

**Renison College, University of Waterloo W10
Theories of Individual Counselling, Psychology 334R**

Instructor	Kathy Foxall
Time & Place	Monday 6:30-9:20 PM, 2107 Renison
Contact:	When possible please speak with me in person before, during, or after class. You can also reach me on UW ACE/Angel (online course mail). Please use course mail rather than regular e-mail if you write to me.
Office	Room 0208 Renison
Office Hours:	Office hours by appointment. I am most readily available before the class, and around lunch time on Tuesday or Thursdays.

Text: Sue, David, Sue, Diane. *Foundations of Counseling and Psychotherapy: Evidence-Based Practices for a Diverse Society*. Toronto: Wiley.

Course Website Course information, including lecture notes, grades, announcements, a copy of this syllabus, a description of the requirements for the focus paper, and course mail will be on UW ACE/Angel.

Course description This course will use an evidence-based approach to survey issues and theories of individual counselling. Lectures will be supplemented by videos, discussion of case material, and classroom exercises. Some of the topics that we will consider include therapist factors, ethical issues, diversity and gender issues, assessment, factors related to treatment outcome, and common factors in psychotherapy. We will also consider different therapeutic approaches such as interpersonal therapy, CBT, dialectical behaviour therapy, interventions in emergency situations, humanistic approaches, dynamic approaches, core conflictual relationship therapy, and motivational enhancement therapy.

Overall course objective

Students will gain theoretical and applied knowledge about important issues and approaches in counselling psychology.

Learning Outcomes:

1. Students will develop knowledge of key theoretical and practical issues in empirically supported therapies and techniques.
2. Students will develop an understanding of the common factors that apply to all forms of counselling.
3. Students will become familiar with ethical guidelines and issues in the practise of therapy.

5. An important goal of this course for students to develop some basic counselling skills. Those who have already taken related courses may continue to refine previously developed counselling skills. It is essential to note that this course will not teach you how to become a therapist. The process of becoming a therapist takes a minimum of two years of post graduate studies, with ongoing intensively supervised clinical practise.

6. Another important goal of this course is to give students exposure to information and experiences that will assist them in determining if they are interested in pursuing a profession in the counselling field.

7. It is hoped that students will apply knowledge from this course to improve their listening and communication skills outside of the classroom and counselling practise situations.

General information

Please feel free to approach me if you wish to talk about the course or other issues or topics.

Attendance

Attendance in this class is important. A significant aspect of this course is your ability to understand how these theories may be enacted in practise. To this end, there will be videos and mandatory class exercises.

Evaluation

Tests and the final exam will consist of fill in the blank, multiple choice, and short answer questions. For information on the essay, please see the essay information note that will be posted online. Note that essays turned in after the due date will receive a late penalty. There will be regular classroom exercises related to the classroom material. Your participation grade will be based on your written responses to handouts provided for these exercises, and your responses will be due at the end of class. Note that if you do not intend to attend class regularly you should consider dropping the course and letting someone else have your place.

Grade distribution

Test 1:	26%
Test 2:	22%
Test 3:	22%
Participation:	10%
Essay:	20%

January 4	Ch. 1, Science and diversity in Psychotherapy
January 11	Ch. 2, Evidence-based practise in psychotherapy: techniques and relationships Ch. 3. Therapist-Client relationship skills
January 18	Ch. 4 Contextual and Collaborative assessment Ch. 5. Diagnosis and Conceptualization
January 25	Ch. 6, Psychodynamic theory and techniques
February 1	Test 1 on all material up to and including January 25. After the test: Medical illnesses that look like psychological disorders. Physical treatments for depression that do not require a prescription. No readings.
February 8	Ch. 8, Interpersonal therapy
February 15-20	Reading week
February 22	Ch. 9, Motivational enhancement therapy
March 1	Ch. 11, Cognitive-Behavioural theory and techniques Ch. 12 Cognitive-Behavioural therapy for depression
March 8	Test 2 will focus on material covered after the 1st test. However, it is assumed that you will build on prior knowledge. After the test, Ch. 18, Medications used with psychological disorders.
March 15	Ch. 13, Dialectical behaviour therapy (DBT)
March 22	Ch. 16, Assessment and intervention in emergency situations
March 29	Test 3 will focus on material covered after the 2nd test. As with test two, it is assumed that you will build on prior knowledge.

See <http://www.registrar.uwaterloo.ca/exams/finalexams.html> which states "Student travel plans are not considered acceptable grounds for granting an alternative examination time." Please wait until you are advised of the final exam date before you make end-of-term travel arrangements.

Academic Integrity: In order to maintain a culture of academic integrity, members of the University of Waterloo community are expected to promote honesty, trust, fairness, respect and responsibility. [Check www.uwaterloo.ca/academicintegrity/ for more information.]

Grievance: A student who believes that a decision affecting some aspect of his/her university life has been unfair or unreasonable may have grounds for initiating a grievance. Read Policy 70, Student Petitions and Grievances, Section 4, www.adm.uwaterloo.ca/infosec/Policies/policy70.htm. When in doubt please be certain to contact the department's administrative assistant who will provide further assistance.

Discipline: A student is expected to know what constitutes academic integrity [check www.uwaterloo.ca/academicintegrity/] to avoid committing an academic offence, and to take responsibility for his/her actions. A student who is unsure whether an action constitutes an offence, or who needs help in learning how to avoid offences (e.g., plagiarism, cheating) or about "rules" for group work/collaboration should seek guidance from the course instructor, academic advisor, or the undergraduate Associate Dean. For information on categories of offences and types of penalties, students should refer to Policy 71, Student Discipline, www.adm.uwaterloo.ca/infosec/Policies/policy71.htm. For typical penalties check Guidelines for the Assessment of Penalties, www.adm.uwaterloo.ca/infosec/guidelines/penaltyguidelines.htm.

Appeals: A decision made or penalty imposed under Policy 70 (Student Petitions and Grievances) (other than a petition) or Policy 71 (Student Discipline) may be appealed if there is a ground. A student who believes he/she has a ground for an appeal should refer to Policy 72 (Student Appeals) www.adm.uwaterloo.ca/infosec/Policies/policy72.htm.

Note for Students with Disabilities: The Office for Persons with Disabilities (OPD), located in Needles Hall, Room 1132, collaborates with all academic departments to arrange appropriate accommodations for students with disabilities without compromising the academic integrity of the curriculum. If you require academic accommodations to lessen the impact of your disability, please register with the OPD at the beginning of each academic term.

Turnitin.com: Plagiarism detection software (Turnitin) will be used to screen assignments in this course. This is being done to verify that use of all material and sources in assignments is documented. In the first week of the term, details will be provided about the arrangements for the use of Turnitin in this course.

Note: students must be given a reasonable option if they do not want to have their assignment screened by Turnitin. See: <http://uwaterloo.ca/academicintegrity/Turnitin/index.html> for more information.