

Faculty of Health
Department of Psychology
PSYC 4061 3.0A: THEORETICAL APPROACHES TO COUNSELLING AND
PSYCHOTHERAPY
Mondays, 11:30am—2:30pm, Vari Hall 2005
Fall Term 2019

Instructor: Marc Wilchesky, PhD, CPsych

Office: BSB 275

Office Hours: By Appointment

Email: marc@yorku.ca

Psychology Department Mail Room/ Drop-off: BSB 101

Psychology Undergraduate Program Office: BSB 291; Phone: 416.736.5117

Email: psyc@yorku.ca

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

A survey of current approaches to psychotherapy including psychodynamic, humanistic, cognitive-behavioural, systems and post-modern models. Emphasis is on the theoretical assumptions made by different theories and the impact of theory on practice. The course will involve a combination of lecture, class discussion, and video demonstrations.

Program Learning Outcomes

Upon completion of this course, students should be able to:

1. Demonstrate in-depth knowledge in theoretical approaches to counselling and psychotherapy.
2. Critically evaluate, synthesize and resolve conflicting results in theoretical approaches to counselling and psychotherapy .

3. Articulate trends in theoretical approaches to counselling and psychotherapy.
4. Locate research articles and show critical thinking about research findings in theoretical approaches to counselling and psychotherapy.
5. Express knowledge of theoretical approaches to counselling and psychotherapy in written form.
6. Engage in evidence-based dialogue with course director and peers.
7. Demonstrate an ability to work with others.

Specific Course Learning Objectives

1. 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.
2. Students will be able to demonstrate their understanding of the course content in both oral and written formats following APA style.

Required Text

Corey, G. *Theory and practice of counselling and psychotherapy, 10th ed.* (2017). Boston: Cengage Learning

Note: Students can purchase either the loose-leaf edition for a paper version of the text as well as access to the e-book, *Mindtap* and Student Manual, or just purchase the e-book, *Mindtap* and Student Manual

Course Requirements and Assessment:

Assessment	Date of Evaluation (if known)	Weighting
Class Participation	Throughout the term	10%
Midterm Test	October 28, 2019	20%
Take Home Assignment	Due Nov. 18, 2019	30%
Final Exam	During Final Exam Schedule	20%
Weekly assignments	Throughout the term	20%
Total		100%

Description of Assignments

Class Participation will be evaluated on the basis of consistent seminar attendance and active involvement in class discussions. Note: Attendance maximum = 5; Active In-Class Participation maximum = 5 (Total = 10).

The **Midterm in-class test** October 28 will primarily consist of multiple choice and perhaps short answer questions covering lectures and chapters through to and inclusive of the week of October 21 (Person-Centred Therapy). I estimate that most students will be able to complete the test within 60—75 minutes but I will allow up to 150 minutes if anyone needs more time to complete the test.

The Take-Home assignment will consist of 2 essay-style questions to be answered in approximately 2000 words (total). Questions will be assigned Nov. 11, 2019 and the completed assignment is due November 18, 2019 in class. **The assignment may include any material covered in lectures or the textbook up to and including Nov. 11 (CBT). Additional research beyond the textbook and class lectures is not expected nor required.** 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.

The Final Exam to be scheduled by the Office of the Registrar during the Fall Term Final Examination Schedule will primarily consist of multiple choice and perhaps short answer questions covering lectures and chapters from the week of Nov. 11 (CBT) until the end of the term. Although my hope is that students will retain information from the first half of the term, **the final exam is NOT cumulative.** I estimate that most students will be able to complete the exam within 60—75 minutes but I will allow as much as 150 minutes if anyone needs more time to complete the exam.

Weekly Assignments will consist of submission of study practice quizzes and other exercises from *Mindtap* based on the assigned chapter(s) for each week. Assignments must be submitted prior to start of class each week. Note: Maximum grade = 20.

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, or late assignments, students should contact me within 48 hours or as soon as reasonably possible to discuss their situation. Students will need to submit appropriate medical or other documentation to explain their absence (e.g. Attending Physician Statement).

Add/Drop Deadlines

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

	FALL (F)	YEAR (Y)	WINTER (W)
Last date to add a course without permission of instructor (also see Financial Deadlines)	Sept. 17	Sept. 17	Jan. 19
Last date to add a course with permission 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 - Dec. 3	Feb. 4 - Apr. 5	March 14 - 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.*

Policy on Electronic Devices During Class

Provided that students use electronic devices in class responsibly, e.g. to take notes, I am prepared to allow their use during our class. However, there is research that suggests there is a negative, distracting effect of irresponsible laptop use so I reserve the right to monitor this situation to ensure it does not get out of hand.

<http://www.theglobeandmail.com/news/national/education/students-use-of-laptops-in-class-found-to-lower-grades/article13783601/>

Attendance Policy

A significant portion of the final grade is based on class participation which is based on regular attendance and involvement in class discussions.

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 university encourages students with disabilities to register with ***Student Accessibility Services (SAS)*** to discuss their accommodation needs as early as possible in the term to establish the recommended academic accommodations that will be communicated to Course Directors as necessary. **Please let me know as early as possible in the term if you anticipate requiring academic accommodation so that we can discuss how to consider your accommodation needs within the context of this course.**

<https://accessibility.students.yorku.ca/>

Excerpt from Senate Policy on Academic Accommodation for Students with Disabilities:

1. Pursuant to its commitment to sustaining an inclusive, equitable community in which all members are treated with respect and dignity, and consistent with applicable accessibility legislation, York University shall make reasonable and appropriate accommodations in order to promote the ability of students with disabilities to fulfill the academic requirements of their programs. This policy aims to eliminate systemic barriers to participation in academic activities by students with disabilities.

All students are expected to satisfy the essential learning outcomes of courses. Accommodations shall be consistent with, support and preserve the academic integrity of the curriculum and the academic standards of courses and programs. For further information please refer to: [York University Academic Accommodation for Students with Disabilities Policy](#).

Student Well-Being Resources:

[Big White Wall](#) is a free online mental health and well-being service offering self-guided programs and creative outlets that includes a space to express, connect, learn and remain anonymous.

[BounceBack Ontario](#) offers a free skills-building program in two forms of support: online videos; and telephone coaching sessions with guided workbooks.

A complete list of mental health and wellness resources available at York can be found on the University's [Mental Health and Wellness](#) website, yorku.ca/mentalhealth.

Course Materials Copyright Information

These course materials are designed for use as part of the HH/PSYC 4061 3.0A 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](#).

Proposed Course Schedule

Sept 9	Welcome and Course Introduction	
Sept 16	Overview of Counselling Approaches	Chs 1, 2
Sept 23	Ethics and Values	Ch. 3
Sept 30	NO CLASS – Feminist Therapy Assignment	Ch. 12
Oct 7	Psychodynamic Therapy	Ch. 4
Oct 14	NO CLASS – Fall Reading Week	
Oct 21	Person Centred Therapy	Ch. 7
Oct 28	Mid-Term Test	
Nov 4	Gestalt Therapy	Ch. 8
Nov 11	Cognitive Behaviour Therapy (Take Home Assignment)	Ch. 10
Nov 18	Existential Therapy (Take Home Assignment Due)	Ch. 6
Nov 25	Family Systems Therapy	Ch. 14
Dec 2	Brief Therapy and Integrative Approaches	Ch. 15

FINAL EXAM TO BE SCHEDULED BY REGISTRAR DURING DECEMBER EXAM PERIOD