



University of Waterloo

Winter 2011

COURSE NUMBER: PSYC 334

Course Name: Theories of Individual Counseling

Instructor: Dr. Jim Perretta, Registered Psychologist

Office: TBA

Telephone: 519-749-4300, ext. 7240

Email: jimperretta@yahoo.ca

Class Times/Location: Mondays: 6:30-9:20pm (REN 2107)

Office Hours: By appointment.

Course Description:

This course will provide an overview of the art and science of various theories of individual counseling. We will discuss evidence-based practice in counseling; that is, artful application of scientific research through clinical reasoning in the context of client characteristics, culture, and preferences. A variety of theories will be presented, and compared and contrasted with each other. A synthesis will be made, describing common factors and integration of different theories of counseling and psychotherapy.

Course Objectives:

By the end of this course, you will be able to:

- a) describe various theories of individual counseling
- b) evaluate strengths and weaknesses of these theories
- c) evaluate ways of integrating different theories
- d) interpret the components of evidence-based practice in counseling
- e) apply your theoretical knowledge to sample cases

Custom-made Text for class:

*PSYCH 334: University of Waterloo: Theories of Individual Counseling. (2011).
Toronto: Wiley Publishers.*

Supplementary Readings: Available on University Library web-site - Course Reserves.

Course Requirements: PSYCH 101/121R

Grading:

Quizzes (Best 4 out of 5 - Jan. 24, Jan. 31, Feb. 28, Mar. 21, Apr. 4)	20%
Midterm Exam (Feb. 14th)	20%
Group Presentation (TBA)	20%
Learning Journals (reflecting on your class participation. Due: Feb. 7; Mar. 28)	15%
Final Exam	25%

SYLLABUS

Week	Date	Readings
1	Jan. 10	Course text: Introduction to Counseling Theory and Technique Chapter American Psychological Association. (2005). Policy statement on evidence-based practice in psychology. Retrieved from: http://www.apa.org/practice/resources/evidence/evidence-based-statement.pdf Glass, C. R., & Arnkoff, D. B. (2000). Consumers' perspectives on helpful and hindering factors in mental health treatment. <i>Journal of Clinical Psychology, 56(11)</i> , 1467-1480.
2	Jan. 17	Course text: Psychoanalytic, Object Relations Theory Chapter
3	Jan. 24	Course text: Person-Centered Theory Chapter Quiz
4	Jan. 31	Course text: Behavioral Theory Chapter Quiz
5	Feb. 7	Course text: Cognitive Theory Chapter Learning Journal (reflecting on your contribution to class discussion)
6	Feb. 14	Mid-term Exam
7	Feb. 28	Course text: Existential Theory Chapter Quiz
8	Mar. 7	Course text: Interpersonal Theory Chapter Hinrichsen, G. A. (2008). Interpersonal psychotherapy as a treatment of depression in late-life. <i>Professional Psychology: Research and Practice, 39(3)</i> , 306-312.
9	Mar. 14	Course text: Motivational Enhancement Chapter Prochaska, J. O., DiClemente, C. C., & Norcross, J. C. (1992). In search of how people change: Applications to addictive behaviors. <i>American Psychologist, 47(9)</i> , 1102-1114.
10	Mar. 21	Course text: Two Multicultural Theory Chapters LaRoche, M.J., & Maxie, A. (2003). Ten considerations in addressing cultural differences in psychotherapy. <i>Professional Psychology: Research and Practice, 34(2)</i> , 180-186. Quiz
11	Mar. 28	Course text: Combining Psychotherapy and Pharmacotherapy Chapter Gabbard, G. O. (2006). The rationale for combining medication and psychotherapy. <i>Psychiatric Annals, 36(5)</i> , 315-319. Learning Journal (reflecting on your contribution to class discussion)
12	Apr. 4	Norcross, J. C., Hedges, M., & Prochaska, J. O. (2002). The face of 2010: A Delphi poll on the future of psychotherapy. <i>Professional Psychology: Research and Practice, 33(3)</i> , 316-322. Shapiro, J. P. (2009). Integrating outcome research and clinical reasoning in psychotherapy planning. <i>Professional Psychology: Research and Practice, 40(1)</i> , 46-53. Weerasekera, P. (1993). Formulation: A multiperspective model. <i>Canadian Journal of Psychiatry, 38</i> , 351-358. Quiz

Accommodation for Illness or Unforeseen Circumstances:

The instructor follows the practices of the University of Waterloo in accommodating students who have documented reasons for missing quizzes or exams. See

http://www.registrar.uwaterloo.ca/students/accom_illness.html

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.

Academic Integrity website (Arts):

http://arts.uwaterloo.ca/arts/ugrad/academic_responsibility.html

Academic Integrity Office (UW):

<http://uwaterloo.ca/academicintegrity/>

Discipline: A student is expected to know what constitutes academic integrity [check www.uwaterloo.ca/academicintegrity/] to avoid committing academic offences 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 Renison’s Administrative Dean. When misconduct has been found to have occurred, disciplinary penalties will be imposed under Policy 71, Student Discipline. For information on categories of offences and types of penalties, students should refer to this policy 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 .

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

Appeals: A student may appeal the finding and/or penalty in a decision made under Policy 70 - Student Petitions and Grievances (other than regarding a petition) or Policy 71 - Student Discipline if grounds for an appeal can be established. Read Policy 72 - Student Appeals www.adm.uwaterloo.ca/infosec/Policies/policy72.htm .

Accommodation 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.

Final Examination Policy

For Winter 2011, the established examination period is April 8-21, 2011. The schedule will be available in February. Students should be aware that student travel plans are not acceptable grounds for granting an alternative final examination time (see:

<http://www.registrar.uwaterloo.ca/exams/finalexams.html>).

Turnitin.com: Plagiarism detection software (Turnitin) may be used to screen assignments (e.g. group presentations) in this course. This is being done to verify that use of all material and sources in assignments are 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.