

THEORETICAL APPROACHES TO COUNSELLING AND PSYCHOTHERAPY

Proposed Course Outline (Subject to Change)

Psychology 4061 3.0

Section B

Term S1

York University
Department of Psychology
2009

Prerequisites: AK/AS/HH/SC/PSYC 1010 6.00 or AK/HH/PSYC 2410 6.00, with a minimum grade of C; AK/AS/HH/SC/PSYC 2030 3.00 or AK/HH/PSYC 2530 3.00; one of AK/AS/HH/SC/PSYC 2021 3.00, AK/AS/HH/SC/PSYC 2020 6.00, AK/HH/PSYC 2510 3.00.; AK/AS/HH/SC/PSYC 2130 3.00 or AK/HH/PSYC 3220 3.00; AK/HH/PSYC 3140 3.00 (after Winter 2002) or AS/SC/PSYC 3140 3.00 or AK/HH/PSYC 3215 3.00. Students must be in an Honours program and have completed at least 84 credits (excluding education courses).

Course credit exclusions: AK/AS/HH/SC/PSYC 4060 6.00, AK/PSYC 4210 3.00 (prior to Summer 2002), GL/PSYC 4250 3.00.

Course Director: Dr. M. Sharon Armstrong
Office: 251 BSB
Hours: By appointment
Phone: 416-736-5125 (messages only)
Email: sarm@yorku.ca (expect up to 3 days for reply)

Secretary: Ms. Agnes Levstik
Office: 281 BSB
Phone: 416-736-5125

Time & Location: Tuesdays and Thursdays, 7pm – 10pm; CB 122

Course Objectives and Brief Description: The main objectives of this course are: to provide an overview of the most influential counselling and psychotherapy theories (such as psychoanalytic; person-centred, gestalt, existential, cognitive & behavioural); to familiarize students with the process of counselling; and to stimulate critical examination of theories, concepts and therapy modalities through the application of ethical and multi-cultural lenses, as well as through reflections upon students' individual belief systems and theoretical preferences.

Format: Seminar style. Classes will include a combination of lectures, class discussions, videos, and student presentations. **Note that active participation class discussion is expected.**

Textbooks and Reading Material:

(1) Corey, G. (2009). *Theory and practice of counseling and psychotherapy* (8th Ed.). California: Brooks/Cole Publishing Company.

(2) Additional reading will be assigned.

Films: To be announced.

Evaluation:

Attendance & Participation	(15 %)
Written Assignment	(25 %)
Term Test 1	(25 %)
Class Presentation	(15 %)
Term Test 2	(20 %)

Grading:	Percentage	Letter Grade
	90-100	A+
	80-89	A
	75-79	B+
	70-74	B
	65-69	C+
	60-64	C
	55-59	D+
	50-54	D
	40-49	E
	0-39	F

Description of Course Requirements:

Class participation: Each week, students will read the book chapter(s) or article for the next class, and prepare for classroom discussions. How? By reading actively and generating questions, such as: a) what are the underlying assumptions about human nature? b) what multi-cultural or ethical concerns come to mind? c) what kinds of things that make it unique and/or different from other models studied?

Class participation will be evaluated on the basis of the following:

- * **consistent seminar attendance**
- * **evident preparation for discussion about assigned readings**
- * **active involvement in class discussion**

Written Assignment: The assignment will consist of one essay style question to be answered in 1800-2000 words (5-6 pages), **not** counting reference section. The essay should be typed, double-spaced, and written in accordance with the Publication Manual of the American Psychological Association 5th Edition, 2001. This manual is available in the library and the bookstore. Students are expected to work independently on this assignment. There will be a penalty of 5% (half letter grade) for each day late. Any students who have not done a great deal of writing to date may want to contact the Centre for Academic Writing (329 Ross) as soon as possible. In addition, there are several writing resources posted on the York University website. Essay topic will be provided within the first week of class.

Seminar Group Presentation: Students will be required to work collaboratively in dyads to prepare a seminar presentation of 20 minutes in duration plus 5 minutes of class discussion and questions for a total of 25 minutes. Presenters will be chosen via lottery. The presentation can include lecture and audiovisual materials. Timing is important and students are expected to respect others who may be presenting next, by staying within their 25 minutes. Both group members will be expected to contribute equally to the finished product and to receive the same grade on the presentation. However, should it become apparent to the professor that the work was not shared equitably, the grades may be assigned differently to each individual.

Missed Tests/Examinations

The student must contact the **course director** or the **course director's secretary** within **24 hours** of the missed test/exam, with the following information:

- name (give spelling of last name)
- student number
- course and section of course
- telephone number where student can be reached and best time to call back

If student is unable to contact the secretary or course director during this 48 hour period, subsequent documentation accounting for the delay **must** be provided. Appropriate documentation verifying the circumstances for the missed test/exam **must** be provided. Failure to provide appropriate documentation will result in a grade of F for the missed test/exam.

What is appropriate documentation? (see next page)

In medical circumstances:

- Statement from attending physician (or psychologist) which **must** include:
 - full name, mailing address, telephone number of physician
 - nature of the illness and its duration (i.e., dates covered)
 - statement regarding whether the illness (or medication) would have **SERIOUSLY** affected the student's ability to take the test/exam

**The physician's office may be contacted to verify that the forms were completed by the physician.

In non-medical circumstances:

- Official or credible documentation that supports the nature of the emergency (e.g., death certificate or obituary notice, automobile accident notice, appropriate receipts for emergency travel...)

Note that having to work at the time of the test is **not considered a valid reason to miss a test.

Make-Up Test

The student must be prepared to write the make-up test at the time set by the course instructor and must contact the course director (or the course director's secretary) to find out when the make-up test will take place, which may be as early as one week following the missed test. The make-up test will cover the same content but will not necessarily include the same questions as the original test. A conflict with another course during the time of the make-up **is not** a valid reason for missing the make-up.

Cheating and Plagiarism are not tolerated: For further information and clarification please refer to the York University Senate Policy on Academic Honesty at http://www.arts.yorku.ca/faculty_and_staff/policies_and_procedures_for_faculty/academic_honesty_faculty_procedures.php

In particular, for **student information on academic honesty** go to:

http://www.arts.yorku.ca/faculty_and_staff/policies_and_procedures_for_faculty/academic_honesty_students.php

Other important general course information (regarding such things as academic honesty, ethics review processes, access/disability, religious observances, etc.) is available on the following regularly updated website:

http://www.yorku.ca/secretariat/senate_cte_main_pages/ccas.htm

Accommodation for Students with Special Needs

Students with physical, learning or psychiatric disabilities who require accommodation in teaching style or evaluation methods should discuss this with the Course Director early in the year so that appropriate arrangements can be made.

Students who feel there are extenuating circumstances which may interfere with the successful completion of any course requirements should discuss the matter with the Course Director **as soon as possible** to make appropriate arrangements.

Be familiar with the Senate Policy and attached Guidelines for Students with Special Needs. It is available by clicking on the following link:

<http://www.yorku.ca/secretariat/legislation/senate/spcneeds.htm>

Sessional dates and religious holidays

Information about important dates, sessional dates and religious holidays can be found at:

<http://www.registrar.yorku.ca/enrol/dates/>

Last Date to Drop this Course Without Academic Penalty is May 27, 2011
Last day to add a course with instructor's permission is May 13, 2011