

YORK UNIVERSITY
DEPARTMENT OF PSYCHOLOGY
SKILLS AND TECHNIQUES IN COUNSELLING AND PSYCHOTHERAPY

4062.03 M 2013

COURSE OUTLINE

Course Director: Dr. Shulamit Mor
Phone: (905) 773-1425
Email: smor@yorku.ca
Office Hours: Thursday (by appointment)

Secretary: Mrs. Agnes Levstik
Office: 281 BSB
Phone: (416) 736-5125

Time: Monday 7:00 p.m. to 10 p.m.
Location: HNE B11

Course Description and Objectives: This course introduces the process of counselling and offers students the opportunity to practice basic counselling skills. A general counselling model of 'how to become a skilled helper' will be taught.

Class Format: Workshop format. Each class will include student(s) presentation on the assigned readings followed by viewing a video and participating in class exercises.

Textbook: Egan, G. and Schroeder, W. (2009). The Skilled Helper: A Problem-Management and Opportunity-Development Approach to Helping (First Canadian Edition) Nelson Education Thompson Brooke/Cole U.S.A.

Evaluation: Mid term Exam	20%
Final Exam	20%
Seminar Presentation:	20%
Critical Thinking Questions	15%
Class Participation/Exercises:	25%

MOODLE: Students are responsible for checking moodle.yorku.ca frequently for information on assignments, guidelines, notes and other information.

Seminar Presentation and Written Assignment: Students will be expected to teach the assigned readings to the class. Prior to their presentation day they are expected to email their independent work on the Critical Thinking Questions given at the end of their assigned chapter.

CLASS SCHEDULE

January 7	Introduction to Counselling and Psychotherapy
January 14	Chapter 1
January 21	Chapters 2 and 3
January 28	Chapters 4 and 5
February 4	Chapters 6 and 7
February 11	Mid Term Exam
February 18	Reading Week
February 25	Chapters 8 and 9
March 4	Chapters 10 and 11
March 11	Chapter 12
March 18	Chapter 13
March 25	No class
April 1	Chapter 14
April 8	Final Exam

Pre-requisite:

Please note those specified pre-requisites found in the Department of Psychology undergraduate supplemental calendar would apply unless otherwise agreed upon.

Applicable Drop Date:

Last date to drop this course without receiving a grade: March 7, 2013.

Important Dates:

<http://www.registrar.yorku.ca/enrol/dates/fw12.htm>

Missed Tests and Examinations:

The student must contact the course director or the course director's secretary in person or by telephone or e-mail within 48 hours of the test or examination.

Appropriate documentation verifying the circumstances for the missed test or examination must be provided at the time specified by the instructor.

Medical circumstances – tests/exams missed due to medical circumstances must be supported by an attending physician’s statement or a statement by a psychologist or counsellor. The physician’s statement must include the following:

1. Full name, mailing address, telephone number of the physician;
2. State the nature of the illness and its duration (i.e. specific dates covered); and
3. An indication of whether the illness and/or medication prescribed would have SERIOUSLY affected the student’s ability to take the test/exam.

The clinician’s office will be contacted to verify that the forms were completed by the identified clinician.

Non-medical circumstances – tests/exams missed due to non-medical circumstance must be supported by appropriate documentation (i.e. death certificate, obituary notice, automobile accident reports, etc.).

Having to work at the time of the test is not considered a valid excuse for missing the test.

The manner in which a missed test is handled will be at the complete discretion of the course director.

For a missed final exam or incomplete course work, you will be required to complete a deferred standing form, which will also include the type of work to be completed (paper/exam) and the date the paper/exam will be completed.

Note: Attending and participating actively in class discussions and exercises are central part of the course and count for 25% of the mark. If you do not plan to attend most of the classes, please do not take this course. This is a “hands-on” course