

**Faculty of Health**  
**Department of Psychology**  
**PSYC 4060 6.0 B COUNSELLING PSYCHOLOGY**  
**Monday/2:30-5:30 p.m./ Fall: On-line via Zoom, Winter: in-class**  
**Y/2021-2022**

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Please note: this course will be delivered on-line during the fall semester and in-person during the winter semester. Students should be prepared to be in class during the winter. On-line participation *will not* be available then. The seminar will be delivered through a combination of both synchronous and asynchronous modalities. Lectures are prerecorded. Students need to have completed the relevant lectures, reading materials and weekly review questions prior to the corresponding scheduled topic which will be delivered synchronously during the scheduled class time. *Students are expected to attend synchronous activities during the 2:30-5:30 time slot – remotely during the fall semester and in person during the winter semester.* In the fall semester, activities such as group discussions, labs, and tests will be delivered via Zoom during this scheduled class time. Students will need a computer with webcam and microphone, and/or a smart device with these features, as well as access to high speed internet. Students will participate *via video and audio*. If this poses a problem, please communicate with me directly. *Given the nature of class activities and labs, students are expected to participate in class from a location that affords privacy for yourself and your fellow students.*

Be sure that you have the most updated version of Zoom installed on your computer (or whatever device you will be using) BEFORE the start of classes. See York Zoom page at: <https://yorku.zoom.us/>

*Students **do not** have permission to duplicate, copy and/or distribute the recordings outside of the class (these acts can violate intellectual property rights and other laws).*

### **Instructor**

Instructor: Dianne Lawless, Ph.D., C.Psych.

Office Hours: By appointment, virtually. Please put course code in subject line.

Email: [dlawless@yorku.ca](mailto:dlawless@yorku.ca)

### **Course Prerequisite(s): Course prerequisites are strictly enforced**

- HH/PSYC 1010 6.00 (Introduction to Psychology), with a minimum grade of C.
- HH/PSYC 2021 3.00 (Statistical Methods I) or HH/PSYC 2020 6.00 (Statistical Methods I and II)
- HH/PSYC 2030 3.00 (Introduction to Research Methods) or substitutes
- HH/PSYC 2130 3.00 (Personality)
- HH/PSYC 3140 3.00 (Abnormal Psychology)
- Students must be in an Honours program in Psychology and have completed at least 84 credits

### **Course Credit Exclusions**

Please refer to [York Courses Website](#) for a listing of any course credit exclusions.

**Course website:** [eClass](#)

All course materials will be available on the course eClass site, unless otherwise indicated by the instructor. The site will be your central access point for course materials

### **Course Description**

The purpose of the course is to provide an introduction to main approaches to psychotherapy and counselling, to allow students to begin to formulate their personal view on counselling and to introduce students to basic active listening skills.

### **Program Learning Outcomes**

Upon completion of this course, students should be able to:

1. Demonstrate in-depth knowledge in counselling psychology.
2. Critically evaluate, synthesize and resolve conflicting results in counselling psychology.
3. Articulate trends in counselling psychology.
4. Locate research articles and show critical thinking about research findings in counselling psychology.
5. Express knowledge of counselling psychology in written form.
6. Engage in evidence-based dialogue with course director and peers.
7. Demonstrate an ability to work with others.

### **Specific Learning Objectives**

Identify the philosophical foundation underlying each theory studied in class and demonstrate how it shapes the development of theoretical constructs and models of intervention. Demonstrate the ability to convey a knowledgeable and evidenced-based understanding of a specific theory of counselling not covered in class. Develop active listening skills. Enhance verbal communication skills through presentations and facilitating discussions.

### **Required Text**

- Corsini, R. J., & Wedding, D. (Eds.) (2019). *Current Psychotherapies* (11th edition). Itasca, Ill. :Peacock Publishers with MindTap

The print ISBN is 978-1-337-76306-6 (this is a loose leaf book with MindTap wrapped with it)  
The digital e-book version is 978-1-337-56096-2 (ebook version with MindTap included).

