

**Faculty of Health**  
**Department of Psychology**  
**PSYC 4062 3.0 M: SKILLS AND TECHNIQUES IN COUNSELLING AND PSYCHOTHERAPY**  
**Tuesdays & Thursdays/7 pm – 10 pm/ Online via Zoom**  
**S2/2020**

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**Instructor Information**

Instructor: Tifrah Warner

Office: Zoom

Office Phone: contact undergraduate office to leave a message

Office Hours: by appointment

Email: [tifrahw@yorku.ca](mailto:tifrahw@yorku.ca) Please contact me **only** when it is an issue that cannot be addressed during the class or office hours. **(always put course number in the subject line)**

**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)
- HH/PSYC 4061 3.00 (Theoretical Approaches to Counselling and Psychotherapy)
- Students must be in an Honours program in Psychology and have completed at least 84 credits

**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 traditional, contemporary and emerging psychotherapeutic approaches with a special focus on skills and techniques. Each approach is examined in terms of (1) its philosophical framework, (2) its intervention strategy, and (3) its view on the role and qualities of the practitioner.

The grading scheme of this course aims to create an opportunity for deeper study, primarily by distributing class work throughout the course, it includes:

- an assignment for every class,
- a journal
- 2 multiple-choice exams, and
- a team assignment, a written report and a presentation of the report.

## **Program Learning Outcomes**

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

1. Demonstrate in-depth knowledge in skills and techniques in counselling and psychotherapy.
2. Critically evaluate, synthesize and resolve conflicting results in skills and techniques in counselling and psychotherapy .
3. Articulate trends in skills and techniques in counselling and psychotherapy .
4. Locate research articles and show critical thinking about research findings.
5. Express psychological knowledge in written form in more than 1 sub-discipline.
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 report about a randomly allotted psychotherapeutic approach.
- Keeping a self-nurture research journal.
- Working with a team.

## **Required Text**

- Course Kit
- Your choice of a textbook on psychotherapy

## Course Requirements and Assessment:

<b>Grading Scheme, option 1</b>	<b>%</b>	<b>Due date</b>
1) 2 multiple-choice exams	50%	July 21, August 6
2) 9 class reading assignments*	10%	every class
3) Self-nurture research journal	30%	August 4
4) Demonstration of scholastic competence (of a randomly assigned topic)		allotted randomly
• team game/fun activity	pass/fail*	
▪ Individually written report	10%	
▪ presentation of report	pass/fail*	

<b>Grading Scheme, option 2</b>	<b>%</b>	<b>Due date</b>
<b>to be selected by July 20</b>		
1) 2 multiple-choice exams	25%	July 21, August 6
2) 9 class reading assignments*	10%	every class
3) Self-nurture research journal	30%	August 4
4) Demonstration of scholastic competence (of a randomly assigned topic)		allotted randomly
• team game/fun activity	pass/fail*	
▪ Individually written report	10%	
▪ presentation of report	pass/fail*	
5) 1 paper	25%	July 28

## Description of Assignments

### 2 exams

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

### Bi-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's activities** are carried out for **5 weeks**

### Demonstration of scholastic competence

This is measured in 3 ways:

1. Working with a team to develop an activity or game
2. Writing an analytical report on a psychotherapeutic approach
3. Presentation of the report

## 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:

- **Assignment Submission:** Due dates and times are specified on the class schedule. Earlier submissions may be made to BSB 101 and have to be date stamped.
- **Missed assignments or Tests/quizzes**  
Our departmental policy requires that any missed **tests** or late **assignments** are reported online [HH PSYC: Missed Tests/Exams Form](#) (In spite of it's name this form is for any type of missed course work, not just exams). The form has to be completed within 48 hours of the original deadline otherwise a grade of zero will be given for the test/assignment. The form is received and reviewed by the Psychology undergraduate office.
- **Eligibility for a make-up exam/quiz**
  - Reasons for missing exams/quizzes/late assignments are to be documented using departmental forms: <http://myacademicrecord.students.yorku.ca/pdf/attending-physicians-statement.pdf>
  - Technical problems involving computer and printer are not acceptable reasons for missing due dates.
  - If the student expects to miss a quiz in advance, he or she has to apply for a make-up exam before making arrangements to be elsewhere.

## Add/Drop Deadlines

For a list of all important dates please refer to: [Summer 2020 Important Dates](#)

	<b>SU</b>	<b>S1</b>	<b>S2</b>
Last date to add a course <b>without permission</b> of instructor (also see Financial Deadlines)	May 25	May 15	June 29
Last date to add a course <b>with permission</b> of instructor (also see Financial Deadlines)	June 8	May 26	July 10
Drop deadline: Last date to drop a course without receiving a grade (also see Financial Deadlines)	July 17	June 8	July 29
Course Withdrawal Period (withdraw from a course and receive a grade of "W" on transcript – see note below)	July 18 - Aug. 12	June 9 - June 22	July 30 - Aug. 12

**\*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

This course will be delivered in an online format and therefore electronic devices (e.g., tablets, laptops) as permitted during class time for course-related purposes. It is expected that you would complete tests/exams in a manner that does not require consulting an unauthorised source during an examination.

## 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 by completing the [Academic Integrity Tutorial](#) and [Academic Honesty Quiz](#)

## 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.

## 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](#).

### **Course Materials Copyright Information**

These course materials are designed for use as part of the PSYC 4062 M 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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