



**BRESCIA UNIVERSITY COLLEGE**

**2013 - 2014**

**Psychology 3991F, Section 530**

**Special Topics in Psychology: Introduction to Counselling**

**Dick Shugar, MSc**

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### **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 (King's)

### **LEARNING OBJECTIVES:**

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, students 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.

### **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: Tuesday 10:30 – 11:30, BR 135  
Thursday 9:30 – 11:30, BR 135

Instructor: Dick Shugar, MSc

Office: BR 40

Email: [dick.shugar@rogers.com](mailto:dick.shugar@rogers.com) OR [rshugar@uwo.ca](mailto:rshugar@uwo.ca)

Phone:

Brescia 519-432-8353

Home 519-657-4820

Office Hours: Tuesday and Thursday 1:30 – 2:30 pm

or by appointment

The course website, on OWL/Sakai, 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, 4<sup>th</sup> 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**

Tues.	Jan. 7	Introduction and Overview - What is Counselling?	<b>Chapter 1</b>
Thurs.	Jan. 9	Contexts of Effective Treatment	<b>1</b>
Tues.	Jan. 14	Contexts of Effective Treatment	<b>1</b>
Thurs.	Jan.16	Contexts of Effective Treatment	<b>1</b>
Tues.	Jan. 21	Treatment Systems Emphasizing Background	<b>2,3</b>
Thurs.	Jan. 23	<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>
Tues.	Jan. 28	Treatment Systems Emphasizing Background	<b>5,6</b>
Thurs.	Jan. 30	<b>Test 1, Chapters 1-3 and 5-6</b>	
Tues.	Feb. 4	Treatment Systems Emphasizing Emotions and Sensations	<b>7,8</b>
Thurs.	Feb. 6	Treatment Systems Emphasizing Emotions and Sensations	<b>9,10</b>
Tues.	Feb. 11	Treatment Systems Emphasizing Emotions and Sensations	<b>11</b>
Thurs.	Feb. 13	<i>Discussion 2 – We've Come a Long Way (Maybe) – Does Feminist Therapy have relevance today?</i>	<i>Lyubanski Satel</i>
	Feb 18,20	<b>Reading Week -- No Classes</b>	
Tues.	Feb. 25	Treatment Systems Emphasizing Thoughts	<b>12,13</b>
Thurs.	Feb. 27	Treatment Systems Emphasizing Thoughts	<b>14</b>
Tues.	Mar. 4	<i>Discussion 3 - What is ethical behaviour: preserving confidences and breaking confidences.</i>	<i>Estabrook et al. Zur-1</i>
Thurs.	Mar. 6	<b>Test 2, Chapters 7-14</b>	
Tues.	Mar. 11	Treatment Systems Emphasizing Actions	<b>15</b>
Thurs.	Mar. 13	<i>Discussion 4 – Self Preservation 101 and Counsellor burnout.</i>	<i>Zur-2 Sanz</i>
Tues.	Mar. 18	Treatment Systems Emphasizing Actions	<b>16</b>
Thurs.	Mar. 20	Treatment Systems Emphasizing Actions	<b>17</b>
Tues.	Mar. 25	Family Systems Approaches	<b>18</b>
Thurs.	Mar. 27	Integrated and Eclectic Treatment Systems	<b>19</b>
Tues.	Apr. 1	Solidifying Understanding of Treatment Systems	<b>20</b>
Thurs.	Apr. 3	<i>Discussion 5 – Is Psychotherapy scientific? Evidence-based therapy, the Boulder model, and the art of helping.</i>	<i>West &amp; Warchal Marzillier Peterson &amp; Park</i>
Tues.	Apr. 8	Solidifying Understanding of Treatment Systems	<b>20</b>

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 January 30<sup>th</sup> in class time. 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 March 6<sup>th</sup> in class time. 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 (April 11-30) 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.

Attendance at in-class Discussions is **mandatory**. There will be five formal Discussion sessions, usually held during a Thursday 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; 25 % of an assignment mark will be deducted for non-attendance at Discussion.

**One written assignment** will be required.

This report will be due in class on **March 27, 2014**. Further information will be given during classes, in January.

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

Evaluation Summary:

Test 1 (Jan. 30, 2014)	20%
Test 2 (March 6, 2014)	20%
Final Exam (Final Exam period)	25%
Discussions	20% (ie. 4% each)
Written Assignment	<u>15%</u>
	100%

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.

## BRESCIA UNIVERSITY COLLEGE ACADEMIC POLICIES AND REGULATIONS

### 1. POLICY REGARDING MAKEUP EXAMS AND EXTENSIONS OF DEADLINES

When a student requests academic accommodation (e.g., extension of a deadline, a makeup exam) for work representing 10% or more of the student's overall grade in the course, it is the responsibility of the student to provide acceptable documentation to support a medical or compassionate claim. All such requests for academic accommodation **must** be made through an Academic Advisor and include supporting documentation. Academic accommodation on medical grounds will be granted only if the documentation indicates that the onset, duration and severity of the illness are such that the student could not reasonably be expected to complete her academic responsibilities. Appropriate academic accommodation will be determined by the Dean's Office in consultation with the student's instructor(s). Please note that personal commitments (e.g., vacation flight bookings, work schedule) which conflict with a scheduled test, exam or course requirement are not grounds for academic accommodation.

