

Version: August 25, 2015

Course Outline

**Counselling Psychology
4060 6.0H (Y)**

**York University
Faculty of Health
Department of Psychology
Fall/Winter 2014-2015**

Prerequisites: Registration in the Joint York/Seneca Program in Rehabilitation Services or AK/AS/HH/SC/PSYC 1010 6.00 or AK/HH/PSYC 2410 6.00, with a minimum grade of C; AK/AS/HH/SC/PSYC 2030 3.00 or AK/HH/PSYC 2530 3.00; one of AK/AS/HH/SC/PSYC 2021 3.00, AK/AS/HH/SC/PSYC 2020 6.00, AK/HH/PSYC 2510 3.00; AK/AS/HH/SC/PSYC 2130 3.00 or AK/HH/PSYC 3220 3.00; AK/HH/PSYC 3140 3.00 (after Winter 2002) or AS/SC/PSYC 3140 3.00 or AK/HH/PSYC 3215 3.00. Course credit exclusions: AK/AS/HH/SC/PSYC 4061 3.00, AK/AS/HH/SC/PSYC 4062 3.00, AK/PSYC 4210 3.00 (prior to Summer 2002), AK/PSYC 4240 3.00 (prior to Summer 2002), GL/PSYC 4250 3.00.

Course Director: Marc Wilchesky, Ph.D., C. Psych.
Office: N110 Bennett Centre for Student services
Hours: By appointment
Phone: 416-736-5297 **Email:** marc@yorku.ca

Secretary: Ms. Agnes Levstik
Office: 281 BSB
Phone: 416-736-5125

Time: Thursdays, 2:30pm--5:30pm
Location: VH 3004

Course Learning Objectives:

Students will be able to critically evaluate current theory, research and practice in relation to major counselling and psychotherapy approaches.

Students will gain an appreciation of the range of psychotherapeutic approaches and begin to determine the types of counselling approaches most suited to their personal style.

Students will be able to demonstrate their understanding of the course content in both oral and written formats following APA style.

Format: Seminar style. The course will involve a combination of lecture, class discussion, video demonstrations, and student presentations.

Textbook: Seligman, L. & Reichenberg, L.W. (2014). Theories of counselling and psychotherapy: Systems, strategies and skills (4th ed.). New Jersey: Pearson Education Inc. (Additional readings may be assigned as the course proceeds)

Evaluation:	Fall Take-Home Assignment:	25% (Dec. 3 – Dec. 11)
	Seminar group presentation:	25% (scheduled weekly in winter term)
	Winter term paper:	30% (due March 24, 2016)
	Class participation:	20% (including written “critical evaluations”)

Description of Course Requirements:

Take-home assignment: The assignment will consist of 2 essay-style questions to be answered in approximately 2000 words (total). Questions will be assigned Dec. 3, 2015 and the completed assignment is due Dec.11, 2015 by 4:30 pm in N110 BCSS. **The assignment may include any material covered during the fall term.** Responses should be prepared on computer and double-spaced. Students are expected to work independently on this assignment. There will be a penalty of one-half letter grade (1 grade point) per day that the assignment is late. Exceptions to the lateness penalty for valid reasons such as illness or compassionate grounds will be considered by the Course Director upon submission by the student of supporting documentation.

Seminar Group Presentation: Students will be required to work collaboratively with 2-3 classmates to prepare a seminar presentation of approximately two hours duration. The presentation may include lecture, audio-visual material, exercises, and guided group discussions. The presentation should demonstrate an in-depth appreciation of an issue related to counselling and psychotherapy. A list of suggested topics will be handed out during the second half of the fall term (students may choose alternative topics with the approval of the Course Director). Two weeks prior to the presentation, students will be expected to recommend two readings with information about where they may be found online. Links to the readings will be posted on the course Moodle site. The group will provide a full reading list and an outline/ brief summary of the presentation (approximately 3-5 typed pages) to the class on their scheduled presentation date. All group members are expected to contribute equally to the finished product and therefore all members will receive the same grade on the presentation. However, should it become apparent that the work was not shared equitably grades may be assigned differentially to group members.

