

**PSYC-4060F**  
**York University**  
**Counselling Psychology**  
**January-April 2022**  
**(Addition to Fall 4060F Syllabus (Dr. Warner))**

**INSTRUCTOR:** Dr. Leah Zalan, Ph.D., C. Psych.

[lzalan@yorku.ca](mailto:lzalan@yorku.ca) (please allow 24 hours for a response)

OFFICE HOURS: Email me please!

COURSE TIME: Wednesday 2:30-5:30 (remote/in-person)

Please note:

**\*\*This course syllabus may be subject to change. Students will be notified in class and on the course website of such changes\*\***

Dr. Zalan's role in this course is that of teacher/instructor, and is not considered to be a student's clinician or clinical assessor.

**\*Important\*:** Please refer to the Fall 2021 syllabus for important additional information. Your Winter 2022 grade will be averaged (50% for each term) with the grade you received from the Fall 2021 Term in 4060F.

Note: We will continue to use the same textbook as in the Fall section of this course!

This class endeavours to foster an environment that promotes equity, diversity, and inclusion. Please see the following for more information and resources: **College of Psychologists of Ontario**. Equity, Diversity and Inclusion (EDI): <https://cpo.on.ca/about-cpo/equity-diversity-and-inclusion/>

**GRADING**

|  |     |
|--|-----|
| In-class participation.....                                      | 20% |
| Presentations .....  | 40% |
| Final Paper.....   | 35% |
| Attendance at the Barbara Wand Seminar and question/comment..... | 5%  |

- Marking criteria for the paper and presentation will be provided on the course website

COURSE OUTLINE:

| <b>Date</b>        | <b>Topic</b>   | <b>Class Info</b><br><b>Presentation Topic (italics)</b>  | <b>Readings</b> |
|--------------------|--|---|-----------------|
| Jan 12, 2022       | Counselling Psychology – Professional Issues                 | **Sign up for Barbara Wand Seminar<br><i>Mini-Task 1: Mental Health Professions Questionnaire</i>   |                 |
| Jan 19, 2022       | Classification and Diagnosis                                 | <i>Mini-Task 2: Listen to the Barbara Wand Seminar on Jan 20</i>  |                 |
| Jan 26, 2022       | Ethics in Clinical/Counselling Psychology                    | Discussion of Barbara Wand Seminar  |                 |
| Feb 2, 2022        | Assessment – Clinical Interviewing and Structured Interviews | -- <i>Cultural Issues in Psychotherapy</i>  |                 |
| Feb 9, 2022        | Assessment Continued and Intro to Intervention               | -- <i>Group Therapy</i>   |                 |
| Feb 16, 2022       | Intervention Techniques with Adults                          | -- <i>Psychotherapy with Children</i><br><b>**Paper Proposal Due**</b><br><b>Mid-Term Check In</b>  |                 |
| <b>Feb 23 2022</b> | <b>Reading Week</b>  | <b>No Class</b>   |                 |
| March 2, 2022      | Intervention Techniques with Adults                          | -- <i>Career Counselling</i>  |                 |
| March 9, 2022      | Intervention Techniques with Adults                          | -- <i>Intervention in Health Psychology</i><br>-- <i>Psychotherapy in Forensic/Corrections</i><br><i>Mini-Task 3: VIA Signature Strengths Questionnaire</i>           |                 |
| March 16, 2022     | Intervention Techniques with Adolescents                     | -- <i>Interventions for those with (Dis)abilities</i>   |                 |
| March 23, 2022     | Elements of Psychotherapy Part 1                             | -- <i>Intervention for Addiction</i>  |                 |
| March 30, 2022     | Elements of Psychotherapy Part 2                             | -- <i>Geriatric Psychotherapy and Assessment</i><br>-- <i>Issues in Psychotherapy related to Gender Identity and Sexual Orientation</i><br><b>**Final Paper Due**</b> |                 |
| April 6, 2022      | Elements of Psychotherapy Part 3                             | -- <i>Family Therapy</i><br>-- <i>Sport Psychology Interventions</i><br><i>Mini-Task 4: You Tube Clip - Psychotherapy</i>   |                 |