Additional readings assigned in class. Assigned Readings are posted on eClass

## Course Requirements and Assessment:

Assessment	Date of Evaluation (if known)	Weighting
Weekly review questions	Weekly 1 day prior to class	12.5
Film Review Discussion	TBD	4.0
Test #1	Nov. 8, 2021	20
Test #2	Jan. 31 2022	23.5
Group Seminar Presentation	TBD	11
Final Paper	April 4	18
Participation	throughout course	11
<b>Total</b>		<b>100%</b>

## DESCRIPTION OF ASSIGNMENTS

### WEEKLY REVIEW QUESTIONS

There are twelve sets of weekly questions. Everyone in the class needs to complete the first two sets (i.e., Personal theory and Vazquez article review), in addition to a minimum of eight of the remaining ten sets of questions. Each set is worth 1.25 marks. *All questions*

Topic	Due Date
Personal theory	Sept. 26, 2021
Vazquez (2014) review questions	Oct. 3, 2021
Adler	Oct. 17, 2021
Roger's Gestalt	Oct. 24, 2021
REBT	Oct. 31, 2021
Behaviour	Nov. 14, 2021
Cognitive	Nov. 21, 2021
Feminist	Nov. 28, 2021
Existential	Dec. 5, 2021
Positive	Jan. 9, 2022
Contemplative	Jan. 16, 2022
	Jan. 23, 2022

*must be completed.* These assignments must be submitted through Turnitin by 11:30 p.m. on the due date. *No late submissions will be accepted.* Respond to the questions in your own words. Do not cut and paste answers. This will result in a failing grade. Responses may be in point form. Maximum length – 400 words.

## **LABS:**

This seminar includes a skills-building component that focuses on active listening skills and selected exercises that aim to exemplify interventions associated with selected topics. Labs occur via zoom during scheduled class times. The class will be divided into two sections with each section participating in labs on alternate weeks. See Lecture Schedule for specific times.

## **Term Tests**

Both term tests will take place on-line during scheduled class times. Tests are a combination of multiple choice and written answer questions. Questions must be answered sequentially, meaning you can not return to answer previous questions. Time allowed for MC questions is 1 minute per question. Times for written question will vary based on the weight of each question.

**Test #1** (20%) Nov. 8, 2021: Corsini Chapters 1, 2, 3, 4, 9, all lecture slides, *plus Assigned Readings* 1) Seligman, 2) What is a theory?, and 3) Vazquez (2014) Integration of Multicultural and Psychoanalytic Concepts pgs. 435-440

**Test #2** (23.5%) Jan. 31, 2022 Corsini Chapters 5, 6, 7, 8, 12, 13 all lecture slides *plus Assigned Readings*: Corey Feminist therapy, Existential Handout Part 1

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.

Wedding/Corsini sections covered for each Chapter: Basic Concepts, Personality, Variety of Concepts, Psychotherapy including theory of psychotherapy, process of psychotherapy, mechanisms of psychotherapy.

## **Seminar Presentation** (11%) Feb. 7 to March 28, 2022

Each student is expected to participate in an in-class group presentation during the scheduled class time. This one-hour presentation will be done in a group of four 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 you may be interested in with me. Topics and presentation dates will be established early in the first term. You will need to have your topic 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 our scheduled class times via zoom.

## Participation

Class participation will be evaluated based on **two** components. 8% will be 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. 2% will be based on providing a peer review for a minimum of four final group presentations.

## FINAL PAPER: April 4, 2022

Details to follow on eclass

## CLASS FORMAT AND ATTENDANCE POLICY

This course will be delivered on-line during the fall semester and in-person during the winter semester. *Students are expected to attend synchronous activities during the 2:30-5:30 time slot – remotely during the fall semester and in-person during the winter semester.* Attendance will be taken during that time. Students are expected to have listened to the relevant lecture and completed reading material and weekly assignment *prior* to the zoom meeting during scheduled class times. Students will participate **via video and audio** during the online fall classes. If this poses a problem, please communicate with me directly. *Given the nature of class activities and labs, students are expected to participate in on-line classes from a location that affords privacy for yourself and your fellow students.*

## Grading as per Senate Policy

The grading scheme for the course conforms to the 9-point grading system used in undergraduate programs at York (e.g., A+ = 9, A = 8, B+ = 7, C+ = 5, etc.). Assignments and tests\* will bear either a letter grade designation or a corresponding number grade (e.g. A+ = 90 to 100, A = 80 to 89, B+ = 75 to 79, etc.)