Winter Term Paper: The term paper may be an elaboration of the same topic as the seminar presentation, or students can choose a different topic (with approval of the Course Director). The paper should include a critical analysis and review of the research literature relevant to the topic and be written in accordance with the *Publication Manual of the American Psychological Association, 6th Edition, 2010*. Papers should be approximately 15--20 double-spaced pages (4500--6000 words). **Guidelines for writing the paper will be handed out later in the fall term.** Due date: March 24, 2016. There will be a penalty of one-half letter grade (1 grade point) for each day late. Exceptions to the lateness penalty for valid reasons will be considered (as noted above).

Class Participation: This will be evaluated on the basis of consistent seminar attendance, active involvement in class discussions, and submission of: 1) written “critical evaluations” of each assigned chapter, 2) brief written reactions to readings related to students’ class presentations, and 3) audience feedback forms after each student presentation.

NOTE: Last date to drop this course without academic penalty: Feb. 5, 2016
Students who feel that there are extenuating circumstances which may interfere with the successful completion of any course requirements are encouraged to discuss the matter with me as soon as

possible to make appropriate arrangements.

Students with learning, mental health, physical, sensory, or medical disabilities who require accommodations in teaching style or evaluation methods should discuss this with me early in the year so that appropriate arrangements can be made.

Lecture Schedule

Sept. 10/2015	Course Introduction	
Sept. 17	Overview of Counselling Approaches	Ch. 1
Sept. 24	Ethics and Values	
Oct. 1	Psychoanalytic Therapy	Ch. 2, 3, 6
Oct. 8	Psychoanalytic Therapy	
Oct 15	Person-Centred Counselling	Ch. 7, 8
Oct. 22	Person-Centred Counselling, cont'd	
Oct. 29	NO CLASS – FALL CO-CURRICULAR DAYS	
Nov 5	Gestalt Therapy	Ch. 10
Nov 12	Existential Counselling	Ch. 9
Nov 19	Tips for Writing Psychology Papers - Guest Lecturer Cathy Boyd-Withers	
Nov 26	Rational Emotive Behaviour Therapy	Ch. 12, 13
Dec 3	Cognitive Therapy	Ch. 14
	(End of Fall Term)	
Jan 7/2016	Behaviour Therapy	Ch. 16
Jan 14	Family Therapy	Ch. 18
Jan 21	Group Presentation	
Jan 28	“	

Feb.	4	“	
Feb.	11	“	
Feb.	18	NO CLASS – WINTER TERM READING WEEK	
Feb.	25	Group Presentation	
Mar	3	“	
Mar	10	“	
Mar	17	“	
Mar	24	Integrative Psychotherapy	Ch. 19 (no critical eval)
Mar	31	Wrap-Up and Debrief	Ch. 20 (no critical eval)

Statement on Academic Honesty (excerpt from the York University Senate Policy on Academic Honesty):

Conduct that violates the ethical or legal standards of the University community or of one's program or specialization may result in serious consequences. The Policy on Academic Honesty is a reaffirmation and clarification for members of the University of the general obligation to maintain the highest standards of academic honesty. It outlines the general responsibility of faculty to foster acceptable standards of academic conduct and of the student to be mindful of and abide by such standards.

For further information about this and other important points related to **accessibility and the code of student rights and responsibilities**, please refer to senate policies/ information at the following links:

<http://secretariat-policies.info.yorku.ca/policies/academic-honesty-senate-policy-on/>

<http://secretariat-policies.info.yorku.ca/policies/academic-accommodation-for-students-with-disabilities-policy/>

<http://secretariat-policies.info.yorku.ca/policies/code-of-student-rights-and-responsibilities-presidential-regulation/>