

Faculty of Health
Department of Psychology
PSYC 4060 6.0 Section F: COUNSELLING PSYCHOLOGY
Wednesday 2:30 – 5:30 DB 0015
Fall/Winter 2022/2023

Almost all course activities will occur in person on campus. For the first week, we will meet via Zoom and there will be occasional guest lectures organized over Zoom.

Instructor Information

Instructor: Dr. Alex Porthukaran
Office Hours: By appointment
Email: alexp12@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 overview of the various approaches to and modalities of psychotherapy. This course should allow students to begin to formulate their ideas on how to approach various issues in counselling psychology.

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 well with others.

Specific Learning Objectives

This seminar class will be divided into two halves. The first half of the course will be focused on helping students learn about the various approaches and modalities that inform the practice of counselling psychology. This will occur through the use of lectures, videos, class discussion, and exercises. In the second half of the course, a greater emphasis will be placed on beginning to form a unique understanding of one's own approach to these issues and will involve presentations decided on by the student with the input of the instructor.

Required Text

- Messer, S., & Kaslow, N. (Eds.) (2019). Essential Psychotherapies (4th edition). New York, NY : The Guilford Press.
- Additional readings assigned in class

We will discuss accessing the text on the first day of class.

Course Requirements and Assessment:

Assessment	Date of Evaluation (if known)	Weighting
Self Reflection Proposal	September 28, 2022	5%
Self Reflection Paper	October 26, 2022	15%
Take-Home Exam	November 30, 2022	15%
Presentation	Second Term Dates TBA	20%
Self Reflection and Therapeutic Approach Paper	May 30, 2023	25%
Class Participation/ Reflections	Ongoing	20%
Total		100%

Description of Assignments

Self Reflection Project: Psychotherapy at its core is about trying to understand another human being and then to help them understand themselves. It is crucial to know and be aware of your own beliefs, values, and biases as these affect psychotherapy and to understand how this changes as you learn and grow. For this project, we will focus on our own values and how these affect our actions. You may have your own personal values that help or hinder you in the process of understanding yourself or others. The goal of this project is help turn these implicit ideas into concrete and explicit issues for you to consider over the course of the year.

Proposal: For this brief write up (approximately 1 page double spaced), begin this process of self reflection and identify 1 of these values that you would like to consider as you learn about therapy. You may think about how this value developed or what maintains it now. In addition, identify how this value impacts how you interact with others and see the process of psychotherapy.

Paper: In approximately 3-4 pages double spaced, address the following points in some form:

- 1) Identify the value you are writing about, including an operational definition of this value.
- 2) Describe why this value would be helpful (or not) in counselling.
- 3) Identify specific ways to move towards this value, both in the practice of therapy and in your life in general.

Take Home Exam: This exam will be in the form of 4 essay questions on the topic of psychotherapy. Students can formulate their answers based on lectures, readings, and discussions from class. Each answer will be approximately 1 page double spaced. You will be given 2 weeks to complete the exam. You will receive the exam on November 16, 2022 and the exam is due by the end of class on November 30, 2022.

Presentation: Students will make a presentation to the class in the winter term. The presentation can be done individually or in a group of 2 or 3 people. The presentation can include a powerpoint or can be done through other means including exercises, videos, or group discussion. A list of topics will be created based on the interests of the class, but these topics will primarily address particular therapeutic modalities (or one aspect or technique) in greater depth. You will need to have your topic approved by the course director and we will select dates for the presentation in the fall semester. Alongside the presentation, you will be asked to provide a brief reading list, including a required reading. More precise guidelines will be presented in class.

Participation/Reflections: Class participation will be based on two factors: active class attendance and thoughtful participation in discussion. It will be important to have a good understanding of the assigned reading material to incorporate into class discussion. If you wish, you may alternatively submit reflections based on class discussion and the readings instead of discussing in class. This is an option for those who are less comfortable speaking in public.

Self Reflection and Therapeutic Approach Paper: The final paper for the course will be based on your self reflection from the fall semester. Consider how your values have changed or developed over the course of the year. Again, consider how this would affect therapeutic practice, and this time focus in on a modality of choice. This could be the modality that you explored in the presentation. This is also a chance to discuss how the modality discussed fits with who you are as a person. Papers should be approximately 7-8 pages long.

Class Format and Attendance Policy

It will be important for participation marks to attend all/most classes. Classes are in-person. If you cannot attend, reach out to the instructor by email beforehand whenever possible.

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 2022-23](#)

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. Late assignments will be given a grade deduction of 5 percentage points per day.

Add/Drop Deadlines

For a list of all important dates please refer to: [Fall/Winter 2022-23 Important Dates](#)

	Fall (Term F)	Year (Term Y)	Winter (Term W)
Last date to add a course without permission of instructor (also see Financial Deadlines)	Sept. 20	Sept. 20	Jan. 22
Last date to add a course with permission of instructor (also see Financial Deadlines)	Oct. 4	Oct. 25	Feb. 6
Drop deadline: Last date to drop a course without receiving a grade (also see Financial Deadlines)	Nov. 11	Feb. 10	Mar. 17
Course Withdrawal Period (withdraw from a course and receive a grade of "W" on transcript – see note below)	Nov. 12 - Dec. 7	Feb. 11 - April 11	March 18 - April 11

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 Plagiarism Detection

Turnitin will be used for all paper submissions.

Electronic Device Policy

Electronic devices (e.g., tablets, laptops) are permitted during class time for course-related purposes.

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 4060 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

TENTATIVE COURSE OUTLINE 2022

EXPECTED DATE	LECTURE TOPIC & ASSOCIATED CHAPTERS
September 7	Intro to Course (Zoom meeting for the first week only)
September 14	Intro to Counselling; Identification of Values; Ch. 1
September 21	Common Factors in Treatment; posted readings
September 28	Psychoanalytic and Psychodynamic Therapy; Ch. 2, 3
	Proposal Due
October 5	Cognitive & Behavioural Therapy; Ch. 4
October 12	Reading Week
October 19	Person-Centred and Humanistic Approaches; Ch. 7, 8
October 26	Systemic Approaches; Ch. 9
	Self Reflection Paper Due
November 2	Modern Approaches to Psychotherapy; Ch. 13
November 9	Cognitive Behavioural Therapy (pt 2); Ch. 5
November 16	Dialectical Behaviour Therapy; posted readings
	Take Home Exam Handed Out
November 23	Emotion Focused Therapy; posted readings
November 30	Acceptance and Commitment Therapy; posted readings
	Take Home Exam Due
December 6	Neuroplasticity: Therapy and the Brain; posted readings
	WINTER TERM COURSE OUTLINE TBA