

YORK UNIVERSITY  
DEPARTMENT OF PSYCHOLOGY  
FACULTY OF HEALTH  
**Theoretical Aspects of Counseling and Psychotherapy:**  
**PSYC 4061 3.0 M**  
**Summer 2016 – S2**  
**June 28 to August 4, 2016**

**Course Director:** Ami Rokach, Ph.D.  
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**Office Hours:** by appointment

**Class Meetings:** Tuesdays and Thursdays 8:30 AM – 11:30 PM Rm. **VH 2005**

### **COURSE DESCRIPTION**

The course will involve a combination of lectures, class discussions, experiential exercises, films, guest speakers and students' seminar presentations.

We will aim to help students gain appreciation of the therapeutic process and of the range of therapeutic approaches. We will critically review the major counselling and psychotherapy schools of thought.

Lectures/class discussions are designed to stimulate your interest in the science of psychology and not all of the information presented in the text will be covered in class. *You are responsible, however, for covering all the assigned chapters.* In addition, some of the lectures will contain information that is not in the text. Questions pertaining to such information may appear on exams, and it is in your best interest to borrow notes from a classmate if you must miss a class. Questions may also be derived from material presented in films and videos.

### **TEXT BOOKS:**

**Rokach, A. (2014). *The Therapist's Secrets: The academic and clinical journeys.* NY: Nova Science Pub.**

**Kottler, J.A. & Shepard, D.S. (2015). *Introduction to Counselling.* (8<sup>th</sup> Ed.). Toronto: Brooks/Cole. You can get the 7<sup>th</sup> or even the 6<sup>th</sup> edition, cheaper.**

**Highly Recommend that you buy if you can [should be in the bookstore]:**

**Luepnitz, A. D. (2002).** *Schopenhauer's Porcupines: Intimacy and its dilemmas.* New York: Basic Books.

**Rokach, A. & Sha'ked, A. (2013).** *Together and lonely: Loneliness in Intimate relationships – Causes and coping.* NY: Nova Pub. ISBN # 978-1-62417-201-4

**Kuther, T. L. & Morgan, R. D. (2007).** *Careers in psychology: Opportunities in a changing world.* Toronto: Thomson

**Recommended Books** (\* = highly recommended)  
(\*\* = very highly recommended)

Lynch, J.J. (2000). *A cry unheard: New insights into the medical consequences of loneliness.* Baltimore, MD: Bancroft Press.

**Mitchell, M.L., Jolley, J. M., & O'Shea, R.P. (2013).** *Writing for psychology* (4<sup>th</sup> Ed.). Belmont, CA: Wadsworth. ISBN# 978-1-111-84063-1

\*\*\*\* Yalom, I.D. (2002). *The gifts of therapy: An open letter to a new generation of therapists and their patients.* NY: HarperCollins.

\*\* Small J. (1989). *Becoming naturally therapeutic: A return to the true essence of helping.* New York: Bantam Books.

\*\*Young, M.E. (1998). *Learning the art of helping: Building blocks and techniques.* Upper Saddle River; NJ: Prentice Hall.

\*\* Welch, I.D. (1998) *The path of psychotherapy: Matters of the heart.* Toronto: Brooks/Cole.

\* Evans, D.R. (1997) *The law, standards of practice, and ethics in the practice of psychology.* Toronto: Edmond Montgomery pub.

Kottler, J. A. (1996). *Self guided exploration for introduction to therapeutic counselling.* (3<sup>rd</sup> Ed.) Toronto: Brooks/Cole.

Beers, C. (1945). *A mind that found itself.* NY: Doubleday.

Corey, G. (1996). *Theory and practice of counselling and psychotherapy.* 5<sup>th</sup> Edition, Toronto: Brooks/Cole.

Ivey, A.E., Bradford Ivey, M. & Simek-Morgan, L. (1997), Counselling and psychotherapy: a multicultural approach., Toronto: Allyn & Bacon.

**Please note:**

1. Beginning the 2<sup>nd</sup> week of classes the students do not get their full tuition fee returned and the amount returned drops substantially from that week forward. See <http://www.yorku.ca/sfs/refunds/tables/> for details.
2. Information on course sessional dates/religious holidays can be found at <http://www.registrar.yorku.ca/importantdates>.
3. Last day to drop a course without receiving a grade is, July 22<sup>nd</sup>.

