

**Faculty of Health
Department of Psychology
PSYC 4061 3.0 Section A: THEORETICAL APPROACHES TO COUNSELLING AND
PSYCHOTHERAPY
Mondays/11:30am to 2:30pm/rm.038 Health, Nursing, & Environmental Studies Building
(HNE)
Fall/2023**

The entire course will be delivered in-person with no accommodations (i.e., lectures are not recorded) made for students who cannot attend lectures. Lecture slides will be posted on the course website before each class.

Instructor and T.A. Information

Instructor: Jennifer Lewin, Ph.D., C.Psych

Office Hours: By appointment, rm. 251 BSB (Behavioural Sciences Buildings)

Email: jlewin@yorku.ca

Course Prerequisite(s): Course prerequisites are strictly enforced

- Passed (50% or higher) for HH/PSYC 1010 6.00 (Introduction to Psychology).
- 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 (Psychological Health, Distress, & Impairment)
- 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 such as lecture slides, course syllabus, assignment instructions, etc. The site will be your central access point for course materials and course updates.

Course Description

This course provides an overview of key theoretical aspects for some of the major counselling/ psychotherapeutic paradigms. The goal of this course is to introduce students to different theoretical approaches to counselling and psychotherapy and provide them with opportunities to critically examine and reflect on the theoretical and technical (i.e., specific treatment interventions) similarities and differences between

them. Key differences in theory and practice among various psychotherapy paradigms will be highlighted using case studies and videos shown in class. Students will also begin to critically evaluate and reflect on their own values, biases, and personal preferences in relation to these various theoretical approaches through written work, class discussions based on journal articles, and class activities.

Program Learning Outcomes

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

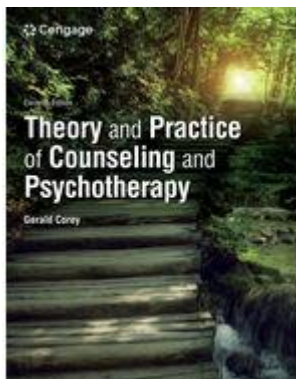
1. Demonstrate in-depth knowledge in theoretical approaches to counselling and psychotherapy.
2. Critically evaluate, synthesize, and resolve conflicting results in theoretical approaches to counselling and psychotherapy.
3. Articulate trends in theoretical approaches to counselling and psychotherapy.
4. Locate research articles and show critical thinking about research findings in theoretical approaches to counselling and psychotherapy.
5. Express knowledge of theoretical approaches to counselling and psychotherapy 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

1. Case studies & in-class exercises will be used to highlight similarities and differences in theory and practice among various psychotherapy paradigms
2. Students will have the opportunity to critically evaluate their own values, biases, and personal preferences in relation to various theoretical approaches

Required Text

Corey, G. (2024). *Theory and Practice of Counseling and Psychotherapy, 11th edition*. Belmont, CA: Brooks/Cole. ISBN: 978-0-357-76442-8



Course Requirements and Assessment:

| Assessment | Date of Evaluation (if known) | Weighting |
|----------------------------|--|-------------|
| Test 1 | October 30, 2023 | 35% |
| Pop-up quizzes | Throughout course, take place beginning of class | 15% |
| In-Class Group Assignments | Sept. 25, October 16, & November 20 | 15% |
| Test 2 | Due during exam period | 35% |
| Total | | 100% |

Description of Assignments

A. TEST 1

Date: Monday, October 30, 2023

Time to write: 3 hours

Worth: 35% of final grade

Test 1 will consist of 60-75 multiple-choice questions and some short and long answer questions based on case studies, which will be based on lecture material (lectures 1 to 6; including videos shown in class), textbook readings, and discussions in class. Testing will take place in-person, in class. Further information regarding Test 1 will be discussed in class once the course starts and updates will be provided under “Course Announcements” on the course website.

B. IN-CLASS GROUP ASSIGNMENTS (ICAs)

Group assignments based on these classes: Sept 25, Oct 16, and Nov 20, 2023

Submitted at the end of the class

Worth: 5% each, total of 15% of final grade

There will be three in-class group assignments. Groups will consist of 3 to 5 students. Each in-class assignment (ICA) is worth 5%, for a total of 15% of your final grade. If applicable, I will post a case study/scenario under “Important Course Information” on eClass a few days before the in-class assignment takes place. Make sure you read over the case study before the ICA. Students will be expected to hand in one piece of written work per each group and it will be submitted at the end of the class. All students within a group will receive the same grade. These activities will provide students with an opportunity to evaluate their learning, formulate thoughts and present their ideas. In-class assignments will be based on attendance and quality of group written work submitted. The in-class group assignments will take place during the last 45 to 60 minutes of the class.

