



BRESCIA UNIVERSITY COLLEGE

2019- 2020

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
(Brescia Competencies: Communication; Critical Thinking; Inquiry and Analysis; Social Awareness; Valuing)
- Explain the various techniques used in psychotherapy and how each theory differentially guides the specific techniques employed in therapy
(Brescia Competencies: Communication; Critical Thinking; Inquiry and Analysis; Problem Solving; Social Awareness; Valuing)
- Describe the therapeutic process
(Brescia Competencies: Communication; Critical Thinking; Inquiry and Analysis; Problem Solving; Social Awareness; Valuing)

- Prioritize the important client and therapist variables that affect psychotherapy outcomes
(Brescia Competencies: Communication; Critical Thinking; Inquiry and Analysis; Problem Solving; Social Awareness; Valuing)
- Appraise the importance of the client-therapist relationship
(Brescia Competencies: Communication; Critical Thinking; Inquiry and Analysis; Problem Solving; Social Awareness; Self Awareness; Valuing)
- Justify the importance of professional boundaries
(Brescia Competencies: Communication; Critical Thinking; Inquiry and Analysis; Problem Solving; Social Awareness; Self Awareness; Valuing)
- Recognize the ethical standards that guide the practice of psychotherapists
(Brescia Competencies: Communication; Critical Thinking; Inquiry and Analysis; Problem Solving; Social Awareness; Self Awareness; Valuing)
- Identify personal qualities that may support and/or hinder attempts at being therapeutic for others, and then to relate these qualities to themselves
(Brescia Competencies: Communication; Critical Thinking; Inquiry and Analysis; Social Awareness; Self Awareness; Valuing)

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: Tuesday. 12:30 – 1:30, BR 201
 Thursday. 12:30 – 2:30, BR 201

Instructor: Dick Shugar, MSc

Office: UH 362

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

Phone:

Brescia 519-432-8353.

Home 519-657-4820

Office Thursday. 11:30 – 12:30 (*in the Mercato*)

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 website.

CLASS SCHEDULE

Thur.	Sept. 5	Introduction and Overview - What is Counselling?	Chapter 1
Tues.	Sept. 10	Introduction and Overview - What is Counselling?	1
Thur.	Sept.12	Contexts of Effective Treatment	1
Tues.	Sept. 17	Contexts of Effective Treatment	1
Thur.	Sept. 19	Contexts of Effective Treatment	1
Tues.	Sept. 24	Treatment Systems Emphasizing Background	2,3
Thur.	Sept. 26	Treatment Systems Emphasizing Background	5,6
Tues.	Oct. 1	Treatment Systems Emphasizing Emotions and Sensations	7,8
Thur.	Oct. 3	Test 1, Chapters 1-3 and 5-6	
Tues.	Oct. 8	Treatment Systems Emphasizing Emotions and Sensations	9,10
Thur.	Oct. 10	Treatment Systems Emphasizing Emotions and Sensations	11
Tues.	Oct. 15	Discussion 1- Good therapists and Bad therapists: what does "helping" mean, and does the therapist "make you better"?	Goodtherapy.org (2) Bohart & Tallman
Thur.	Oct. 17	Treatment Systems Emphasizing Thoughts	12,13

Tues.	Oct. 22	Treatment Systems Emphasizing Thoughts	14
Thur.	Oct. 24	Treatment Systems Emphasizing Actions	15
Tues.	Oct. 29	Discussion 2 – We’ve Come a Long Way (Maybe) – Does Feminist Therapy have relevance today?	Goodtherapy.org; Brown; Satel; Mahaney
Thur.	Oct. 31	Test 2, Chapters 7-14	
Tues.	Nov. 5	Fall Reading Week – No classes	
Thur.	Nov. 7	Fall Reading Week – No classes	
Tues.	Nov. 12	Discussion 3 - What is ethical behaviour: preserving confidences and breaking confidences.	Estabrook et al. Zur-1
Thur.	Nov. 14	Treatment Systems Emphasizing Actions	16
Tues.	Nov. 19	Discussion 4 – Self Preservation 101 and Counsellor burnout.	Zur-2 Sanz
Thur.	Nov. 21	Treatment Systems Emphasizing Actions	17
Tues.	Nov. 26	Discussion 5 – Is Psychotherapy scientific? Evidence-based therapy, the Boulder model, and the art of helping.	West & Warchal; Albee; Marzillier Peterson & Park
Thur.	Nov. 28	Family Systems Approaches	18
Tues.	Dec. 3	Integrated and Eclectic Treatment Systems	19
Thur.	Dec. 5	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 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 3rd 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 October 31st 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 8-19) 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 Tuesday 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 28, 2018. 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. 3, 2019)	20%
Test 2 (Oct. 31, 2019)	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.

