

YORK UNIVERSITY  
DEPARTMENT OF PSYCHOLOGY  
COUNSELLING PSYCHOLOGY 4060.06 D

2013-2014

COURSE OUTLINE

**Course Director:** Dr. Shulamit Mor  
**Phone:** (905) 773-1425  
**Email:** [smor@yorku.ca](mailto:smor@yorku.ca)  
**Office Hours:** Thursday (by appointment)

**Secretary:** Mrs. Agnes Levstik  
**Office:** 281 BSB  
**Phone:** (416) 736-5125

**Time:** **Tuesday**, 2:30pm to 5:30pm  
**Location:** VH 2016

**Course Objectives:** A critical review of counselling and psychotherapy approaches in a seminar format which includes lectures, class discussions, group exercises, films and student presentations.

**Textbook:** Corey, G. (2013). *Theory and practice of counseling and psychotherapy* (9<sup>th</sup> Ed.). California: Brooks/Cole Publishing Company

**Evaluation:**

Midterm Exam:	20%
Seminar Presentation:	20%
Winter Term Paper:	20% (due date below)
Final Exam:	20%
Class Participation/Exercises:	20% (see below)

**MOODLE:** Students are responsible for checking [moodle.yorku.ca](http://moodle.yorku.ca) frequently for information on assignments, guidelines, notes and other information.

**Seminar Group Presentation:** Students will be required to work in a group of two or three to prepare a presentation of maximum 1.5 hours in duration. More details will be provided during the third class at which time I should be notified of the structure of each group.

**Written Assignment:** The assignment will consist of the following essay style question to be answered in 2000 to 3000 words (approximately 10 pages). The essay should be typed, double-spaced, and written in accordance with the Publication Manual of the American Psychological Association APA style. This manual is available in the library and the bookstore or you can go to <http://www.apastyle.org/learn/tutorials/basics-tutorial.aspx> for online tutorial. Students are expected to work independently on this assignment. **There will be a penalty of 5% (half letter grade) for each day late.** Any students who have not done a great deal of writing to date may want to contact the Centre for Academic Writing (329 Ross) as soon as possible. In addition, there are several writing resources posted on the York University website.

**Essay question:** Chose a therapy method, describe it succinctly and tell me what it is about this theory that appeals to you **personally** (or not).

**TITLE: IF I WERE A COUNSELLOR, I WOULD PRACTICE.... OR IF I WERE A COUNSELLOR, I WOULD NEVER PRACTICE...**

**Due date:** Two weeks after each seminar presentation.

**Note:** Attending and participating actively in class discussions and exercises are central part of the course and count for 20% of the mark. If you do not plan to attend most of the classes, please do not take this course.

## CLASS SCHEDULE

<b>September 10</b>	Overview of the Course
<b>September 17</b>	Counselling and Psychotherapy Read: Thomas S. Szasz (1960) The Myth of Mental Illness <a href="http://psychclassics.yorku.ca/Szasz/myth.htm">http://psychclassics.yorku.ca/Szasz/myth.htm</a>
<b>September 24</b>	The Effective Counsellor: Chapter 1 and 2
<b>October 1</b>	Ethical Issues (Chapter 3)
<b>October 8</b>	Counselling Skills
<b>October 15</b>	Counselling Skills
<b>October 22</b>	Counselling Skills
<b>October 29</b>	Counselling skills
<b>November 5</b>	Psychoanalytic Therapy (Chapter 4)
<b>November 12</b>	Psychoanalytic Therapy (Chapter 4)
<b>November 19</b>	Adlerian Therapy (Chapter 5)
<b>November 26</b>	<b>Midterm Exam</b>
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<b>January 7</b>	Solution Focus Brief Therapy (Chapter 13)
<b>January 14</b>	Person Centred Therapy (Chapter 7)
<b>January 21</b>	Gestalt Therapy (Chapter 8)
<b>January 28</b>	Existential Therapy (Chapter 6)
<b>February 4</b>	Behavioural therapy (Chapter 9)
<b>February 11</b>	Cognitive Behaviour Therapy (Chapter 10 omit REBT)
<b>February 18</b>	<b>Reading Week</b>
<b>February 25</b>	Rationale Emotive Behaviour Therapy (Chapter 10 REBT)
<b>March 4</b>	Emotion Focus Therapy
<b>March 11</b>	Feminist Therapy (Chapter 12)
<b>March 18</b>	Family Systems Therapy (Chapter 14)
<b>March 25</b>	"Weird and Wonderful" Therapies
<b>April 1</b>	<b>Final Exam</b>

**Pre-requisite:**

Entrance is limited to students who are pursuing an Honours Program in Psychology and have completed 14 university courses or 84 credits. Please note those specified pre-requisites found in the Department of Psychology undergraduate supplemental calendar would apply unless otherwise agreed upon. In addition to the aforementioned, students are required to have successfully completed Psych2130 3.0 and Psych3140 3.0.

**Applicable Drop Date:**

Last date to drop this course without receiving a grade: February 14, 2014.

**Important Dates:**

**<http://www.registrar.yorku.ca/enrol/dates/fw13.htm>**

**Academic Integrity:**

The University has subscribed to the Turnitin services which helps professors identify Internet plagiarism and help 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 service must, by the end of the Fall semester, consult the instructor to make alternate arrangements. You are fourth-year honour students. The likelihood is that these matters have been reviewed with you in great detail. However, I expect that each of you have carefully reviewed those materials as available as the academic integrity website of York University: <http://www.yorku.ca/academicintegrity> and have read the section designed specifically FOR STUDENTS.

**Missed Tests and Examinations:**

The student must contact the course director or the course director's secretary in person or by telephone or e-mail within 48 hours of the test or examination.

Appropriate documentation verifying the circumstances for the missed test or examination must be provided at the time specified by the instructor.

**Medical circumstances** – tests/exams missed due to medical circumstances must be supported by an attending physician's statement or a statement by a psychologist or counsellor. The physician's statement must include the following:

1. Full name, mailing address, telephone number of the physician;
2. State the nature of the illness and its duration (i.e. specific dates covered); and
3. An indication of whether the illness and/or medication prescribed would have **SERIOUSLY** affected the student's ability to take the test/exam.

The clinician's office will be contacted to verify that the forms were completed by the identified clinician.

**Non-medical circumstances** – tests/exams missed due to non-medical circumstance must be supported by appropriate documentation (i.e. death certificate, obituary notice, automobile accident reports, etc.).

Having to work at the time of the test is not considered a valid excuse for missing the test.

The manner in which a missed test is handled will be at the complete discretion of the course director.

For a missed final exam or incomplete course work, you will be required to complete a deferred standing form, which will also include the type of work to be completed (paper/exam) and the date the paper/exam will be completed.

**Class Attendance:** To be given some credit for class attendance you must attend the classes, come on time and stay for the full class. Student who come by the end of the class, or leave at the break will not get credit for the class.