

**Faculty of Health  
Department of Psychology  
PSYC 4061 3.0A: THEORETICAL APPROACHES TO COUNSELLING AND  
PSYCHOTHERAPY  
Mondays, 11:30am—2:30pm, Remote Delivery via Zoom  
Fall Term 2020**

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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

**Course Credit Exclusions**

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

**Course website: [eClass](#) (Note: new name for Moodle is eClass)**

Course materials will be available on the course moodle site, unless otherwise indicated by the instructor. The Moodle site will be your central access point for course materials together with MindTap V.2 that must be purchased from the York University bookstore. **To join our weekly synchronous class meetings on Mondays, 11:30am—1:00pm, go to eclass and click on the Zoom link for each week of class.**

**Course Description**

A survey of current approaches to counselling and 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 consist of a combination of synchronous remote lectures with online discussion, and asynchronous video demonstrations of counselling approaches as well as a variety of weekly assignments to be submitted via the digital learning tool MindTap V.2.

**NOTE:** *Students are expected to participate in the synchronous lectures and online discussions that will be scheduled during the 11:30am—1pm time slot. My intention is for all students to have their video camera on so that we can see each others' faces. If this poses a problem for you, please communicate with me directly. The remaining 90 minutes of scheduled class time will be used by students to complete the various MindTap V.2 activities at a time convenient to them during the week preceeding the next scheduled synchronous remote lecture.*

*There will be audio-visual recordings of the live lecture sessions posted on Moodle. These recordings will capture the lecture material and any questions or comments made by students during the live lecture. If you are uncomfortable with your comments/ questions being recorded, please discuss with me. The recordings should be used for educational purposes only and as a means for enhancing accessibility. **Students do not have permission to duplicate, copy and/or distribute the recordings outside of the class (these acts can violate intellectual property rights and other laws).** All recordings will be destroyed after the end of classes.*

### **Program Learning Outcomes**

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

1. Demonstrate in-depth knowledge of 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 by applying theoretical concepts to hypothetical case examples

### **Required Text**

Corey, G. (2020) *Theory and practice of counselling and psychotherapy, Updated 10<sup>th</sup> ed.*. Boston: Cengage Learning

**Note:** Students can purchase either 1) just Mindtap V.2 that includes the full e-book and the Student Manual, or 2) if you want to have a copy of the text beyond the 6-month e-book access, you can opt to purchase the print copy of the textbook with access to the e-book, Mindtap V.2, and the Student Manual

**Course Requirements and Assessment:**

<b>Assessment</b>	<b>Date of Evaluation (if known)</b>	<b>Weighting</b>
Class Participation	Throughout the term	10%
Hypothetical Case Assignment	Due November 16, 2020	30%
Self-Reflection Assignment	Due Nov. 30, 2020	30%
Weekly MindTap Activities	Throughout the term	30%
Total		100%

**Description of Assignments:**

**Class Participation** will be evaluated on the basis of consistent seminar attendance and reasonable engagement during Zoom synchronous class discussions and Zoom Breakout Room discussions

Maximum grade = 10

**Note:** Attendance during 10-11 live Zoom meetings = 10; 9 meetings = 8; 8 meetings = 7; 7 meetings = 6; 6 meetings = 5; 5 meetings = 4; 4 meetings = 3; 3 meetings = 2; 2 meetings = 1

**The Hypothetical Case Assignment** will consist of 2 essay-style questions to be answered in approximately 2500 words (total 10 double-spaced pages using 12-point Times New Roman or Arial font). Questions will be assigned Nov. 9, 2020 and the completed assignment is due November 16, 2020 by 6pm. **The assignment may include any material covered in lectures or the textbook up to and including Nov. 9 (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 attestation by the student of extenuating circumstances.  
Maximum grade = 30

**The Self- Reflection Assignment** is designed to help students integrate the material they have been learning in this course. **NOTE: This assignment will be available to students as early as September 28, 2020 so that they can consider how to respond as they progress through the course material; however, the actual submission due date is November 30, 2020.** It consists of two short essays with approximately 1250 words each (5 double-spaced pages for each brief essay using 12-point Times New Roman or Arial font) that 1) outlines your chosen theoretical approach to counselling and 2) discusses the challenges you anticipate you personally might face as a mental health professional and how you would address those challenges. 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 attestation by the student of extenuating circumstances. Maximum grade = 30

**Weekly Mindtap Activities** will be submitted online consisting of short quizzes and other activities from *Mindtap* based on the assigned chapter(s) for each week. **Assignments must be submitted prior to start of class each week (Mondays, 11:30am) in order to receive credit.** Maximum grade = 30.

### 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 2020-21](#)

### Missed Tests/Midterm Exams/Late Assignment:

For any missed quiz or late assignment, students **MUST** complete the following online form which will be received and reviewed in the Psychology undergraduate office. At this time, due to COVID-19 an Attending Physician's Statement (APS) is not required; however, a reason for missing an evaluated component in the course must be provided.

[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 quiz or late assignment

### Add/ Drop Deadlines:

For a list of all important dates please refer to: [Fall/Winter 2020-21 Important Dates](#)

	Fall (F)	Year (Y)	Winter (W)
Last date to add a course <b>without permission</b> of instructor (also see Financial Deadlines)	Sept 22.	Sept 22.	Jan. 25
Last date to add a course <b>with permission</b> of instructor (also see Financial Deadlines)	Oct. 6	Oct. 27	Feb. 8
Drop deadline: Last date to drop a course without receiving a grade (also see Financial Deadlines)	Nov. 6	Feb. 5	March 12
Course Withdrawal Period (withdraw from a course and receive a grade of "W" on transcript – see note below)	Nov. 7- Dec. 8	Feb. 6 – April 12	March 13- April 12

## **Add and Drop Deadline Information**

There are deadlines for adding and dropping courses, both academic and financial. Since, for the most part, the dates are **different**, be sure to read the information carefully so that you understand the differences between the sessional dates below and the [Refund Tables](#).

You are strongly advised to pay close attention to the "Last date to enrol without permission of course instructor" deadlines. These deadlines represent the last date students have unrestricted access to the registration and enrolment system.

After that date, you must contact the professor/department offering the course to arrange permission.

You can drop courses using the registration and enrolment system up until the last date to drop a course without receiving a grade (drop deadline).

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.

## **Electronic Device Policy**

This course will be delivered in an online format and therefore electronic devices (e.g., tablets, laptops) are 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 unless the tests/exams are open-book.

## **Attendance Policy**

A portion of the final grade is based on class participation which is based on regular attendance and reasonable engagement in class discussions during synchronous lectures and online discussion opportunities.

## **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.

### **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:**

[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](http://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 14	Welcome and Course Introduction	
Sept 21	Overview of Counselling Approaches	Chs 1, 2
Sept 28	Psychodynamic Therapy	Ch. 4
Oct 5	Ethics and Values (Self-Reflection Assignment due Nov. 30)	Ch. 3
Oct 12	NO CLASS – Fall Reading Week	
Oct 19	Person-Centered Therapy	Ch. 7
Oct 26	Existential Therapy	Ch. 6
Nov 2	Gestalt Therapy	Ch. 8
Nov 9	Cognitive Behaviour Therapy (Hypothetical Case Assigned)	Ch. 10
Nov 16	Feminist Therapy (Case Assignment due today by 6:00pm)	Ch. 12
Nov 23	Family Systems Therapy (Self-Reflection paper due next week)	Ch. 14
Nov 30	Solution Focussed Brief Therapy (Self-Reflection due by 6pm))	TBA
Dec 7	Integrative Approaches/ Wrap-UP	Ch. 15