**EVALUATION**

<b><u>Component</u></b>		<b><u>Percentage of Final Grade</u></b>	<b><u>Due Date</u></b>
1.	<b>2 Tests</b> – non cumulative	Test 1 – 40% Test 2 – 20%	<b>July 21, 2016</b> <b>August 4, 2016</b>
2.	Seminar Presentation & Seminar Presentation Summary Paper (SPSP)	20%	As assigned by course director
3.	Class Participation	20%	

**DESCRIPTION OF COURSE REQUIREMENTS****1. Tests**

Tests will all be multiple choice and cover only the material (in the book, films, class presentations and/or handouts) covered in the period preceding the test. Thus, the tests are non-cumulative.

The tests will include all the chapters that are listed on page 6.

There will be **no** make-up tests. *Please see page 7.*

## **2. Seminar Presentation**

You will be expected to work collaboratively with two of your peers. This group of three students will work on the seminar presentation which will aim to help class members gain an understanding of the chapter [in Kotler] or a particular topic in the area of counseling, as was assigned by the course director. A page describing the grading of the presentation will be handed out once topics and dates have been assigned. I will be available to assist you to deliver the best, most interesting, and comprehensive presentation that you may wish to present. Take advantage and ask to meet with me well ahead of your presentation date.

In addition to reviewing the chapter assigned to you, please also include in your presentation:

1. A class activity, or small group tasks that were not included in our text.
2. You may show a short (5-10 minute) movie clip that illustrates the material.
3. Prepare 5-7 multiple choice questions to give to class – have also answers ready.

The "Tentative Class Schedule" indicates which topics were reserved for Students' Presentations (SP). The seminar will last a maximum of 30 minutes, and may include limited audio-visual component (get course director's prior approval). Once you are assigned a topic and date for your class presentation, you will receive a clear description of how your presentation will be graded. Presentations will commence on July 14, 2016.

Please note: If it is clear that all group members made an equal contribution - each member will receive the same grade. Should it become apparent that the work was carried disproportionately among group members, then grades will be assigned on an individual basis. Please attempt to identify and resolve any differences or difficulties as soon as they occur. Consult the course director if you could not do it yourselves.

*Group members are to submit their names, E-mail address, telephone numbers (home and work) and a list of three preferred topics of presentation from the provided list (see pages 6-7) to the course director on or before **June 30, 2016**. In consultation with the group, the course director will then approve a topic and assign a presentation date.*

### **Seminar Presentation Summary Paper (SPSP)**

Each group will be required to provide all class members with a written summary of their seminar presentation. The SPSP should be approx. 4-6 1.5 spaced typed pages long, and is to also include: the names of the group members and a reference list. The references should be prepared in APA style. It is highly recommended that the SPSP be written in point form, rather than as an essay. Marks will be allocated in the same manner as seminar presentation grades.

Note: Marks for class presentation, will be based on

1. Comprehensiveness of presentation
2. Originality of ideas presented
3. Clarity of expression
4. The ability to present ideas in a precise, appealing, interesting and thought provoking Manner
5. Insight and understanding of the material.

### **3. Class Participation**

This being a seminar, full attendance is expected. Students are expected to read the textbook and handouts and contribute to class discussions. Being absent from class will obviously reduce the opportunities you have to share your ideas with your peers, and may affect your grade. If as a result of the “counseling session” – which will not require that you talk about anything that you are uncomfortable talking, or other material which has been dealt with in class, you become aware of issues in your life which may need further exploration, please feel free to approach me for a referral to a clinician who could assist you, or you may wish to contact the York Counseling and Development Centre, telephone 416-736-5297.

