

**Faculty of Health**  
**Department of Psychology**  
**PSYC 4060 6.0 G: COUNSELLING PSYCHOLOGY**  
**Mondays/11:30 – 2:30/MC 212**  
**Fall & Winter/2019-2020**

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**Instructor information:**

Instructor: Tifrah Warner

Office: BSB 277

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Office Hours: after each class or by an appointment

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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**

This course looks at the field of counselling and psychotherapy from 3 perspectives: conceptual framework, intervention strategies, and the therapist's standpoint (role in creating change, personal attributes, attitudes, skills). Both traditional and emerging approaches will be covered. Additionally, an entire class will be devoted to the research issues specific to this field.

The grading scheme of this course aims to create an opportunity for deeper study, thus there is no one all-encompassing exam and class work is distributed throughout the course. There is an assignment for every class, regular journal entries, 4 mini-exams, a presentation and a paper.

## 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

Learning will be accomplished through multiple means, including:

- Weekly analytical summaries of each of the approaches covered.
- Class discussions.
- Writing and presenting a comparison paper.
- Keeping a self-nurture journal.
- Working with a team.

## Required Text

- **Current Psychotherapies**, 10 edition, (2014) or 11 edition (2019), Wedding D & Corsini R. J. (eds.), Brooks/Cole
- Course Kit

## Course Requirements and Assessment:

### Grading Scheme, option 1

|  | Weight | Due date                      |
|--|--------|-------------------------------|
| 1. 4 multiple-choice mini-exams            | 50%    | Oct 21, Dec 2, Feb 24, Mar 30 |
| 2. 15 class reading assignments            | 15%    | weekly.                       |
| 3. Self-nurture research journal (2 parts) | 15%    | Nov. 18, March 16             |
| 4. Paper-Presentation, including           | 20%    | Feb. 10                       |
| a. questions for team game (pass/fail)*    |        |                               |
| b. class presentation (pass/fail)*         |        |                               |
| c. 1 page handout                          |        |                               |
| d. A short essay                           |        |                               |

### Grading Scheme, option 2

|   | Weight | Due date                        |
|---|--------|---------------------------------|
| 1. 4 multiple-choice mini-exams             | 50%    | Oct 21, Dec 2, Feb 24, Mar 30   |
| 2. 15 class reading assignments             | 10%    | weekly.                         |
| 3. Self-nurture research journal (2 parts)* | 15%    | Nov. 18, March 16               |
| 4. Paper-Presentation, including            | 25%    | Feb. 10                         |
| a. questions for team game (pass/fail)*     | (2.5%) |                                 |
| b. class presentation (pass/fail)*          | (2.5%) |                                 |
| c. 1 page handout                           |        |                                 |
| d. A short essay                            | (20%)  |                                 |
| 5. Paper                                    | 25%    | draft Jan. 6, completed Jan. 20 |

**\*Note:** Fail = 0%, Pass = 80%

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|       |      |
|-------|------|
| Total | 100% |
|-------|------|

## Description of Assignments

### 4 Mini-exams

- Each one will cover all the topics scheduled since the last exam, unless specified otherwise.
- Multiple-choice format

### Weekly Assignments

- All assignments are **to be typed** and written up **in point form**, unless specified otherwise.
- All assignments are on the material that is to be covered in class on the date the assignment is due (see schedule).

The assignments will analyze the reading in terms of:

- The theoretical perspective
- The Intervention
- The Therapist

### Self-Nurture Research Journal

The journal is a record of your performance of simple self-nurture acts and an assessment of your own state of mind during that time.

- **Self-nurture activities**
  - are to be selected every week from a different category from a table provided in the course syllabus.
- **Journal sections:** There are 4 sections, including weekly entries.
- **An assessment of state of mind** follows 5 10-point scale questions.
- **Journal part 1**, carry out activities for **8 weeks**
- **Journal part 2**, carry out activities for **10 weeks**

### Paper for grading scheme option 2

This is an 8 to 12 pages paper that gives an analytical comparison of three perspectives on psychotherapeutic change. It analyses and compares a published autobiographical account to two theoretical approaches covered in class.

### Paper - Presentation

Consists of (a) an analytical discussion paper on any theory within the specified scheduled topic, (b) a class handout that summaries the paper, (c) a presentation of the paper, and (d) a team organized game on the scheduled topic.

## 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 2019-20](#)

## Missed Tests/Midterm Exams/Late Assignment:

For any missed tests, midterm exam 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 missed tests, midterm exam or late assignments.

In addition, to the online form, students documented reason for a missed tests, midterm exam or late assignments such as illness, compassionate grounds, etc., MUST submit official documentation (e.g. [Attending Physician Statement](#))

## Add/Drop Deadlines

For a list of all important dates please refer to: [Fall/Winter 2019-20 - Important Dates](#)

|   | <b>FALL<br/>(F)</b> | <b>YEAR<br/>(Y)</b> | <b>WINTER<br/>(W)</b> |
|---|---------------------|---------------------|-----------------------|
| Last date to add a course <b>without permission</b> of instructor (also see Financial Deadlines)            | Sept. 17            | Sept. 17            | Jan. 19               |
| Last date to add a course <b>with permission</b> of instructor (also see Financial Deadlines)               | Oct. 1              | Oct. 22             | Feb. 3                |
| Drop deadline: Last date to drop a course without receiving a grade (also see Financial Deadlines)          | Nov. 8              | Feb. 3              | March 13              |
| Course Withdrawal Period (withdraw from a course and receive a grade of "W" on transcript – see note below) | Nov. 9 -<br>Dec. 3  | Feb. 4 -<br>Apr. 5  | March 14 -<br>Apr. 5  |

**\*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**

All written assignments and papers are uniquely tailored to this course.

## **Electronic Device Policy**

is acceptable for special needs situations only.

## **Attendance Policy**

Attendance is not required, but... you are responsible for the content covered in class in addition to required readings.

## **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 4060 F & G 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.

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