

**Renison College, University of Waterloo W09  
Theories of Individual Counselling, Psych. 334R**

<b>Instructor</b>	Kathy Foxall
<b>Time &amp; Place</b>	Monday 6:30-9:20 PM, Renison 0201
<b>Contact:</b>	Whenever possible please speak with me in person before, during, or after class or during office hours. Otherwise, you can reach me on UW ACE/Angel (online course mail). Please do not write to me on regular e-mail.
<b>Office</b>	Room 0208 Renison
<b>Office Hours:</b>	Monday & Tuesday, 6:00-6:20 in my office, other times by appointment.
<b>Text:</b>	Archer, James, & McCarthy, Christopher (2007). <i>Theories of Counseling and Psychotherapy</i> . Columbus Ohio: Pearson.
<b>Course Website</b>	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.
<b>Course description</b>	This course will survey issues and theories of individual counselling. Lectures will be supplemented by videos, discussion of case material, and exercises. We will survey different approaches to therapy as solution focused therapy, cognitive approaches, emotion focused therapy, interpersonal therapy, feminist therapy, dynamic approaches and others. Topics will also include general issues in counselling, such as therapist factors, ethical issues, and multicultural and diversity issues.

**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 issues in a wide range of therapeutic approaches.
2. Students will develop an understanding of the common factors that apply to all forms of counselling.
3. Students will become aware of various techniques commonly used in different therapeutic approaches.
4. 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. A 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, and to give students a sense of areas of focus.

7. A further goal is 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 for a number of reasons. 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 class exercises. Please note that I do not lend videos or schedule extra sessions for students to view videos.

### **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 not be accepted.

### **Grade distribution**

Test 1:	25%
Test 2:	20%
Test 3:	20%
Participation:	15%
Essay:	20%

## Information about Travel and the Completion of Course Assignments, Quizzes, and Exams

January 5	Ch. 1, Introduction
January 12	Ch. 2, Psychoanalytic & Psychodynamic approaches
January 19	Ch. 4 Person-centred therapy
January 26	Ch. 6 Gestalt therapy
<b>February 2</b>	<b>Test 1</b> Ch. 7 Reality therapy
February 9	Ch. 8, Behaviour therapy
<b>February 16-20</b>	<b>Reading week</b>
February 23	Ch. 9 Cognitive approaches
March 2	Ch. 10 Feminist therapy
<b>March 9</b>	<b>Test 2</b> Ch. 12 Solution focused therapy
March 16	Ch. 13, Narrative therapy
March 23	Ch. 14, Psychopharmacological approaches
March 30	<b>Test 3</b> Special topic by class decision

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.

### Information 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."

### Expectation of Academic Integrity

"To create and promote a culture of academic integrity, the behaviour of all members of the University of Waterloo should be based on honesty, trust, fairness, respect and responsibility."

**Note on avoidance of academic offences:** All students registered in the courses of the Faculty of Arts are expected to know what constitutes academic integrity, to avoid committing academic offences, and to take responsibility for their actions. When the commission of an offence is established, disciplinary penalties will be imposed in accord with Policy #71 (Student Discipline).

For information on categories of offences and types of penalties, students are directed to consult Policy #71 (<http://www.adm.uwaterloo.ca/infosec/Policies/policy71.htm>). If you need help in learning what constitutes an academic offence; how to avoid offences such as plagiarism,

cheating, and unauthorized resubmission of work; how to follow appropriate rules with respect to "group work" and collaboration; or if you need clarification of aspects of the discipline policy, ask your course instructor for guidance. Other resources regarding the discipline policy are your academic advisor and the Administrative Dean."

**The Faculty of Arts has an excellent website on "Avoiding Academic Offences"**  
([http://arts.uwaterloo.ca/arts/ugrad/academic\\_responsibility.html](http://arts.uwaterloo.ca/arts/ugrad/academic_responsibility.html)).

#### **Student Grievances**

Students who believe that they have been wrongfully or unjustly penalized have the right to grieve; refer to Policy #70, Student Petitions and Grievances:

<http://www.adm.uwaterloo.ca/infosec/Policies/policy70.htm>

#### **Student Appeals**

Concerning a decision made under Policy 33 (Ethical Behavior), Policy 70 (Student Petitions and Grievances) or Policy 71 (Student Discipline), a student may appeal the finding, the penalty, or both. Students who believe that they have grounds for an appeal should refer to Policy 72 (Student Appeals):

<http://www.adm.uwaterloo.ca/infosec/Policies/policy72.htm>.

#### **Posting of Final Grades at Renison University College**

It is Renison College policy NOT to post grades at any time or report grades via phone or email.