

**PSYCHOLOGY 4060 6.0C  
YORK UNIVERSITY  
DEPARTMENT OF PSYCHOLOGY**

**Course:** Counselling Psychology

**Term:** Fall/Winter 2015/2016

**Course Instructor**

Dr. Andrew Shaul

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Hours: Tuesdays, 10am-11am

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**Secretary**

Ms. Agnes Levstick

Room: 285 BSB

Phone: (416) 736-5125

**Time and Location**

Time: Tuesdays, 11:30am – 2:30pm

Location: FC 110

**Add and Drop Deadlines**

Last Day to add a course <i>without</i> permission of instructor:	September 24 <sup>th</sup>
Last Day to add a course <i>with</i> permission of instructor:	October 22 <sup>nd</sup>
Last Day to drop a course <i>without</i> receiving a grade:	February 5 <sup>th</sup>

**Expanded Course Description**

The format of the course is seminar style, which entails a combination of lecture, class discussion and analysis, occasional films and demonstrations, classroom exercises, and student presentations. The main goal of the course is to give students an overview of the major schools of counselling/psychotherapy, and to provide an in depth analysis of the theoretical background and techniques associated with each school. It is also intended to provide students with the opportunity to engage in some actual clinical practice through classroom exercises and role-playing, and to learn to evaluate critically different therapy models.

**Course Text / Readings**

Textbook: Current Psychotherapies, 10<sup>th</sup> Edition (2014)  
By: Corsini, R.J. & Wedding, D.

## **Evaluation**

The evaluation will be based on 4 separate components, with the following breakdown:

Fall Take-home Exam:	30%	(due Tuesday, December 1st)
Seminar Presentation:	25%	(winter term)
Final Paper:	30%	(due Tuesday, March 29th)
Class Participation:	15%	

## **Description of Course Requirements:**

**Take home exam:** This exam will consist of 3-5 essay style questions. Answers will be expected to be about 2-3 pages long (typed, double spaced). You will have 2 weeks to complete the exam. Questions will be given to you in class 2 weeks prior to the due date (Tues. November 17<sup>th</sup>), and the exam is due on **Tues. December 1st** at class time. Late exams will only be accepted without penalty in circumstances of medical illness or personal crisis. Some form of official documentation may be required in these cases.

**Seminar Presentation:** Each student is expected to make a presentation to the rest of the class. Your presentation must be done in a group of 2 or 3 people. You will need to have your topic approved by the course director. A list of suggested topics will be provided during the fall term. You will be expected to research your topic, and present the material to the class in a clear and detailed manner. You may also choose to suggest readings to the rest of the class prior to the presentation. Although you will be graded as a group, the course director may choose to provide individual grades if deemed appropriate. More specific guidelines and expectations regarding the presentation will be made available during the fall term.

**Final Paper:** This paper can be done on the same topic as your seminar presentation, or you can select a different topic (with the course director's approval). Briefly, your paper should entail a comprehensive review of literature relevant to your topic, along with a critique of that literature. You will be expected to write your paper according to APA format. The length of the paper is expected to be between 15-20 pages (typed and double spaced). Depending upon the needs and wishes of the class, we may devote a session to discussing how to write a psychology paper and how to adhere to APA style and format. The paper is due on **Tues. March 29th** in class. Late papers will only be accepted without penalty in circumstances of medical illness or personal crisis, and some form of official documentation may be required.

**Class Participation:** Class participation will be evaluated based on reasonably consistent seminar attendance, and by active and informed participation in class discussions. It will be helpful to prepare for each seminar by finishing the assigned readings prior to class. You will also be expected to complete and hand in a brief summary of each therapy model discussed in class using the "Therapy Analysis Forms." These forms will be explained fully in the first class. Although they will not be graded, each student is expected to complete them according to the lecture schedule. Completing these forms is expected to help students understand each of the therapy models presented.

## **Grading**

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 90, B+ = 75 to 79, etc.) (For a full description of York grading system see the York University Undergraduate Calendar - <http://calendars.registrar.yorku.ca/2010-2011/academic/index.htm>)

## **IMPORTANT COURSE INFORMATION FOR STUDENTS**

All students are expected to familiarize themselves with the following information, available on the Senate Committee on Academic Standards, Curriculum & Pedagogy webpage (see Reports, Initiatives, Documents) - <http://www.yorku.ca/secretariat/senate/committees/ascp/index-ascp.html>

- Senate Policy on Academic Honesty and the Academic Integrity Website
- Ethics Review Process for research involving human participants

- Course requirement accommodation for students with disabilities, including physical, medical, systemic, learning and psychiatric disabilities
- Student Conduct Standards
- Religious Observance Accommodation