FACULTY OF HEALTH

SKILLS AND TECHNIQUES IN COUNSELLING AND PSYCHOTHERAPY
PSYC 4062.03 M

Mondays & Wednesdays, 7:00-10:00,
Location: FC 103

Course Director: Tifrah Warner, Ph.D.

Office contact: Zehra Bandhu
BSB #284; (416) 736-2100 ext. 66232

Email contact: 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)

Office hours: by an appointment before or after each class

Course Description

Methodologies of psychotherapy are the focus of this course. They are examined from 3 perspectives: (a) qualities and skills of the practitioner, (b) overall strategy: as shaped by philosophy and goals, and (c) specific techniques. Over 10 different approaches of psychotherapy are covered, including traditional, contemporary and emerging ones.

The grading scheme aims to create an opportunity for deeper study, primarily by distributing class work throughout the course. There is an assignment for every class, weekly journal entries, 2 exams, a presentation, and a paper.

Course Objectives

Students are expected to gain:
• familiarity with the major psychotherapeutic methodologies practiced today.
• acquaintance with a variety of specific techniques.
• appreciation of the place and role of the practitioner in the psychotherapeutic process.
• understanding of the connection between the methodology that is employed and the psychotherapeutic philosophy and goals that shape it.
Prerequisites: Registration in the Joint York/Seneca Program in Rehabilitation Services or 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. Course credit exclusions: AK/AS/HH/SC/PSYC 4061 3.00, AK/AS/HH/SC/PSYC 4062 3.00, AK/PSYC 4210 3.00 (prior to Summer 2002), AK/PSYC 4240 3.00 (prior to Summer 2002), GL/PSYC 4250 3.00.

Textbooks

- Course Kit
- Your choice of a textbook on psychotherapy
- online references

Grading Scheme, option 1

1. 2 multiple-choice mini-exams 50%
2. 8 class reading assignments 15%
3. Self-nurture research journal 15%
4. Paper-Presentation, including 20%
   a. class presentation
   b. 1 page handout
   c. A short essay

Grading Scheme, option 2

1. 2 multiple-choice mini-exams 25%
2. 8 class reading assignments 15%
3. Self-nurture research journal 15%
4. Paper-Presentation, including 20%
   a. class presentation
   b. 1 page handout
   c. A short essay
5. 1 paper 25%

Conversion Table

<table>
<thead>
<tr>
<th>Percentage</th>
<th>90-100</th>
<th>80-89</th>
<th>75-79</th>
<th>70-74</th>
<th>65-69</th>
<th>60-64</th>
<th>55-59</th>
<th>50-54</th>
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<td>A</td>
<td>B+</td>
<td>B</td>
<td>C+</td>
<td>C</td>
<td>D</td>
<td>D+</td>
<td>E</td>
<td>F</td>
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2
COURSE REQUIREMENTS

Class reading 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).

Assignments

1. Briefly answer the following questions for each psychotherapeutic approach covered in the reading:

   What
   a. are the terms and concepts used to describe the psychotherapeutic problem?
   b. is the overall strategy, or main elements, used to address the psychotherapeutic problem?
   c. are the most commonly used specific techniques?
   d. are the qualities and skills of the therapist that are emphasised?

   Note:
   • Some of these questions are not answered in the readings; especially in assignment # 2.
   • Assignment # 8, July 23, for the second reading: briefly describe the case you chose before answering the above questions. This description is in paragraph format,

2. Identify any major points in the reading not covered by the above questions.

3. Identify a concept, a strategy or a technique you find most appealing in facilitating a positive change. Briefly describe this concept or act by giving an example from daily life. (paragraph format)

4. Compose a question (or more) about something in the material that was not clear to you or that you would like to hear being reviewed in class. No answer is needed.
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. It covers 4 weeks.

- **Self-nurture activities**
  - are to be selected every week from a different category listed in the table below.
  - are to be performed 5 (or more) days of your choice per week.
  - include an option: you may carry on previous week’s activity in addition to the new one.

- **Journal sections**: There are 4 sections, all are to be typed.
  a. **Introduction** – describe how completing such a journal is related to psychotherapy, 1 paragraph.
  b. **Procedure** – describe your assessment procedure.
  c. **Weekly entry** – 3 sections
     - a **brief factual** description of the activity involved.
     - a **diagram** that summarizes your numerical findings of state of mind. (May be hand drawn)
     - a **verbal summary** of state of mind, including possible contributing variables, 1 paragraph.
  d. **Final summary** - summary of overall journal experience, 2 paragraphs.