2019-20 BRESCIA UNIVERSITY COLLEGE ACADEMIC POLICIES AND REGULATIONS

1. POLICY REGARDING ACADEMIC ACCOMMODATION

The complete policy regarding [Accommodation for Illness - Undergraduate Students](http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_12) can be found at http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_12.

Students who have long-term or chronic medical conditions which may impede their ability to complete academic responsibilities should seek Academic Accommodation through Student Accessibility Services (http://www.westerncalendar.uwo.ca/PolicyPages.cfm?PolicyCategoryID=1&Command=showCategory&SelectedCalendar=Live&ArchiveID=#Page_10).

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.

Students who experience an illness or extenuating circumstance sufficiently severe to temporarily render them unable to meet academic requirements may submit a request for academic consideration through the following routes:

1. Submitting a **Self-Reported Absence** form provided that the conditions for submission are met;
2. For medical absences, submitting a **Student Medical Certificate (SMC)** signed by a licensed medical or mental health practitioner;
3. For non-medical absences, submitting **appropriate documentation** (e.g., obituary, police report, accident report, court order, etc.) to their Academic Advisor. Students are encouraged to contact their Academic Advisor to clarify what documentation is acceptable.

Requests for Academic Consideration Using the Self-Reported Absence Portal

Students who experience an unexpected illness or injury or an extenuating circumstance of 48 hours or less that is sufficiently severe to render them unable to meet academic requirements should self-declare using the online Self-Reported Absence portal. This option should be used in situations where the student expects to resume academic responsibilities within 48 hours. Note that the excused absence includes all courses and academic requirements within the up to 48 hours, it is not intended to provide an excused absence from a single course while students fulfill their academic responsibilities in other courses during that time.

The following conditions are in place for self-reporting of medical or extenuating circumstances:

1. Students will be allowed **a maximum of two self-reported absences** between September and April and one self-reported absence between May and August;
2. The duration of the absence will be for a maximum of 48 hours from the time the Self-Reported Absence form is completed through the online portal, or from 8:30 am the following morning if the form is submitted after 4:30 pm;
3. The excused absence will terminate prior to the end of the 48 hour period if the student undertakes significant academic responsibilities (writes a test, submits a paper) during that time;
4. Self-reported absences will **not** be allowed for scheduled final examinations; midterm examinations scheduled during the December examination period; or for final lab examinations scheduled during the final week of term;
5. Self-report absences may **not** be used for assessments worth more than 30% of any course;
6. Any absences in excess of 48 hours will require students to present a Student Medical Certificate (SMC), or appropriate documentation;
7. Students **must** communicate with their instructors **no later than 24** hours after the end of the period covered by the Self-Reported Absence form to clarify how they will fulfil the academic expectations they may have missed during the absence.

Request for Academic Consideration for a Medical Absence

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 for illness 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 their academic responsibilities. Minor ailments typically treated by over-the-counter medications will not normally be accommodated.

