

**Faculty of Health**  
**Department of Psychology**  
**PSYC 4060 6.0 B: COUNSELLING PSYCHOLOGY**  
**Monday/14:30-17:30/FC 103**  
**Y/2018-2019**

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**Instructor and T.A. Information**

Instructor: Dianne Lawless Ph.D., C.Psych  
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**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 (excluding (EDUC) education courses)

**Course Credit Exclusions**

Please refer to [York Courses Website](#) for a listing of any course credit exclusions.

**Course website:** [Moodle](#)

**Course Description**

The purpose of the course is to provide an introduction to main approaches to psychotherapy and counselling and to allow students to begin to formulate their personal view on counselling.

**Program Learning Outcomes**

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 with others.

**Specific Learning Objectives**

Identify the philosophical foundation underlying each theory studied in class, and demonstrate how it shapes the development of theoretical constructs and models of intervention. Demonstrate the ability to convey a knowledgeable and evidenced-based understanding of a specific theory of counselling not covered in class.

**Required Text**

- Corsini, R. J., & Wedding, D. (Eds.) (2014). *Current Psychotherapies* (10th edition). Itasca, Ill. :Peacock Publishers
- Additional readings assigned in class. Assigned Readings are posted on moodle

**Course Requirements and Assessment:**

<b>Assessment</b>	<b>Date of Evaluation (if known)</b>	<b>Weighting</b>
Personal Theory paper First draft	September 24, 2018	0%
Editorial Comments	October 1, 2018	3%
Personal Theory Paper, 2nd draft	October 15, 2018	7%
Film review	TBD	4%
Test #1	October 29, 2018	20%
Test #2	January 21, 2019	24%
Group Seminar Presentations	Jan. 28 to March 25	12%
Final Paper Due April 2, 2019		19%
Participation		11%
<b>Total</b>		<b>100%</b>

**Description of Assignments**

**Personal Theory Paper (7%)** First draft: Sept. 24, 2018. Second draft: October 15, 2018

This is a maximum four page (double-spaced) paper outlining your own theory of personality and counselling. Describe in your own words your view of personality, important factors that contribute to personality development and the essential features necessary to explain how we function. Try and discern the underlying assumptions of human nature. Include a discussion about what you think motivates human beings. In addition, describe your theory of counselling and show how it is related to your theory of personality. What do you think is necessary for psychotherapy to be effective? What are important factors for facilitating change? Outline what you would emphasize in therapy, the topics you feel would be important to cover and the types of information you feel you would need to have in order to work effectively with your client. Identify and define up to four core constructs that guide the way you think about psychotherapy.

N.B.: It is important that this material reflect your own thinking. Do not describe an existing theory. Do not refer to any texts. Write in the first person.

The first draft of the paper is due Sept. 24, 2018. It will be edited by a peer in your class. After receiving your peer-reviewed feedback, make any changes you think are necessary. Hand in both the first draft (along with your peer-editor's comments) and the second draft during class on October 15, 2018. Additionally, submit your final draft to turnitin via the link on moodle.

### **Editorial Comments (3%)**

Return to writer by October 1, 2018

You will read one of your colleague's Personality Theory paper. Provide the writer with comments and questions that you believe will help them to express their ideas more clearly and effectively. Type your comments on a separate sheet of paper. Hand the comments and the original paper back to the writer by October 1. You will be graded on the clarity and usefulness of your own feedback. N.B.: Your promptness regarding turn-around-time is very important.

### **Film review (4%)**

A part of each class will be devoted to a film review. Students will sign up to be a discussant. Film discussants will need to preview the film. Most films are available as electronic resources through the York library. Because viewing time is limited to 10-15 minutes, you will need to select a portion of the film you believe would be most useful for the class to see. After the class views the selected portions, you will give your reactions to the film as a means of stimulating class discussion. N.B.: This is NOT a presentation. Your objective is to help facilitate a class discussion. *Please note: the library takes reserved films off of the shelf 1 week prior to the viewing date. This means students will need to review their films on an earlier date.*

### **In Class tests**

Test #1 (20%) October 29, 2018: Corsini Chapters 1, 2, 3, 4, 9, all lecture slides, *plus*  
Assigned readings : 1) Seligman and 2) What is a theory ?