A UWO Student Medical Certificate (SMC) is **required** if a student is seeking academic accommodation on medical grounds. This documentation should be obtained at the time of the initial consultation with the physician/nurse practitioner or walk-in clinic. A SMC can be downloaded under the Medical Documentation heading of the following website: <https://studentservices.uwo.ca/secure/index.cfm> . If it is not possible to have an SMC completed by the attending physician/nurse practitioner, the student must request documentation sufficient to demonstrate that her ability to meet academic responsibilities was seriously affected. Please note that under University Senate regulations documentation stating simply that the student "was seen for a medical reason" or "was ill" is **not** adequate to support a request for

academic accommodation. All documentation is to be submitted to an Academic Advisor.

Whenever possible, requests for academic accommodation should be initiated in advance of due dates, examination dates, etc. Students must follow up with their professors and Academic Advisor in a timely manner.

The full statement of University policy regarding extensions of deadlines or makeup exams can be found at <http://www.westerncalendar.uwo.ca/2013/pg117.html>

## 2. ACADEMIC CONCERNS

If you feel that you have a medical or personal problem that is interfering with your work, contact your instructor and Academic Advisor as soon as possible. Problems may then be documented and possible arrangements to assist you can be discussed at the time of occurrence rather than on a retroactive basis. Retroactive requests for academic accommodation on medical or compassionate grounds may not be considered.

If you think that you are too far behind to catch up or that your work load is not manageable, you should consult an Academic Advisor. If you consider reducing your workload by dropping one or more courses, this must be done by the appropriate deadlines (refer to the Registrar's website, [www.registrar.uwo.ca](http://www.registrar.uwo.ca), for official dates). You should consult with the course instructor and the Academic Advisor who can help you consider alternatives to dropping one or more courses. *Note that dropping a course may affect OSAP eligibility and/or Entrance Scholarship eligibility.*

The Dean may refuse permission to write the final examination in a course if the student has failed to maintain satisfactory academic standing throughout the year or for too frequent absence from the class or laboratory.

## 3. ABSENCES

**Short Absences:** If you miss a class due to a minor illness or other problems, check your course outline for information regarding attendance requirements and make sure you are not missing a test or assignment. Cover any readings and arrange to borrow notes from a classmate. Contact the course instructor if you have any questions.

**Extended Absences:** If you have an extended absence, you should contact the course instructor and an Academic Advisor. Your course instructor and Academic Advisor can discuss ways for you to catch up on missed work and arrange academic accommodations, if appropriate.

## 4. POLICY ON CHEATING & ACADEMIC MISCONDUCT

Students are responsible for understanding the nature of and avoiding the occurrence of plagiarism and other academic offences. Students are urged to read the section on Scholastic Offences in the Academic Calendar. Note that such offences include plagiarism, cheating on an examination, submitting false or fraudulent assignments or credentials, impersonating a candidate, or submitting for credit in any course without the knowledge and approval of the instructor to whom it is submitted, any academic work for which credit has previously been obtained or is

being sought in another course in the University or elsewhere. Students are advised to consult the section on Academic Misconduct in the Western Academic Calendar.

If you are in doubt about whether what you are doing is inappropriate or not, consult your instructor, the Student Services Centre, or the Registrar. A claim that "you didn't know it was wrong" is not accepted as an excuse.

The penalties for a student guilty of a scholastic offence (including plagiarism) include refusal of a passing grade in the assignment, refusal of a passing grade in the course, suspension from the University, and expulsion from the University.

### **Plagiarism:**

Students must write their essays and assignments in their own words. Whenever students take an idea or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence (see Scholastic Offence Policy in the Western Academic Calendar).

All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com.

### **Computer-marked Tests/exams:**

Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating. Software currently in use to score computer-marked multiple-choice tests and exams performs a similarity review as part of standard exam analysis.

## **5. PROCEDURES FOR APPEALING ACADEMIC EVALUATIONS**

All appeals of a grade must be directed first to the course instructor. If the student is not satisfied with the decision of the course instructor, a written appeal signed by the student must be sent to the Department Chair. If the response of the department is considered unsatisfactory to the student, she may then submit a signed, written appeal to the Office of the Dean. Only after receiving a final decision from the Dean may a student appeal to the Senate Review Board Academic. A Guide to Appeals is available from the Ombudsperson's Office, or you can consult an Academic Advisor. Students are advised to consult the section on Academic Rights and Responsibilities in the Western Academic Calendar.

## **6. PREREQUISITES AND ANTIREQUISITES**

Unless you have either the prerequisites for a course or written special permission from your Dean to enroll in it, you will be removed from the course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your

fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

Similarly, you will also be deleted from a class list if you have previously taken an antirequisite course unless this has the approval of the Dean. These decisions may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course because you have taken an antirequisite course.

## **7. SUPPORT SERVICES**

The Brescia University College Registrar's website, with a link to Academic Advisors, is at [http://www.brescia.uwo.ca/academics/registrar\\_services/index.html](http://www.brescia.uwo.ca/academics/registrar_services/index.html) . The Western Registrar's website is at <http://www.registrar.uwo.ca/index.cfm> . The website for the Student Development Centre at Western is at <http://www.sdc.uwo.ca/> . Students who are in emotional/mental distress should refer to Mental Health @ Western <http://www.uwo.ca/uwocom/mentalhealth/> for a complete list of options about how to obtain help.

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Portions of this document were taken from the Academic Calendar, the Handbook of Academic and Scholarship Policy and the Academic Handbook of Senate Regulations. This document is a summary of relevant regulations and does not supersede the academic policies and regulations of the Senate of the University of Western Ontario.