Renison University College Land Acknowledgement

With gratitude, we acknowledge that Renison University College is located on the traditional territory of the Attawandaron (also known as Neutral), Anishinaabe, and Haudenosaunee peoples, which is situated on the Haldimand Tract, the land promised to the Six Nations that includes ten kilometres on each side of the Grand River.

Winter 2020

Course Code: Psychology 334R
Course Title: Theories of Individual Counselling

Class Times: Wednesdays, 6:30-9:30pm
Location: Renison 2102

Instructor: Dr. Rick Coupland, PhD, CPsych
Office Hours: by appointment
Email: rcoupland@uwaterloo.ca

Course Description
An introduction to the methods, theories, and problems in individual counselling psychology. This course will provide an overview of the major theories of individual counselling and psychotherapy. We will evaluate the empirical status of different modalities and foster critical thinking when it comes to health care. We will discuss the impacts of client characteristics, individual preference, culture, and diagnosed conditions in the implementation of counselling and psychotherapy.

Prereq: PSYCH 101/101R or 121R; Level at least 2A.
Antireq: PSYCH 334
Course Objectives and Learning Outcomes
Upon completion of this course, students should be able to:

A. Develop an understanding of various theories of individual counselling
B. Critically evaluate the various theories
C. Recognize pseudoscience and foster a critical appraisal of health care
D. Understand best practices in counselling and psychotherapy

Required Text
  - A copy of this text has been requested to be placed on course reserve at the library.

Other Readings
- Some weeks you will also be expected to read select journal articles. The reference will be posted in the course outline below and it will be your responsibility to access them through psycINFO on the library website.
  - Should you have difficulty finding the articles, the staff librarian is an exceptional resource to teach you how to use psycINFO.

Course Requirements and Assessment

<table>
<thead>
<tr>
<th>Assessment</th>
<th>Date of Evaluation</th>
<th>Weighting</th>
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</thead>
<tbody>
<tr>
<td>Gloria Term paper</td>
<td>February 5, 2019</td>
<td>20%</td>
</tr>
<tr>
<td>Midterm</td>
<td>February 12, 2019</td>
<td>35%</td>
</tr>
<tr>
<td>Final Exam</td>
<td>TBD</td>
<td>45%</td>
</tr>
<tr>
<td>Bonus SONA marks</td>
<td></td>
<td>Up to 4%</td>
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<tr>
<td>Total</td>
<td></td>
<td>100%</td>
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**Gloria Term Paper – 20%**
In week 3 (Jan. 22) we will be watching the video of Gloria receiving counselling from 3 different modalities. In week 5 (Feb. 5th) the accompanying term paper is due.

In 6-8 APA format pages (excluding the title page and reference section), discuss how the modalities were the same, how they were different, and which modality you would prefer as a patient and why. Then discuss the empirical status of that approach (i.e., does it work, if so for who and what conditions). At least 3 non-textbook empirical references are required for the empirical status portion of your paper. It is recommended that you spend no
less than 2 pages discussing the empirical status of your chosen modality.

Please write your paper in APA format with proper title page, introduction, conclusion, and reference section. Do NOT provide an abstract or table of contents.

Please submit your papers via dropbox on LEARN

**Midterm Exam – 35%**
The midterm will be in class on February 12, 2019. It will be predominantly multiple choice questions, but may include a few short answer. Note: the tests will cover lecture material (including videos shown during class and material covered by guest speakers), as well as assigned readings.

**Final Exam – 45%**
The final exam will be scheduled by the Registrar during the April exam period. It will be predominantly multiple choice questions, but may include a few short answer. Note: the tests will cover lecture material (including videos shown during class and material covered by guest speakers), as well as assigned readings.

**SONA bonus marks – up to 4%**
Up to 4% bonus is available though SONA research participation. More details are posted on LEARN.

**Late Work**
Late work will be penalized 5% per day. Work greater than seven days late will receive a zero.
Course Outline

There are two sources of material for the course: the textbook and the lectures. The lectures will focus on specific topics and are not meant to provide coverage of all material in the text. Lectures will elaborate and build upon the text material. It is recommended that you attend the lectures and complete the readings beforehand. Lectures often include video clips that illustrate key features. Guest speakers may also attend specific lectures.

<table>
<thead>
<tr>
<th>Wk</th>
<th>Date</th>
<th>Topic</th>
<th>Readings Due</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Jan 8</td>
<td>What is a theory? What is counselling &amp; psychotherapy?</td>
<td>Ch 1</td>
</tr>
<tr>
<td>3</td>
<td>Jan 22</td>
<td>Gloria</td>
<td></td>
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<tr>
<td>4</td>
<td>Jan 29</td>
<td>Freud, Psychoanalysis, &amp; Psychodynamics</td>
<td>Ch 2, 3</td>
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<tr>
<td>5</td>
<td>Feb 5</td>
<td>Rogers, Person-centred Therapy</td>
<td>Ch 5</td>
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<tr>
<td></td>
<td></td>
<td><strong>Term Paper due</strong></td>
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<tr>
<td>6</td>
<td>Feb 12</td>
<td><strong>Midterm</strong></td>
<td>Ch 1,2,3,5, journal articles, lecture materials</td>
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<tr>
<td></td>
<td></td>
<td>(Reading week)</td>
<td>(no classes)</td>
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<tr>
<td>7</td>
<td>Feb 26</td>
<td>Existential &amp; Gestalt</td>
<td>Ch 4, 6</td>
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<tr>
<td>8</td>
<td>Mar 4</td>
<td>Solution-focused and Behavioural</td>
<td>Ch 7</td>
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<tr>
<td>9</td>
<td>Mar 11</td>
<td>CBT part 1</td>
<td>Ch 8</td>
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<tr>
<td>10</td>
<td>Mar 18</td>
<td>CBT part 2</td>
<td>Ch 8</td>
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<tr>
<td>11</td>
<td>Mar 25</td>
<td>CBT part 3, third wave</td>
<td>Ch 14</td>
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<tr>
<td>12</td>
<td>Apr 1</td>
<td>Culture, Feminism, Individuality, Exam Q&amp;A</td>
<td>Ch 13, 10</td>
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<td></td>
<td></td>
<td><strong>Final Exam</strong></td>
<td>Ch 4,6,7,8,10,13,14, lecture materials</td>
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*Details of this outline are subject to change*
Electronic Device Policy
Electronic devices are allowed in class, provided they do not disturb teaching or learning.

