 25 | Neuroplasticity: Psychotherapy and the Brain (TP: Chapter 9) |
| December 2 | Take Home Exam Due |

TENTATIVE SECOND TERM COURSE OUTLINE 2014

| EXPECTED DATE | LECTURE TOPIC & ASSOCIATED CHAPTER |
|---------------|---|
| January 6 | Mindfulness (TP: Chapter 10) |
| January 13 | Family Counselling (CP: Chapter # 11; FS: Chapter # 7, AR) |
| January 20 | Ethics (CP: Chapter # 15) |
| January 27 | Student Presentations |
| February 3 | Student Presentation |
| February 10 | Student Presentation |
| February 17 | READING WEEK |
| February 24 | Student Presentation |
| March 3 | Student Presentation |
| March 10 | Student Presentation |
| March 17 | Student Presentation |
| March 24 | Student Presentation |
| March 31 | Endings; Final Paper Due |

CP = Current Psychotherapies; Corsini and Wedding;
TP: Therapeutic Presence: A Mindful Approach to Effective Therapy
AR = Assigned Reading