

**FACULTY OF HEALTH**  
**Psychology 4061 3.0 A THEORETICAL APPROACHES TO COUNSELLING**  
**PSYCHOLOGY**  
**Tuesdays and Thursdays, 7:00-10:00 p.m. FC-103**

**Course director:** Diane Lawless  
Office number: 277 BSB  
Office Hours: Thursday 12:00-1:00 by appointment  
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**Secretary:** Agnes Levstik – 281 BSB - 736-5125  
**Prerequisites:** Personality Psyc 2130 3.0 and Abnormal Psyc 3140 3.0

**Textbook:** 1. Corsini, R. J., & Wedding, D. (Eds.) 2014. Current Psychotherapies (10th edition). Itasca, Ill.: Peacock Publishers.  
2. Additional Readings: To be assigned in class

**Course Objectives:** The purpose of the course is to provide an introduction to different approaches to psychotherapy and counselling and to allow students to begin to formulate their personal view on counselling.

**Class format:** The classes will be in the form of a seminar. The course will include lectures, case studies, class discussion, videos and experiential exercises to help stimulate learning of therapeutic approaches.

**MOODLE:** You are responsible for checking [moodle.yorku.ca](http://moodle.yorku.ca) frequently for assignment guidelines, notes, and other key class updates and information.

**Evaluation:** Film review (4%)  
  
In-Class tests: Test #1 (30%) May 27, 2013  
Test #2 (36%) Final exam period  
June 19, 2013 to June 21, 2013 inclusive  
  
Comparison Paper (20%) June 5, 2013  
Class participation (10%)

### Conversion Table

From Percentage	To 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
(Marginally below 50%) Marginally failing	E
(Below 50%) Failing	F

Information on Academic Honesty, Student Conduct Standards, Religious Observance Accommodation and Accommodations for Students with Disabilities: It is also expected that students are familiar with the Senate Committee on Curriculum & Academic Standards webpage-

[http://www.yorku.ca/secretariat/senate\\_cte\\_main\\_pages/ccas.htm](http://www.yorku.ca/secretariat/senate_cte_main_pages/ccas.htm)

## DESCRIPTION OF COURSE REQUIREMENTS

### In Class tests

Test #1 (30%) May 27, 2013: Corsini Chapters 1, 2, 3, 5, 10, all lecture slides, *plus* AR  
1) Seligman and 2) What is a theory ?

Test #2 (36%) S1 Final exam period: Corsini Chapters 6, 7, 8, 9, 13, lecture slides *plus*  
AR Corey

Both tests will consist of multiple choice, short answer and essay-style questions covering the text and supplemental chapters and lecture slides covered to date. The final exam is not cumulative.

### Film review (4%)

A part of each class will be devoted to a film review. Students will sign up to be a discussant. Film discussants will need to preview the film. All films are available in the York library. Because viewing time is limited to 10-15 minutes, you will need to select a portion of the film you believe would be most useful for the class to see. After the class

views the selected portions, you will give your reactions to the film as a means of stimulating class discussion. N.B.: This is NOT a presentation. Your objective is to help facilitate a class discussion. *Please note: the library takes reserved films off of the shelf 1 week prior to the viewing date. This means students will need to review their films at least two weeks before the viewing date.*

### **Conceptual Comparison Paper (20%) June 5, 2013**

*(hard copy in class, e-copy submitted to Turnitin through moodle page link)*

This is a 6-8 page paper, double spaced in which you will compare and contrast two theories' conceptualization of *one* of concepts listed below. Examine the similarities and differences in terms of:

- the definitions of the concept,
- the functions it plays in psychological well-being and/or maladjustment,
- underlying assumptions of human nature,
- a description of interventions derived from this conceptualization, and
- the objectives of the interventions as relevant to the concept.