**Please note that July 22, 2016 is the last day to drop the course without receiving a grade.**

**Tentative Class Schedule**

**Book Ch.**  
**K = Kotler**  
**A - Ami Rokach**

<b><u>Date</u></b>	<b><u>Students' Presentation SP</u></b>	<b><u>Topic/s</u></b>
June 28, 2016		Introduction to class and to counseling (K=1; A=1)
June 30		History of treatment of abnormality (K=2) [due date for choosing a presentation date].
July 5		Specialty areas in counseling (K=3; A=4) Characteristics of a counsellor
July 7		The therapeutic relationship I (K=4)
July 12		The therapeutic relationship II (A = 11)
July 14	SP	The insight oriented psychotherapies (K=5; A=12)
July 19	SP	Loneliness, loss & grief
<b><u>July 21</u></b>		<b><u>TEST 1: K Chs. 1, 2, 3, 4 &amp; 5 --</u></b> <b><u>A Chs. 1,4,11,12.</u></b>
	SP	Cognitive behavior therapy (K=6)
July 26	SP	CBT; R.E.T. & treating phobias (K= 6)
July 28	SP	Couple/marital therapy (K=10; A= Epilogue)
Aug. 2	SP	Family therapy -- Sex Therapy Wrap Up
<b><u>Aug. 4</u></b>		<b><u>Test 2: K Chs. 6 &amp; 10-- A= Epilogue, and material covered in class</u></b>

**A reminder – one of the prerequisites of this course, which cannot be waived, is that you completed Psyc 1010 6.0 with a minimum grade of C**

Grading Percentage Letter Grade

90- 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

**Additional Information- IMPORTANT!!**

Tests

For each test, you will be responsible for all material from the book and what was covered in class. So be sure to have a “buddy” in the class so you can exchange missed material.

Check your grade on a mid-term test as soon as it is available. If you did poorly, consider dropping the course by the official drop date.

The only acceptable reason for missing a test is a documented illness or emergency. Documentation should be submitted **only** on the “*Attending Physician Statement*”, **which you may download from the Registrar’s website or a Statement by a Psychologist or Counselor**. The Attending Physician’s Statement must include (I) the full name, mailing address and telephone number of the Physician, (ii) state the nature of the illness and its duration (i.e., specific dates covered), and (iii) an indication of whether the illness and/or medication prescribed would have seriously affected your ability to study and perform over the period in question.

The form must be completely filled by the physician/[psychologist and stipulate that on the said day you were unable to write the test.

If you miss a test, contact me [via E-mail] *within 24 hours* of the test. If you don’t contact me within that time, you must provide a legitimate reason for the delay.

If you come to a test feeling ill, do not write it without consulting with me. If you start the test, you can stop it, but then you will earn the grade that your responses yield. **No make-up tests will be given**. **If you miss a test for a legitimate reason, the grade you received on the test before it (or in case of Test #1, after it) will be doubled and count also for the percentage points of the missed test.**

## **Academic Honesty**

**Cheating/Plagiarism.** The University does not look favourably on cheating of any kind and the penalties for doing so are very harsh. Become familiar with the rules and regulations regarding cheating/plagiarism and academic integrity. Go to the following website <http://www.yorku.ca/academicintegrity> and read the section ‘For Students.’

## **Bad Weather –Blackouts – or Strikes**

I will meet with the class unless York is officially closed – or I am ill. If York does close on the day of the last meeting before a test, or on the day of a scheduled test, the test will be held one class later. Otherwise tests will be held as scheduled.

If you want to know if the University is closed, call 736-5600, or the main switchboard at 416 736-2100, or check local radio or television stations. Information can also be found on the York Web site: <http://www.yorku.ca>

If you live out of town, and weather conditions make it dangerous for you to come to class, don’t come. This would be a good time to use your “buddy” to take notes.

If there is a strike, I will normally meet the class unless York is officially closed, and you will still be responsible for keeping up with your scheduled readings, or assignments.

If you hear of a potential strike, ask your instructor about his plans. If you don’t know what he will do, go to class, or check with the instructor, or the instructor’s secretary. General offices, and information lines, give general information without regard to the specific course.

Assume nothing, and don’t depend on what you read in the media – or hear at picket lines. Handouts and media reports are unreliable.

Every strike is unique in some way, so it is impossible to be completely clear as to how things will play out. Tests and Examinations in many courses are held as scheduled during an ongoing strike.

**PLEASE KEEP THIS SHEET AVAILABLE FOR REFERNECE**