- **An assessment of state of mind** is carried out on the **same day** an activity is performed.
  - **Assessment Procedure**
    - Select 4 or 5 fixed, specified times a day to record your responses on to the 2 questions below. Use a 10-point scale (1 = least correct, 10 = most correct)
      1. Given the place I am in right now, this is exactly where I want to be.
      2. Given what I am doing right now, this is exactly what I want to do.
    - Once a day, at a fixed, specified time, record your overall experience throughout the last 24 hours. Do that by rating your experience of the points below on a 10-point scale (1 = very low, 10 = very high)
      1. sense of contentment
      2. sense of calmness
      3. sense of stability and centeredness

- **Daily notes** are not part of the journal. They can be hand written and are to be available upon request until your final grade for the course is confirmed.

Due date: July 28, 7 pm
### Self- Nurture Activities

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| 1 | • Between meals: snacking **only** on fruits, drinking only water or juices without additives. Avoiding fresh fruits and fruit juices during and immediately before or after meals.  
  • Eating mindfully 1 meal (or more). Eating mindfully means fully attending to the sensory experience and avoiding all other activities, such as interacting with another person, attending to TV, or checking phone messages.  
  |   |
| 2 | • Spending 1 hour (or more) outdoors, preferably in nature.  
  • Exercising for 40 minutes (or more)  
  |   |
| 3 | • Sleeping for 8 hours.  
  • Going to bed 1 or 2 hours earlier than usual.  
  |   |
| 4 | • Engage in a fun activity for 1 hour (or more).  
  • Engage in an artistic activity for 1 hour (or more)  
  |   |
| 5 | • While studying or working on a computer: every 20-25 minutes have a break (use an alarm) for 5 -10 minutes, and during the break engage in some physical activity (e.g., dancing).  
  • While studying eliminate all distractions; i.e., cell phone is off, no looking at media websites, etc.  
  • Combining both of the above  
  |   |
| 6 | • Spend 15 min. (or more) identifying and praising (writing or taping) good qualities that you have; conclude by identifying and praising the **source/s** of those qualities.  
  • Spend 15 min. (or more) identifying and praising (writing or taping) good actions that you performed or observed others performing in the last 24 hours.  
  • Spend 15 min. (or more) identifying (writing or taping) the different ways you are the same as all other human beings; i.e. same as people who are men or women, who are at any age, saints and sinners, smart and stupid, flourishing or languishing, belong to different cultures and parts of the world, etc.  
  |   |
| 7 | • Perform 3 (or more) anonymous acts of giving, 2 (or more) of these directed towards individuals that you have no relationships with.  
  • Perform 3 (or more) acts of caring for the environment.  
  |   |
| 8 | • Identify a quotation or a proverb you find inspiring. Record any instances that this wisdom was manifested in the last 24 hours.  
  • Identify a quotation or a proverb you find inspiring. Apply that wisdom to one (or more) of your activities.  
  |   |
**Paper Presentations**

**Content**
- Topic: listed in class schedule.
- Material: 1 - 2 references of your choice that give an overview of any aspect of the topic. Note: some of the references are assigned, see class schedule.
- Recommended: check whether the reference you choose is an overview with the Course Director

**Presentation Format**
- A panel with a chairperson.
- Part 1: Review of the class readings with a game and Q & A; up to 20 min.
- Part 2: Individual presentations, 10 min each.
- Part 3: A Q & A period on the individual presentations.

**Presentations Write-ups**

1. A handout for all students
   - Overall: An outline of the presentation reference in point form. (Include the complete reference, APA style.)
   - Start with: the thesis of your reference
   - 2 multiple-choice questions about the main points of the reference.
   - Each handout is 1 to 1 ½ pages in length.
   - For the Course Director: 2 copies and a photocopy of the reference; it may have your notes on it and will be returned to you. A photocopy is not needed if the reference is assigned in the class schedule.

2. A 4 - 5 page discussion paper.
   - Describe your reference from the point of view of any 2 theoretical approaches covered in class.
   - For each approach: answer the 4 questions of the readings assignments.
   - Compare and contrast those approaches.
   - Add your own conclusions and insights.
   - APA format
**Paper for option 2**

Content: An analysis of the process, and its components, that brought about a psychotherapeutic change in the case of a published autobiographical account. The analysis is from 3 perspectives: that of the writer and 2 theoretical approaches of your choice.

Content:

1. Introduction: an overview of the book
2. Analysis of each theoretical perspective; (Each perspective is analyzed according to the 4 questions that make the class reading assignments)
3. Discussion.