C. POP-UP QUIZZES

When: throughout the whole course

Worth: 15% of final grade

The expectation for this course is that you will keep up with readings, attend all lectures and engage with the course material. To make sure you are keeping up with readings and materials, surprise quizzes, consisting of 5 to 10 multiple choice questions and/or short (one or two sentences) answer questions will happen throughout the course. Please note: Quizzes will take place during the first 30 minutes of class. If you miss a quiz, you will receive a grade of zero. There are no makeups for quizzes.

D. TEST 2

Date: during fall exam schedule

Worth: 35% of final grade

The final test will involve applying concepts/knowledge that you have accumulated over the *entire course* to questions based on case studies provided. Test 2 will consist of some multiple-choice questions (45 to 60 MC questions), which will be based solely on textbook and class material that occurs after Test 1. Additionally, short answer and longer answer questions based on scenarios or case studies will also be present on Test 2.

Class Format and Attendance Policy

Students are expected to attend all classes. Quizzes will take place throughout the course, so it is in your best interest to keep up with readings and attend class regularly. There is no “make-up” for a missed class. If a student must miss a class, it is expected that the student will read the chapter(s)/article(s) for that week to facilitate learning and prepare for quizzes/tests.

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 2023-24](#)

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.

<https://psychology.apps01.yorku.ca/machform/view.php?id=16179>

Add/Drop Deadlines

For a list of all important dates please refer to: **Fall/Winter 2023-24 Important Dates**

<https://registrar.yorku.ca/enrol/dates/2023-2024/fall-winter>

| | Fall 2023 |
|---|---------------|
| Last date to add a course without permission of instructor (also see Financial Deadlines) | September 20 |
| Last date to add a course with permission of instructor (also see Financial Deadlines) | September 28 |
| Drop deadline: Last date to drop a course without receiving a grade (also see Financial Deadlines) | November 8 |
| Course Withdrawal Period (withdraw from a course and receive a grade of "W" on transcript – see note below) | Nov 9 – Dec 5 |

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

The university has subscribed to the Turnitin service which helps professors identify internet plagiarism and helps students maintain academic integrity. The work submitted by you in this course will be submitted through Turnitin via eClass.

Electronic Device Policy

This course will be delivered in-person. Electronic devices are permitted during class time for course-related purposes. It is strongly recommended that you put away your phones during

lecture and refrain from engaging in activities on other devices (e.g., tablet, laptop) that are not course related (e.g., watching videos, online shopping). Even if you are quiet, such activities are distracting to other students.

Electronic mobile devices of any kind are not allowed during a test or examination. Students are required to turn off and secure any electronic mobile device in their bag which is to be placed under the chair while a test/exam is in progress. Any student observed with an electronic device during a test/exam may be reported to the Undergraduate Office for a potential breach of Academic Honesty.

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 PSYC4061 SECTION A 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](#).

TENTATIVE Course Schedule***

| Date | Lecture Topic | Readings |
|-------------------------|--|---|
| September 11, 2023 | Introduction & Psychotherapy Integration | Chapters 1, 2, & part of 15 (pg. 533-542) |
| September 18, 2023 | Psychoanalysis | Chapter 4 |
| September 25, 2023 | Psychoanalysis continued/Existential Therapy ICA #1: psychoanalysis | Chapter 6 |
| October 2, 2023 | Person-Centred Therapy | Chapter 7 |
| OCTOBER 9, 2023 | FALL READING WEEK | NO READINGS!!! |
| October 16, 2023 | Person-Centred Therapy continued & Motivational Interviewing ICA#2: person-centred therapy | Part of Chapter 13 (pg. 468 to 473) |
| October 23, 2023 | Gestalt Therapy | Chapter 8 |
| October 30, 2023 | | Includes: Chapters 1, 2, 4, 6, 7, 8, and part of 13 & 15, AND lecture 1 to 6 material, including videos |

| | | |
|---|--|---|
| | *** TEST 1 *** (multiple choice and short answer questions based on case study) | |
| November 6, 2023 | Emotion-Focused Therapy and Behaviour Therapy | Assigned reading + Chapter 9 |
| November 13, 2023 | Cognitive Therapy & REBT | Chapter 10 |
| November 20, 2023 | CBT continued/REBT continued & Feminist Therapy ICA #3: CBT/REBT | Chapter 12 |
| November 27, 2023 | Feminist Therapy continued & Narrative Therapy | Part of Chapter 13 (pg. 474 to 490) |
| December 4, 2023 | Acceptance & Commitment Therapy (ACT) | Assigned reading |
| Fall Exam Period (Dec 7 to 20, 2023) | *** Test 2 *** (multiple choice questions and short answer questions based on case study) | Includes: Chapters 9, 10, 12, part of Chapter 13, plus assigned reading(s) AND Lectures 7 to 11 material (including videos) |

*Assigned readings (which will consist of various journal articles, book chapters, etc.) will be posted ahead of lectures on eClass for students to have time to read the material.

**Please be aware that course schedule/readings are subject to change prior to course starting. Please look to course announcements and updates on eClass for any changes.