For a full description of York grading system see the York University Undergraduate Calendar – [Grading Scheme for 2021-22](#)

## Missed Tests/Midterm Exams/Late Assignment

For any missed quiz or late assignment, students **MUST** complete the following online form which will be received and reviewed in the Psychology undergraduate office. At this time, due to COVID-19 an Attending Physician's Statement (APS) is not required, however, a reason for missing an evaluated component in the course must be provided.

[HH PSYC: Missed Tests/Exams Form](#). Failure to complete the form within 48 hours of the original deadline will result in a grade of zero for the missed quiz or late assignment. Make-up tests will be available to students with a legitimate reasons (e.g., illness). Work schedules are not legitimate reasons.

### Add/Drop Deadlines

For a list of all important dates please refer to: [Fall/Winter 2021-22 Important Dates](#)

	Fall (Term F)	Year (Term Y)	Winter (Term W)
Last date to add a course <b>without permission</b> of instructor (also see Financial Deadlines)	Sept. 21	Sept. 21	Jan. 23
Last date to add a course <b>with permission</b> of instructor (also see Financial Deadlines)	Oct. 5	Oct. 26	Feb. 7
Drop deadline: Last date to drop a course without receiving a grade (also see Financial Deadlines)	Nov. 12	Feb. 11	18-Mar
Course Withdrawal Period (withdraw from a course and receive a grade of "W" on transcript – see note below)	Nov. 13 - Dec. 7	Feb. 12 - April 10	March 19 - April 10

### Add and Drop Deadline Information

There are deadlines for adding and dropping courses, both academic and financial. Since, for the most part, the dates are **different**, be sure to read the information carefully so that you understand the differences between the sessional dates below and the [Refund Tables](#).

You are strongly advised to pay close attention to the "Last date to enrol without permission of course instructor" deadlines. These deadlines represent the last date students have unrestricted access to the registration and enrolment system.

After that date, you must contact the professor/department offering the course to arrange permission.

You can drop courses using the registration and enrolment system up until the last date to drop a course without receiving a grade (drop deadline).

You may [withdraw from a course](#) using the registration and enrolment system after the drop deadline until the last day of class for the term associated with the course. When you withdraw from a course, the course remains on your transcript without a grade and is notated as 'W'. The withdrawal will not affect your grade point average or count towards the credits required for your degree.

### Information on Academic Integrity and Plagiarism Detection

To promote academic integrity in this course, students will be normally required to submit their written assignments to Turnitin (via the course eClass) for a review of textual similarity and the detection of possible plagiarism. In so doing, students will allow their material to be included as source documents in the Turnitin.com reference database, where

they will be used only for the purpose of detecting plagiarism. The terms that apply to the University's use of the Turnitin service are described on the Turnitin.com website.

### **Electronic Device Policy**

This course will be delivered in an online format and therefore electronic devices (e.g., tablets, laptops) are permitted during class time for course-related purposes. It is expected that you would complete tests/exams in a manner that does not require consulting an unauthorised source during an examination unless the tests/exams are open-book.

### **Academic Integrity for Students**

York University takes academic integrity very seriously; please familiarize yourself with [Information about the Senate Policy on Academic Honesty](#).

It is recommended that you review Academic Integrity by completing the [Academic Integrity Tutorial](#) and [Academic Honesty Quiz](#)

### **Test Banks**

The offering for sale of, buying of, and attempting to sell or buy test banks (banks of test questions and/or answers), or any course specific test questions/answers is not permitted in the Faculty of Health. Any student found to be doing this may be considered to have breached the Senate Policy on Academic Honesty. In particular, buying and attempting to sell banks of test questions and/or answers may be considered as "Cheating in an attempt to gain an improper advantage in an academic evaluation" (article 2.1.1 from the Senate Policy) and/or "encouraging, enabling or causing others" (article 2.1.10 from the Senate Policy) to cheat.

### **Academic Accommodation for Students with Disabilities**

While all individuals are expected to satisfy the requirements of their program of study and to aspire to do so at a level of excellence, the university recognizes that persons with disabilities may require reasonable accommodation to enable them to do so. The university encourages students with disabilities to register with Student Accessibility Services (SAS) to discuss their accommodation needs as early as possible in the term to establish the recommended academic accommodations that will be communicated to Course Directors as necessary. Please let me know as early as possible in the term if you anticipate requiring academic accommodation so that we can discuss how to consider your accommodation needs within the context of this course.

