Faculty of Health
Department of Psychology
PSYC 4061 3.0 A: THEORETICAL APPROACHES TO COUNSELLING AND PSYCHOTHERAPY
Monday/11:30-14:30/HNE B10
Fall/Winter 2017-2018

Instructor and T.A. Information
Instructor: Dr. M. Sharon Armstrong
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Office Phone: 416.736.5117
Office Hours: by appointment
Email: sarm@yorku.ca

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 (excluding (EDUC) education courses)

Course Credit Exclusions
Please refer to York Courses Website for a listing of any course credit exclusions.

Course website: Moodle

Course Description
The course will provide an overview of the most influential counselling and psychotherapy theories (such as psychoanalytic; person-centred, gestalt, existential, cognitive & behavioural). It will examine the assumptions underlying each of these theories and consider the impact of theory on the practice of counselling and psychotherapy.

Program Learning Outcomes
Upon completion of this course, students should be able to:
1. Demonstrate in-depth knowledge in 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.
Specific Learning Objectives

- Students will familiarize themselves with the theories and processes of counselling/psychotherapy as described in the textbook and other readings.
- Students will critically examine concepts and assumptions underlying counselling theory and process (including ethical and multicultural assumptions) both in classroom discussion and in written assignments.
- Students will reflect upon their own individual belief systems regarding the nature of mental health and counselling as they broaden their knowledge of the history and theory of psychotherapy and counselling.

Required Text


You can find the online version at: https://www.vitalsource.com/referral?term=9781305855953

If using an older version of this text, students must ensure that they have access to changes made in the current version.

Course Requirements and Assessment:

<table>
<thead>
<tr>
<th>Assessment</th>
<th>Date of Evaluation (if known)</th>
<th>Weighting</th>
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</thead>
<tbody>
<tr>
<td>Attendance/Participation</td>
<td>End of term</td>
<td>10%</td>
</tr>
<tr>
<td>Test (based on 6 chapters)</td>
<td>TBA</td>
<td>30%</td>
</tr>
<tr>
<td>Written Assignment</td>
<td>TBA</td>
<td>40%</td>
</tr>
<tr>
<td>Class Presentation</td>
<td>TBA</td>
<td>20%</td>
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<tr>
<td>Total</td>
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<td>100%</td>
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Description of Assignments

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 considering potential answers to such questions as: a) what are the underlying assumptions about human nature? b) what multi-cultural or ethical concerns may be relevant? c) what kinds of things make this counselling/psychotherapy method 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 (as described above)**
- **active involvement in class discussion**

**Written Assignment:** The assignment will consist of one essay style question to be answered in 2000 to 2500 words (approximately 8-10 pages). The essay will be written in accordance with the latest edition of the Publication Manual of the American Psychological Association. This manual is available in the library and the bookstore as well as online. Students are expected to work independently on this assignment.

Any students who have not done a great deal of writing in previous courses should ensure that they are prepared to meet the expectations of upper level undergraduate academic writing. I encourage students who have concerns about their writing skills to contact the Centre for Academic Writing well in advance of due dates for written assignments. In addition, there are several writing resources posted on the York University website. The essay topic for this course will be posted on Moodle on or before the first week of classes.

**Seminar Group Presentation**

Weekly group presentations are scheduled to start on the 5th week of classes. Students will be required to work collaboratively in groups of four to prepare a seminar presentation of 50 minutes in duration, plus 5-10 minutes of class discussion and questions, for a total of 55-60 minutes. The topics are listed at the end of this course outline. Presenters will be chosen via lottery on the first day of class. The presentation will be focused on the answers to a set of questions that I have posed for each group. These questions will be answered by your lecture and discussion and you may also include audio-visual materials. The quality and the length of the presentation are both important. All group members will be expected to contribute equally to the finished product and to receive the same grade on the presentation. However, if it became apparent that the work was not shared in an equitable manner then grades might be reassigned.

**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 2017-18](https://www.yorku.ca/calend/undergraduate/calend17-18/index.html))

**Late Work/Missed Tests or Exams**

Students with a documented reason for missing a course test, such as illness, compassionate grounds, etc., which is confirmed by supporting documentation (Attending
Physician Statement which can be found at:
http://myacademicrecord.students.yorku.ca/pdf/attending-physicians-statement.pdf may request accommodation from the Course Instructor. Further extensions or accommodation will require students to submit a formal petition to the Faculty.

The Attending Physician Statement is expected to be submitted to the course director no later than 48 hours after the missed test date.

**Important New Information Regarding Missed Tests**

For any missed tests or late assignments, students MUST complete the following online form which will be received and reviewed in the Psychology undergraduate office.

**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 test/assignment.

**Add/Drop Deadlines**

For a list of all important dates please refer to: Fall/Winter 2017-18 - Important Dates

<table>
<thead>
<tr>
<th></th>
<th>FALL (F)</th>
<th>YEAR (Y)</th>
<th>WINTER (W)</th>
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<tbody>
<tr>
<td>Last date to add a course without permission of instructor (also see Financial Deadlines)</td>
<td>Sept. 20</td>
<td>Sept. 20</td>
<td>Jan. 17</td>
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<tr>
<td>Last date to add a course with permission of instructor (also see Financial Deadlines)</td>
<td>Oct. 4</td>
<td>Oct. 18</td>
<td>Jan. 31</td>
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<td>Drop deadline: Last date to drop a course without receiving a grade (also see Financial Deadlines)</td>
<td>Nov. 10</td>
<td>Feb. 9</td>
<td>March 9</td>
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<td>Course Withdrawal Period (withdraw from a course and receive a grade of “W” on transcript – see note below)</td>
<td>Nov. 11 - Dec. 4</td>
<td>Feb. 10 - Apr. 6</td>
<td>March 10 - Apr. 6</td>
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*Note: 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.

**Information on Plagiarism Detection**

**Turnitin Service:** Students will hand in all written assignments to Turnitin – a service that York University has enrolled in, which helps professors identify plagiarism and helps students maintain academic honesty. Students will be able to access Turnitin through the Moodle application for this course.

**Electronic Device Policy**

Electronic devices are to be turned off (or set to silent mode) and put away during class time, with the exception of those devices that are being used to take notes (e.g., laptops) or
at specified times, for the purpose of completing in-class course-related assignments (e.g., group work).

**Attendance Policy**

Class attendance will be graded as part of the participation and group engagement aspect of this course that is predicted to lead to a high level of experiential learning.

**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 devise 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 York University Accessibility Hub is your online stop for accessibility on campus. The Accessibility Hub provides tools, assistance and resources. Policy Statement.

**Policy:** York University shall make reasonable and appropriate accommodations and adaptations in order to promote the ability of students with disabilities to fulfill the academic requirements of their programs.

The nature and extent of accommodations shall be consistent with and supportive of the integrity of the curriculum and of the academic standards of programs or courses. Provided that students have given sufficient notice about their accommodation needs, instructors
shall take reasonable steps to accommodate these needs in a manner consistent with the
guidelines established hereunder.

For Further Information please refer to: York university academic accommodation for
students with disabilities policy.

Course Materials Copyright Information
These course materials are designed for use as part of the PSYC 4061 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.

Course Schedule
Lecture Schedule will be posted on Moodle.