Length: 8 to 12 pages
Format: APA style
Due date: July 23

**Examples of appropriate books:**

*Son-Rise*, Barry N. Kaufman (1979)
*I'm Dancing as Fast as I Can*, Barbara Gordon (2006)
*Changing My Mind*, Margaret Trudeau (2011)
*The girl: A life in the shadow of Roman Polanski*, Samantha Geimer (2013)

**Schedule**

<table>
<thead>
<tr>
<th>June 23</th>
<th>Introduction: The Therapist and Methodology in Counselling and Psychotherapy.</th>
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</thead>
<tbody>
<tr>
<td>June 25</td>
<td>Framework for looking at methods in counselling and psychotherapy. Part 1</td>
</tr>
<tr>
<td>Readings</td>
<td>(1) Traditional psychoanalytic therapy, (2) Cognitive therapy.</td>
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<tr>
<td>Assignment</td>
<td>#1</td>
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<tr>
<td>June 30</td>
<td>Framework for looking at methods in counselling and psychotherapy. Part 2</td>
</tr>
<tr>
<td>Readings</td>
<td>5 readings from 'Monitor on Psychology'</td>
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<tr>
<td>Assignment</td>
<td>#2</td>
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<td>July 2</td>
<td>Topic</td>
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<td>Readings</td>
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<td>July 7</td>
<td>Topic</td>
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<td>Readings</td>
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<td>Exam</td>
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<td>Assignment</td>
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<td>July 16</td>
<td>Topic</td>
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<td>Presentations</td>
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<td>Assignment</td>
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<td>July 18</td>
<td>Last date to drop the course without a grade</td>
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<td>July 21</td>
<td>Topic</td>
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<td>Readings</td>
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<td>Assignment</td>
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<tr>
<td>July 23</td>
<td>Topic</td>
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<tr>
<td><strong>Presentations</strong></td>
<td>Your choice of a chapter 1 to 7 from: <em>The Wisdom of Milton H. Erickson.</em></td>
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<tr>
<td><strong>Due date</strong></td>
<td>Paper, for those choosing option 2</td>
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<tr>
<td><strong>Assignment</strong></td>
<td>#8</td>
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<td><strong>July 28</strong></td>
<td><strong>Topic</strong> The Wizard of the Desert</td>
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<tr>
<td><strong>Due date</strong></td>
<td>Self-nurture journal</td>
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<tr>
<td><strong>July 30</strong></td>
<td><strong>Topic</strong> Titbits from my practice</td>
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<tr>
<td><strong>August 4</strong></td>
<td><strong>Exam 2, make-up of exam 1</strong></td>
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Course, Departmental, and University Policies

Grading: (For a full description of York grading system see the York University Undergraduate Calendar - [http://calendars.registrar.yorku.ca/pdfs/ug2004cal/calug04_5_acadinfo.pdf](http://calendars.registrar.yorku.ca/pdfs/ug2004cal/calug04_5_acadinfo.pdf))

Assignment Submission: Due dates and times are specified on the class schedule. Earlier submissions may be made to the course secretary (BSB 281) and have to be date stamped.

Late Assignments: Late assignments are not accepted without an officially satisfactory reason. Technical problems involving computer and printer are not acceptable reasons for missing these due dates.

Eligibility for a make-up quiz
Official departmental policy on missed exams and make-ups. Please become familiar with this policy. [http://www.yorku.ca/health/psyc/advising_missedtests.html](http://www.yorku.ca/health/psyc/advising_missedtests.html)

- The student has to contact the CD or secretary within 48 hours of the missed quiz (unless circumstances do not allow). Circumstances preventing contact within 48 hours must be accompanied by documentation.

- 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.

Use of laptop and other electronics in the classroom
is acceptable for special needs situations only.

Some references about the impediment this may cause for successful learning are:


Students Stop Surfing After Being Shown How In-Class Laptop Use Lowers Test Scores.


- York University newspaper, yFile 13.03.2013 Study finds multitasking on a laptop impedes classroom learning

University policies
All students are expected to familiarize themselves with the following information, available on the Senate Committee on Curriculum & Academic Standards webpage (see Reports, Initiatives, Documents) - [http://www.yorku.ca/secretariat/senate_cte_main_pages/ccas.htm](http://www.yorku.ca/secretariat/senate_cte_main_pages/ccas.htm)

- York's Academic Honesty Policy and Procedures/Academic Integrity Website
- Ethics Review Process for research involving human participants
- Course requirement accommodation for students with disabilities, including physical, medical, systemic, learning and psychiatric disabilities
- Student Conduct Standards
- Religious Observance Accommodation

Life is too Mysterious For Us to be Serious!