Test #2 (24%) January 21, 2019 Corsini Chapters 5, 6, 7, 8, 11, 12, all lecture slides *plus* AR Corey

Both tests will consist of multiple choice, short answer and essay style questions covering the text and supplemental chapters covered to date. The second test is not cumulative.

### **Seminar Presentation (12%) January 28 to March 25, 2019**

Each student is expected to make a presentation to the rest of the class in the second term. Your one-hour presentation will be done in a group of three people. The presentation can include lecture, audiovisual material, exercises, and guided group discussion. A list of suggested topics will be provided. Feel free to discuss additional topics with me. Topics and presentation dates will be established early in the first term. You will need to have your topic and proposed readings approved by the course director. You will be expected to research your area of interest and present the material in a clear and organized manner.

More specific guidelines regarding the expectations for the presentation will be discussed in class.

### **Final Paper (20%) April 2, 2019**

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). Details will be announced in class. The paper should be written in accordance with the Publication Manual of the American Psychological Association. Papers should be approximately 10-12 double spaced pages (2500-3000 words).

### **Participation (11% total)**

Class participation will be evaluated based on **two** components. 8% will be based on active and informed participation and reflection in all class discussions and exercises. Please note, this mark is not based on attendance per se, however, it goes without saying that attendance is necessary in order to participate. It will be helpful to prepare for each meeting by completing the assigned readings prior to each class. 3% will be based on providing a peer review for a minimum of four final group presentations.

### **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 2018-19](#))

### **Late Work/Missed Tests or Exams**

Students with a documented reason for missing a course test, such as illness, compassionate grounds, etc., which is confirmed by supporting documentation (Attending Physician Statement which can be found at: <http://myacademicrecord.students.yorku.ca/pdf/attending-physicians-statement.pdf>) may request accommodation from the Course Instructor. Further extensions or accommodation will require students to submit a formal petition to the Faculty.

**Timeline for submitting Attending Physician’s Statement – 48 hours.** Further extensions or accommodation will require students to submit a formal petition to the Faculty. One make-up test will be held for students who have a documented absence. It is the student’s responsibility to attend that test. Undocumented late papers that are late will be deducted 20% per day

### Important New Information Regarding Missed Tests

For any missed tests or late assignments, students **MUST** complete the following online form which will be received and reviewed in the Psychology undergraduate office.

[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 test/assignment.

### Add/Drop Deadlines

For a list of all important dates please refer to: [Fall/Winter 2018-19 - Important Dates](#)

	<b>FALL (F)</b>	<b>YEAR (Y)</b>	<b>WINTER (W)</b>
Last date to add a course <b>without permission</b> of instructor (also see Financial Deadlines)	Sept. 18	Sept. 18	Jan. 16
Last date to add a course <b>with permission</b> of instructor (also see Financial Deadlines)	Oct. 2	Oct. 23	Jan. 30
Drop deadline: Last date to drop a course without receiving a grade (also see Financial Deadlines)	Nov. 9	Feb. 8	March 8
Course Withdrawal Period (withdraw from a course and receive a grade of “W” on transcript – see note below)	Nov. 10 - Dec. 4	Feb. 9 - Apr. 3	March 9 - Apr. 3

**\*Note:** *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 students in this course will be submitted to Turnitin. Students who do not want their work submitted to this

plagiarism detection service must, by the end of the second class, consult with the instructor to make alternate arrangements

### **Electronic Device Policy**

Electronic devices are to be used in class for course work only. In respect for other students, refrain from using electronic devices in class for personal or entertainment purposes.