<https://accessibility.students.yorku.ca/>

### **Excerpt from Senate Policy on Academic Accommodation for Students with Disabilities**

1. Pursuant to its commitment to sustaining an inclusive, equitable community in which all members are treated with respect and dignity, and consistent with applicable accessibility legislation, York University shall make reasonable and appropriate accommodations in order to promote the ability of students with disabilities to fulfill the academic requirements of their programs. This policy aims to eliminate systemic barriers to participation in academic activities by students with disabilities.

All students are expected to satisfy the essential learning outcomes of courses. Accommodations shall be consistent with, support and preserve the academic integrity of the curriculum and the academic standards of courses and programs. For further information please refer to: [York University Academic Accommodation for Students with Disabilities Policy](#).

### **Course Materials Copyright Information**

These course materials are designed for use as part of the PSYC 4060B course at York University and are the property of the instructor unless otherwise stated. Third party copyrighted materials (such as book chapters, journal articles, music, videos, etc.) have either been licensed for use in this course or fall under an exception or limitation in Canadian Copyright law.

Copying this material for distribution (e.g. uploading material to a commercial third-party website) may lead to a violation of Copyright law. [Intellectual Property Rights Statement](#).

### **Course Schedule**

#### **FALL – ON-LINE VIA ZOOM**

- Sept. 13      Course Introduction
- Sept. 20      Intro to 21<sup>st</sup> Century Psychotherapies (CP: Chapter 1)  
What is a theory? (AR eClass)
- Sept. 27      Therapeutic Relationship; Therapist Contributions and Role  
Assigned Reading (**AR**): Seligman: Contexts of effective treatment  
Assigned reading (**AR**): Vazquez (2014) Integration of Multicultural and  
Psychoanalytic Concepts pgs. 435-440  
  
Film: [Multicultural counseling and psychotherapy](#)
- Oct. 4        Psychoanalysis  
(CP: Chapter # 2)  
AR: Summers (2014) Ethnic Invisibility, Identity and the Analytic process  
  
Film: [Object Relations Therapy](#)
- LAB: Group A**
- Oct. 11      Thanksgiving – no class
- Oct. 18      Adlerian Psychotherapy:(CP: Chapter #3)  
Film: [Adlerian Psychotherapy for Couples](#)



**LAB:** Group B

Oct 25 Client-Centered Therapy  
(CP Chapter #4)

Film: [Person Centered Therapy](#)

**LAB:** Group A

Nov. 1 Gestalt Therapies  
(CP: Chapter 9)

Film: [Gestalt therapy with a young male client reflecting on relationship concerns](#)

**LAB:** Group B

Nov. 8 **Test #1**

Nov. 15 Rational Emotive Behaviour Therapy (CP Chapter 5)

Film: [Rational Emotional Behavior Therapy for Addictions](#)

**LAB:** Group A

Nov. 22 Behaviour Therapy  
(CP Chapter #6)

Film: [Behavior activation for depression and substance use](#)

**LAB:** Group B

Nov. 29 Cognitive Therapy  
(CP: Chapter #7)

Film: [Cognitive Therapy for Depression](#)

**LAB:** Group A

Dec. 6 Feminist Therapy  
(AR: Corey, eClass)

Film: [Boys to Men: Are You Listening?](#)

**LAB:** Group B

**WINTER: IN PERSON Location TBA**

Jan. 10      Existential Psychotherapy  
(CP: Chapter 8)  
Film: [Existential Humanistic Therapy](#)

**LAB:** Group A

Jan. 17      Positive Psychotherapy (CP: Chapter 13)  
Film: [Transpersonal and Positive Therapy With a Middle-Aged Man](#)  
**LAB:** Group B

Jan. 24      Contemplative Therapies  
(CP: Chapter 12)  
Application Exercise #11  
Film: [Mindfulness Intervention for Anxiety](#)  
**LAB:** Group A

Jan. 31      Test #2

Feb. 7      Student Presentation  
**LAB:** Group B

Feb. 14      Student Presentation  
**LAB:** Group A

Feb. 21      Reading week – no class

Feb. 28      Student Presentation  
**LAB:** Group B

March 7      Student Presentation  
**LAB:** Group A

March 14      Student Presentation

**LAB: Group B**

March 21 Student Presentation  
LAB: Group A

March 28 Student Presentation  
LAB: Group B

April 4 Final Paper Due