Anxiety	Unconsciousness	Goal-Oriented behaviour
Awareness/consciousness	Will	Depression
Conflict	Cognition	Emotion
Relationship with others	Creativity	Power
Lifestyle	Meaning	Motivation
Sexuality	Self	Stress
Pleasure		

### **Participation (10%)**

Class participation will be evaluated based on active and informed participation and reflection in all class discussions and exercises. Please note, this mark is not based on attendance per se, however, it goes without saying that attendance is necessary in order to participate. It will be helpful to prepare for each meeting by completing the assigned readings prior to each class.

### **MISSED TERM WORK OR TESTS**

Students are expected to complete all assignments, tests and exams within the time frames and by the dates indicated in this outline. Deferral of an assignment, test or exam is only permitted for a medical or personal emergency or due to religious observance. The course director must be notified by e-mail **prior to** the due date or test/exam date. A

completed *Attending Physician's Statement* must accompany any request for missed term work or tests. This form is available on the Registrar's website.

[http://www.registrar.yorku.ca/pdf/attend\\_physician\\_statement.pdf](http://www.registrar.yorku.ca/pdf/attend_physician_statement.pdf)

#### **A NOTE ON PAPERS AND EVALUATION:**

Papers that are late will be deducted 20% per day. Exceptions are made for illness, family death or exceptional circumstances. However, an Attending Physician's Statement (form available on Registrar's website) will be required in these cases. The University has subscribed to the Turnitin service which helps professors identify internet plagiarism and helps students maintain academic integrity. The work submitted by students in this course will be submitted to Turnitin. Students who do not want their work submitted to this plagiarism detection service must, by the end of the second class, consult with the instructor to make alternate arrangements

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

<http://www.yorku.ca/academicintegrity/students/index.htm>

#### **EXPECTED LECTURE SCHEDULE**

- May 6      Intro to Course  
              Intro to 21<sup>st</sup> Century Psychotherapies (CP: Chapter 1)  
              What is a theory? (AR moodle)
- Therapeutic Relationship; Therapist Contributions and Role  
              (AR: Seligman)  
              Psychotherapies Video 2714 (VHS)
- May 8      Psychoanalysis  
              (CP: Chapter # 2)  
              Application Exercise #1  
              Time-limited dynamic psychotherapy DVD 11088

- May 13      Adlerian Psychotherapy:(CP: Chapter #3)  
**Case Study: The case of Roger (moodle)**  
Application Exercise #2  
Video: Brief integrative Adlerian couples therapy: Jon Carlson (electronic resource, available through the library)
- May 15      Client-Centered Therapy  
(CP Chapter #5)  
Editorial comments due  
Application Exercise #3  
Three approaches to psychotherapy: I Part 1 Carl Rogers  
Video 0575 or DVD 11595
- May 20 – no classes
- May 22      Gestalt Therapies  
(CP: Chapter 10)  
Final draft personal theory paper due  
Application Exercise #4  
Three approaches to psychotherapy: I Part 2. F. Perls. Video 0576  
or DVD 11596
- May 27      Test #1
- May 29      Rational Emotive Behaviour Therapy (CP Chapter 6)  
Application Exercise #5  
Three approaches to psychotherapy. I Part 3, Albert Ellis Video 0577 or  
DVD 11597
- June 3      Behaviour Therapy  
(CP Chapter #7)  
Application Exercise #6  
Fight or Flight: overcoming panic and agoraphobia. Video 5154
- Cognitive Therapy  
(CP: Chapter #8)

- June 5      Feminist Therapy  
(AR: Corey, moodle)  
**Comparison Paper due.**  
Feminist counselling strategies VIDEO 2804
- June 10     Existential Psychotherapy  
(CP: Chapter 9)  
Inclusive cultural empathy in practice DVD 11083  
Application Exercise #7
- June 12     Contemplative Therapies  
(CP: Chapter 13)  
Application Exercise #8  
Healing from within VIDEO 5263  
**Case Study: Using Mindfulness Effectively in Clinical Practice: Two  
Case Studies**

Exam period: Wednesday, June 19, 2013 to Friday, June 21, 2013 inclusive.