--Presentation topics in *italics*

### **Class Participation (20%)**

- Attending class and have readings completed before class
- Evidence critical thinking, encourage and support others and their opinions, recognize our own values and associated biases
- This class supports an environment of *equity, diversity and inclusion*
- Learn from each other and recognize various perspectives/opinions – act ethically and professionally in class!
- These classes are intended to help prepare you to become ethical, effective, and caring psychological professionals!
- Contributing actively to discussion in class, including during student presentations
- ASK QUESTIONS! Please do not be afraid to ask questions, or even disagree with my opinions and views. It is so important to me that students feel that I create a non-judgmental and open class atmosphere that is sensitive to diversity of all types and kinds. I will not have all the answers, but I will look them up when I don't!
- To that end, before reading week we will have a **Mid-Term check in**, which will be an opportunity to openly discuss how we all feel the course is progressing, and any adjustments that might need to be made.
- Please note that you are not required to disclose any personal information that you are not comfortable sharing. Self-disclosure in class (or lack thereof) will not impact your grade.
- Mini-tasks outlined above will influence your participation mark
  - **Mini Task 1:** Complete the Mental Health Professions Career Test at <http://drjosephhammer.com/psych-grad-school/the-mental-health-professions-career-test/>
  - Mini Task 2: I will sign up the class for the Barbara Wand Seminar (at no cost). I will ask in class, but please email me within 48 hours of the first class if you do not want to be included. A link will be sent to you via email and posted on e-class
  - Mini Task 3: Take the VIA Signature Strengths Questionnaire, and be prepared to discuss your impressions in class! Go to: <https://www.viacharacter.org/survey/account/register>
  - Mini Task 4: Pick a YouTube clip that is an example of how psychotherapy and psychologists are portrayed in the media. A selection of these will be viewed in class and discussed.

### **The Barbara Wand Seminar in Professional Ethics, Standards and Conduct: Tricky Issues in Professional Practice and Other Current Issues in Professional Ethics (5%)**

- January 20, 2022 from 9 to 12. This web seminar is hosted by the College of Psychologists of Ontario. Your class has been given special permission to also attend this course. If you cannot listen to it live, a recording will be provided by the College afterwards.
- We will discuss this Seminar in class on Jan 26. Please submit to me prior to the class discussion 1 question and 1 comment that you had after listening

### **Paper (35%)**

- Pick one psychological disorder (DSM-V)
- Pick two psychotherapy modalities/orientations, with at least one being evidence-based. For example, CBT vs. Psychodynamic therapy for depression

- Use scholarly resources/references to:
- Describe each psychotherapy treatment, including the pros and cons of each treatment
- Compare and contrast the two psychotherapies in the treatment for the psychological disorder you chose.
- Create a fictitious case study where you describe how one of these treatments was used with the client. Provide a brief description of the client. How would you assess this client (i.e. what types of measures, what types of questions would you ask)? In your case study, explain what psychotherapy techniques you would use and why.
- A good paper will explore scientific literature related to each psychotherapy orientation, and will discuss the controversies and limitations of each approach.
- A strong paper will also include issues related to equity, diversity, and inclusion if applicable
- Length: 6-8 pages (if you feel you need more pages, speak to me!) ☺
- APA referencing required
- Please submit a **Paper Proposal** to me by **Feb 16, 2022**. This is just to check in that you are on the right track! ☺ In this very *brief* proposal please tell me:
  - The psychological disorder chosen
  - The two psychotherapy orientations you have chosen to discuss
  - A few sentences about the case study you are planning to create
- **\*\*Final Paper Due March 30<sup>th</sup>, 2022**. Mark Penalties will be applied if paper is late.

### **Presentation (40%)**

- Groups of approximately two students
- The group must provide a minimum of 10 scholarly references (journals, books, and cases can be included). These will also be provided to the class.
- Presentations should include powerpoint slides
- Presentations can include multimedia, student participation/discussion, class activities, role play – creativity is encouraged!
- \*\*\*\*Please provide **one** *scholarly* article for your classmates to access and read related to your topic prior to class. Please ensure this article is available on the York University Library website. Please provide this article at least one week in advance, and I will “approve” the article and post the title on the course website, or suggest a modification(s) for a different article.
  - This article can be a literature review, meta-analysis, or an empirical study that you think comprehensively discusses your topic
- Presentations are to be 40 minutes in duration per group and will include time for questions.
- Absence from your presentation will result in a zero (fail)
- Students will be assigned a group and notified via the course website within the first two weeks of class
- Grade on presentation will be a group mark
- Students are encouraged to ask questions at the end of each presentation
- Make sure to include information on controversial/tricky issues related to your topic, as well as potential limitations and biases. Again, highlighting issues related to equity, diversity, and inclusion is an asset.