Attendance Policy
Attendance of the class is crucially important to your success in this course. Many of the questions on the exam will be from comments and examples the instructor mentions in class and these will not necessarily be written on the lecture slides or in the textbook.

Final Examination Policy
For Winter 2020, the established examination period is April 8-25. The schedule will be available at the end of January. Students should be aware that student travel plans are not acceptable grounds for granting an alternative final examination time (see: Final Examination Schedule https://uwaterloo.ca/registrar/final-examinations

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. See the UWaterloo Academic Integrity webpage (https://uwaterloo.ca/academic-integrity) and the Arts Academic Integrity webpage (https://uwaterloo.ca/arts/current-undergraduates/student-support/ethical-behaviour) for more information.

Discipline: Every student is expected to know what constitutes academic integrity, to avoid committing academic offences, and to take responsibility for their own actions. [Check the Office of Academic Integrity (https://uwaterloo.ca/academic-integrity) for more information.] 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 professor, academic advisor, or Academic Dean. When misconduct has been found to have occurred, disciplinary penalties are imposed under the University of Waterloo

Students should also be aware that copyright laws in Canada prohibit reproducing more than 10% of any work without permission from its author, publisher, or other copyright holder. Waterloo’s policy on Fair Dealing is available here: https://uwaterloo.ca/copyright-guidelines/fair-dealing-advisory Violation of Canada’s Copyright Act is a punishable academic offence under Policy 71 – Student Discipline.

Grievance: A student who believes that a decision affecting some aspect of university life has been unfair or unreasonable may have grounds for initiating a grievance. Read Policy 70 - Student Petitions and Grievances, Section 4 (https://uwaterloo.ca/secretariat-general-counsel/policies-procedures-guidelines/policy-70). When in doubt, please be certain to contact the department’s administrative assistant, who will provide further assistance.

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 are grounds. Students who believe they have grounds for an appeal should refer to Policy 72, Student Appeals (https://uwaterloo.ca/secretariat-general-counsel/policies-procedures-guidelines/policy-72).

Academic Integrity Office (uWaterloo): http://uwaterloo.ca/academic-integrity/

Accommodation for Students with Disabilities:

Note for Students with Disabilities: The AccessAbility Services office, located on the first floor of the Needles Hall extension (NH 1401), 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 AAS office at the beginning of each academic term.
**Intellectual Property.** Students should be aware that this course contains the intellectual property of the instructor, which can include:

- lecture handouts and presentations (e.g., PowerPoint slides)
- lecture content, both spoken and written (and any audio or video recording thereof)
- questions from various types of assessments (e.g., assignments, quizzes, tests, final exams)
- work protected by copyright (i.e., any work authored by the instructor)

Making available the intellectual property of instructors without their express written consent (e.g., uploading lecture notes or assignments to an online repository) is considered theft of intellectual property and subject to disciplinary sanctions as described in Policy 71 – Student Discipline. Students who become aware of the availability of what may be their instructor’s intellectual property in online repositories are encouraged to alert the instructor.

**Mental Health Support**
All of us need a support system. The faculty and staff in Arts encourage students to seek out mental health supports if they are needed.

**On Campus**
- Counselling Services: counselling.services@uwaterloo.ca / 519-888-4567 xt 32655
- **MATES:** one-to-one peer support program offered by Federation of Students (FEDS) and Counselling Services
- Health Services Emergency service: located across the creek form Student Life Centre

**Off campus, 24/7**
- **Good2Talk:** Free confidential help line for post-secondary students. Phone: 1-866-925-5454
- Grand River Hospital: Emergency care for mental health crisis. Phone: 519-749-4300 ext. 6880
- **Here 24/7:** Mental Health and Crisis Service Team. Phone: 1-844-437-3247
- **OK2BME:** set of support services for lesbian, gay, bisexual, transgender or questioning teens in Waterloo. Phone: 519-884-0000 extension 213

Full details can be found online at the Faculty of ARTS website
Download **UWaterloo and regional mental health resources (PDF)**
Download the WatSafe app to your phone to quickly access mental health support information

**A respectful living and learning environment for all**

Everyone living, learning, and working at Renison University College is expected to contribute to creating a respectful environment free from harassment and discrimination.

If you experience or witness harassment or discrimination, seek help. You may contact Credence & Co., Renison’s external anti-harassment and anti-discrimination officers, by email (info@credenceandco.com) or by phone (519-883-8906). Credence & Co. is an independent K-W based firm which works with organizations toward thriving workplace cultures, including professional coaching, consulting, facilitation, policy development, conflict mediation and ombudsperson functions.

Harassment is unwanted attention in the form of disrespectful comments, unwanted text messages or images, degrading jokes, rude gestures, unwanted touching, or other behaviours meant to intimidate.

According to the Ontario Human Rights Code, discrimination means unequal or different treatment causing harm, whether intentional or not, because of race, disability, citizenship, ethnic origin, colour, age, creed, marital status, sex, sexual orientation, gender identity, and gender expression, or other personal characteristic.