The following conditions apply for students seeking academic accommodation on medical grounds:

1. Students must submit their Student Medical Certificate (SMC) along with a request for relief specifying the nature of the accommodation being requested no later than two business days after the date specified for resuming responsibilities. An SMC can be downloaded from http://www.uwo.ca/univsec/pdf/academic_policies/appeals/medicalform.pdf ;
2. In cases where there might be an extended absence or serious issue, students should submit their documentation promptly and consult their Academic Advisor for advice during their recovery period;
3. Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, scheduled tests or examinations, and other academic requirements;
4. Students **must** communicate with their instructors **no later than 24 hours** after the end of the period covered by the SMC to clarify how they will fulfil the academic expectations they may have missed during the absence;
5. Appropriate academic accommodation will be determined by the Dean's Office/Academic Advisor in consultation with the course instructor(s). Academic accommodation may include extension of deadlines, waiver of attendance requirements, arranging Special Exams (make-ups), re-weighting course requirements, or granting late withdrawal without academic penalty.

The [full policy on requesting accommodation due to illness](#) can be viewed at:

http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_12

2. ACADEMIC CONCERNS

If you feel that you have a medical or personal challenge 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 are not normally considered.

If you think that you are too far behind to catch up or that your work load is not manageable, you should consult your Academic Advisor. If you consider reducing your workload by dropping one or more courses, this must be done by the appropriate deadlines; please refer to the [Registrar's website](#), <http://brescia.uwo.ca/academics/registrar-services/> or the list of official sessional dates in the Academic Calendar (<http://www.westerncalendar.uwo.ca/SessionalDates.cfm?SelectedCalendar=Live&ArchiveID=>).

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.*

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 and warranted.

It is important to note that the Academic 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 (http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=5&SelectedCalendar=Live&ArchiveID=#SubHeading_68).

4. SCHOLASTIC OFFENCES

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence at: http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_20.

Students are responsible for understanding the nature of and avoiding the occurrence of plagiarism and other academic offences. 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 Scholastic Discipline for Undergraduate Students in the Academic Calendar.

If you are in doubt about whether what you are doing is inappropriate or not, consult your instructor, the Academic Dean's Office, 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.

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 (<http://www.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 is to be sent to the School Chair. If the response of the Chair is considered unsatisfactory to the student, they may then submit a written appeal to the Office of the Dean. If the student is not satisfied with the decision of the Dean, they may appeal to the Senate Review Board Academic (SRBA), if there are sufficient grounds for the appeal and if the matter falls within the jurisdiction of the SRBA. For information on academic appeals consult your Academic Advisor or see the Student Academic Appeals – Undergraduate in the Academic Calendar http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_14.

Note that final course marks are not official until the Academic Dean has reviewed and signed the final grade report for the course. If course marks deviate from acceptable and appropriate standards, the Academic Dean may require grades to be adjusted to align them with accepted grading practices.

6. PREREQUISITES

Unless you have either the prerequisites for a course or written special permission from the 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 prerequisite(s).

7. SUPPORT

Support Services

The Brescia University College Registrar's website, with a link to Academic Advisors, is at <http://brescia.uwo.ca/academics/registrar-services/>. Students can access supports through Brescia's Student Life Centre (<http://brescia.uwo.ca/life/student-life/>) and Learning Skills Services at Western (<https://www.uwo.ca/sdc/learning/>)

Mental Health and Wellness

Students may experience a range of issues that can cause barriers to your learning, such as increased anxiety, feeling overwhelmed, feeling down or lost, difficulty concentrating and/or lack of motivation. Services are available to assist you with addressing these and other concerns you may be experiencing. You can obtain information about how to obtain help for yourself or others through **Mental Health & Wellness at Brescia** (<http://brescia.uwo.ca/life/mental-health-wellness/>) and **Health and Wellness at Western**, http://uwo.ca/health/mental_wellbeing/index.html.

Sexual Violence

All members of the Brescia University College community have a right to work and study in an environment that is free from any form of sexual violence. Brescia University College recognizes that the prevention of, and response to, Sexual Violence is of particular importance in the university environment. Sexual Violence is strictly prohibited and unacceptable and will not be tolerated. Brescia is committed to preventing Sexual Violence and creating a safe space for anyone in the Brescia community who has experienced Sexual Violence.

If you or someone you know has experienced any form of Sexual Violence, you may access resources at <http://brescia.uwo.ca/life/sexual-violence/>.

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.
