



BRESCIA UNIVERSITY COLLEGE

2016 - 2017

Psychology 3991F, Section 530

Special Topics in Psychology: Introduction to Counselling

Dick Shugar, MSc

COURSE DESCRIPTION

This course will present an overview of psychological theory that provides the basis for professional counselling and psychotherapy, as well as hands-on exercises to illustrate the core components of the helping relationship. Topics include: major theoretical systems and their associated strategies; various processes and techniques of therapeutic counselling; outcome measurement and evidence-based practice; ethics and professional issues.

PREREQUISITES: At least 0.5 Psychology course in Research Methods at the 2000 level or above, and registration in the third or fourth year of Honors Specialization or Honors Double Major in Psychology, or permission of the Department.

ANTIREQUISITES: Psychology 3370E; 3371F/G (King's)

LEARNING OUTCOMES:

Through readings, lectures, discussions, and hands-on exercises, students will explore the significant issues related to professional counselling and psychotherapy services. By the end of this course, a successful student should be able to:

- Compare the main theories of counselling and psychotherapy
- Explain the various techniques used in psychotherapy and how each theory differentially guides the specific techniques employed in therapy
- Describe the therapeutic process
- Prioritize the important client and therapist variables that affect psychotherapy outcomes
- Appraise the importance of the client-therapist relationship
- Justify the importance of professional boundaries
- Recognize the ethical standards that guide the practice of psychotherapists
- Identify personal qualities that may support and/or hinder attempts at being therapeutic for others, and then to relate these qualities to themselves

Students may vary in their competency levels on these abilities. You can expect to acquire these abilities only if you honour all course policies, attend classes regularly, complete all assigned work in good faith and on time, and meet all other course expectations of you as a student.

EXPERIENTIAL PARTICIPATION:

Students will be encouraged to take a leadership role by participating in frequent role-playing exercises, and will thereby increase their own confidence in sharing feedback and opinions with others.

These exercises form a key component to learning and understanding. Students having any concerns about this participation will have an opportunity to discuss these with the instructor at the beginning of the term.

COURSE INFORMATION:

Classes: Monday 4:30 – 5:30, BR 302
Wednesday 3:30 – 5:30, BR 302

Instructor: Dick Shugar, MSc

Office: BR 301D

Email: dick.shugar@rogers.com OR rshugar@uwo.ca

Phone:

Brescia 519-432-8353.

Home 519-657-4820

Office Wednesday 1:00 – 2:00 pm

Hours: or by appointment

Website: The course website, on OWL has pages with lecture powerpoints, a copy of the course outline, test and exam marks, and other information. Students are encouraged to visit the website at least weekly .

COURSE MATERIALS:

Textbook:

Seligman, L. & Reichenberg, L.W. (2014). Theories of Counselling and Psychotherapy: Systems, Strategies and Skills, 4th edition. New Jersey: Pearson

Readings:

Discussion and role-playing exercises around particular topics will be scheduled throughout the term. For Discussions students will also be expected to study supplemental readings, which will be made available on the OWL/Sakai website.

CLASS SCHEDULE

Monday	Sept. 12	Introduction and Overview - What is Counselling?	Chapter 1
Wed.	Sept. 14	Contexts of Effective Treatment	1
Monday	Sept. 19	Contexts of Effective Treatment	1
Wed.	Sept. 21	Contexts of Effective Treatment	1
Monday	Sept. 26	Treatment Systems Emphasizing Background	2,3
Wed.	Sept. 28	Treatment Systems Emphasizing Background	5,6
Monday	Oct. 3	<i>Discussion 1- Good therapists and Bad therapists: what does "helping" mean, and does the therapist "make you better"?</i>	<i>good.therapy.org (2 entries) Bohart</i>
Wed.	Oct. 5	<i>Test 1, Chapters 1-3 and 5-6</i>	
Monday	Oct. 10	<i>Thanksgiving – No classes</i>	
Wed.	Oct. 12	Treatment Systems Emphasizing Emotions and Sensations	7,8
Monday	Oct. 17	Treatment Systems Emphasizing Emotions and Sensations	9,10
Wed.	Oct. 19	Treatment Systems Emphasizing Emotions and Sensations	11
Monday	Oct. 24	Treatment Systems Emphasizing Thoughts	12,13
Wed.	Oct. 26	Treatment Systems Emphasizing Thoughts	14
Monday	Oct. 31	<i>Discussion 2 – We've Come a Long Way (Maybe) – Does Feminist Therapy have relevance today?</i>	<i>Lyubanski Satel</i>
Wed.	Nov. 2	<i>Test 2, Chapters 7-14</i>	
Monday	Nov. 7	<i>Discussion 3 - What is ethical behaviour: preserving confidences and breaking confidences.</i>	<i>Estabrook et al. Zur-1</i>
Wed.	Nov. 9	Treatment Systems Emphasizing Actions	15
Monday	Nov. 14	<i>Discussion 4 – Self Preservation 101 and Counsellor burnout.</i>	<i>Zur-2 Sanz</i>
Wed.	Nov. 16	Treatment Systems Emphasizing Actions	16
Monday	Nov. 21	Treatment Systems Emphasizing Actions	17
Wed.	Nov. 23	Family Systems Approaches	18
Monday	Nov. 28	Integrated and Eclectic Treatment Systems	19
Wed.	Nov. 30	Solidifying Understanding of Treatment Systems	20
Monday	Dec. 5	<i>Discussion 5 – Is Psychotherapy scientific? Evidence-based therapy, the Boulder model, and the art of helping.</i>	<i>West & Warchal Marzillier Peterson & Park</i>
Wed.	Dec. 7	Solidifying Understanding of Treatment Systems	20