### **Attendance Policy**

Students are expected to attend all seminar classes. While participation depends being in class, the grade for participation is not based on attendance per se.

### **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 information [SPARK Academic Integrity modules](#). These modules explain principles of academic honesty.

### **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.

### **Electronic Devices During a Test/Examination**

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 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 [York University Accessibility Hub](#) is your online stop for accessibility on campus. The [Accessibility Hub](#) provides tools, assistance and resources. Policy Statement.

**Policy:** York University shall make reasonable and appropriate accommodations and adaptations in order to promote the ability of students with disabilities to fulfill the academic requirements of their programs.

The nature and extent of accommodations shall be consistent with and supportive of the integrity of the curriculum and of the academic standards of programs or courses. Provided that students have given sufficient notice about their accommodation needs, instructors shall take reasonable steps to accommodate these needs in a manner consistent with the guidelines established hereunder.

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 4060B 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**

- Sept.10      Intro to Course  
Intro to 21<sup>st</sup> Century Psychotherapies (CP: Chapter 1)  
What is a theory? (AR moodle)
- Sept. 17      Therapeutic Relationship; Therapist Contributions and Role  
(AR: Seligman)  
Application Exercise #1  
Culturally sensitive psychotherapy with a young Asian American man  
[electronic resource]
- Sept. 24      Psychoanalysis  
(CP: Chapter # 2)  
Application Exercise #2  
Dream Work in Psychotherapy [electronic resource]  
*1st draft personal theory paper*
- Oct. 1        Adlerian Psychotherapy:(CP: Chapter #3)  
**Case Study: The case of Roger (moodle)**  
*Editorial comments due*  
Application Exercise #3  
Film: Treating recently married couple with Integrative Adlerian Therapy  
[electronic resource]
- Oct. 8        Thanksgiving – no class

- Oct 15      Client-Centered Therapy  
 (CP Chapter #4)  
 Three approaches to psychotherapy: I Part 1 Carl Rogers [electronic resource]  
*Final draft personal theory paper due*
- Oct. 22      Gestalt Therapies  
 (CP: Chapter 9)  
 Application Exercise #4  
 Three approaches to psychotherapy: I Part 2. F. Perls [electronic resource]
- Oct. 29      Test #1
- Nov. 5        Rational Emotive Behaviour Therapy (CP Chapter 5)  
 Application Exercise #5  
 Three approaches to psychotherapy. I Part 3, Albert Ellis [electronic resource]
- Nov. 12      Behaviour Therapy  
 (CP Chapter #6)  
 Application Exercise #6  
**DVD 5154: Fight or Flight: overcoming panic and agoraphobia**
- Nov. 19      Cognitive Therapy  
 (CP: Chapter #7)  
**Case Study: Interview with a Depressed and Suicidal**  
 Application Exercise #7
- Nov. 26      Feminist Therapy  
 (AR: Corey, moodle)  
 Application Exercise #8  
 Film: DVD 9744 Boys to men? Are you listening?
- Dec. 3        Family Therapy (CP: Chapter 11)  
**Case Study: The daughter who said no**  
 Application Exercise #9



- Jan. 7            Existential Psychotherapy  
                      (CP: Chapter 8)  
                      Application Exercise #10  
                      Film: Existential-Humanistic Therapy for Men with Anger Issues [electronic  
                      resource]
- Jan. 14            Contemplative Therapies  
                      (CP: Chapter 12)  
                      Application Exercise #11  
                      Film: Working with depression and anxiety with Acceptance and  
                      Commitment Therapy[electronic resource]
- Jan. 21            Test #2
- Jan. 28            Student Presentation
- Feb. 4             Student Presentation
- Feb. 11            Student Presentation
- Feb. 18            Reading week – no class
- Feb. 25            Student Presentation
- March 4            Student Presentation
- March 11           Student Presentation
- March 18           Student Presentation
- March 25           Student Presentation
- April 2            **Final Paper due**