Topics will be covered in the order given above. You should do the assigned reading before that topic is covered in class. In class, I will discuss those parts of the chapter that I feel are the most important, most difficult, or the most interesting. For chapters that are on the class schedule, a file will be posted on OWL/Sakai that will guide you as to which parts of each chapter you are responsible for. We will not cover the entire textbook during the course (unfortunately, we do not have enough time); you are not responsible for chapters that do not appear on the class schedule.

EVALUATION:

There will be two two-hour tests and a final exam, based on the text, lectures and assigned readings. The tests and exam will consist of a combination of multiple-choice and short-essay options (to be explained in class), and are not cumulative.

Test 1 is scheduled for October 5th in class. Questions will be based on material from Chapters 1-3 and 5-6 and the corresponding classes. Test 1 contributes 20% of your course grade.

Test 2 is scheduled for November 2nd in class. Questions will be based on material from Chapters 7-14 and the corresponding classes. Test 2 contributes 20% of your course grade.

The **Final Exam** will be held during the Final Examination period (December 10-21) and will be scheduled by the Registrar's Office. The Final Exam will be based on Chapters 15-20 and the corresponding classes. The Final exam contributes 25% of your course grade.

DISCUSSIONS:

Attendance at in-class Discussions is **mandatory**. There will be five formal Discussion sessions, usually held during a Monday lecture period. Answers to set questions on an assigned article or reading are to be handed in at each Discussion. At times the questions will require some research beyond the specific assigned articles. Discussion marks will include a component for participation; as much as 75 % of an assignment mark can be deducted for lateness or non-attendance at Discussion.

WRITTEN ASSIGNMENT:

One written assignment will be required. This report will be due in class on November 30, 2016. Further information will be given during classes, in September.

Note: the experiential exercises, in-class Discussions and other activities are designed to offer students a variety of learning experiences.

Evaluation Summary:	
Test 1 (Oct.5, 2016)	20%
Test 2 (Nov. 2, 2016)	20%
Discussions	20% (ie. 4% each)
Written Assignment	15%
Final Exam	25%
<i>Total 100%</i>	

Please note that grades **cannot** be adjusted on the basis of need. Your mark in the course will be the mark that you earn. Tests and exams cannot be re-written to obtain a higher mark and there are no extra credit assignments available.

For academic accommodation to be considered for any course component worth less than 10% of the final course grade, it is the responsibility of the student to approach the course instructor(s) in a timely fashion. Documentation may be required to be submitted to the academic advisor. If documentation is required, the request for accommodation will be decided by the academic advisor in consultation with the instructor. If documentation is not required, the instructor will make the final decision. The policies governing requests for academic accommodation for course components worth 10% or more of the course grade are outlined in the Academic Policies section included at the end of the course outline.

Note: In Psychology you are expected to follow the American Psychological Society (APA) guidelines for writing and for acknowledgment of sources, and to use APA referencing format. Further information on use of APA style will be given in class. There is also a copy of the APA style manual on reserve in the Brescia library.

In keeping with university regulations, failure to attend a test or exam **will result in a mark of zero**, unless documentary evidence of extenuating circumstances is provided. Social events, travel plans, vacations, misreading the test schedule or sleeping in are not legitimate reasons for missing a test. Only under special circumstances will a student be allowed to write a make-up test. The instructor must be notified of any such case as soon as possible, and the student request a make-up. If the instructor allows a make-up test, the student will be expected to write the test within a week or two after the missed test.

Late submission of assignments will result in a penalty of 10% of assignment mark per day and late submissions will not be marked after the fifth day, unless evidence of extenuating circumstances has been provided. All submissions must be typed or

clearly hand-written. Illegible handwritten submissions will not be accepted.

N.B. There will be no re-taking of tests/examinations nor extra work available for the purpose of improving grades. You must plan to study and prepare well in advance of examinations. The course involves a fair amount of reading on your own. It is best to read text sections before the corresponding lectures. You are advised to attend every lecture - especially as in this course attendance for discussions is mandatory. If you are unable to attend a discussion session, arrange to be excused in advance. Missing lectures is the responsibility of the student. Should you be absent you are advised to find out what material you missed and make arrangements to catch up on that material. It is pointless to come to any instructor at the end of the term to plead for a higher grade on grounds that you had problems (personal or academic). Deal with problems as soon as they arise - see someone, take action - no-one will think less of you for doing so; in fact it shows intelligence and sense of personal responsibility.