

<b>CAPILANO UNIVERSITY COURSE OUTLINES</b>			
<b>TERM:</b>	<b>SPRING 2014</b>	<b>COURSE NO:</b>	<b>PSYC 422</b>
<b>INSTRUCTOR:</b>	<b>TBA</b>	<b>COURSE NAME:</b>	<b>APPROACHES TO TREATMENT AND PSYCHOTHERAPY</b>
<b>OFFICE:</b>	<b>LOCAL:</b>	<b>SECTION NO(S):</b>	<b>XX CREDITS: 3</b>
<b>E-MAIL:</b>			

**COURSE FORMAT:**

Three hours of class time, plus an additional hour delivered through on-line or other activities for a 15 week semester, which includes two weeks for final exams.

**COURSE PREREQUISITES:**

45 credits of 100 level or higher course work which must include PSYC 100 and PSYC 101.

*NOTE:* Completion of one or both of PSYC 200 or PSYC 225 is recommended.

**COURSE DESCRIPTION:**

In contemporary society, prevalence rates of psychological disorders are high, and many suffer personal distress from stress, grief, and everyday problems (difficulties with relationships, work and personal effectiveness, disabilities, aging, etc.). Individuals in contemporary society seek psychological or medical treatment or assistance from a variety of mental health care professionals. This course will examine the contemporary social issue of psychological therapy, and discuss current evidence-based research regarding the efficacy of the variety of approaches. The course would be of interest both to psychology students and to non-psychology students who are interested in the variety of therapeutic approaches and interventions currently in practice, and will take a critical and evidence-based perspective on the models of psychotherapy & their efficacy.

**COURSE LEARNING OUTCOMES:**

At the completion of this course, successful students will be able to:

- Demonstrate (in exams and written essay assignments) a breadth and depth of knowledge of the major concepts and practices of the contemporary psychotherapeutic systems and approaches to personal growth, and of the current empirical research on the efficacy of these systems of intervention in the treatment of psychological disorders.
- Demonstrate critical thinking, literature research skills, and an ability to analyze and synthesize concepts and research findings in assignments based on evaluating the variety of perspectives and research findings within psychology. This is assessed by student participation in class and on-line forum discussions, by other 4<sup>th</sup> hour activities, and by the Research Essay assignment.
- Identify and apply these perspectives to their own lives and experience, and to critically analyze depictions of psychotherapy in popular fiction and non-fiction, in a variety of 4<sup>th</sup> hour journal activities.

**Course learning outcomes – continued**

- Understand and be able to apply the ethical principles fundamental to the professional practice of psychological treatments.
- Demonstrate an understanding of cultural and social factors in the professional practice of psychological treatments.
- Continue to develop the library and internet research skills and the use of American Psychology Association (APA) writing and referencing style in their assignments.
- Demonstrate effective communication of their research, analyses and applications in written formats.

**REQUIRED TEXTS:**

Corey, G. (2009). *Theory and practice of counselling and psychotherapy* (8<sup>th</sup> ed.). Belmont, CA: Brooks/Cole.

Additional readings on specific topics will be required and will be available through the course Moodle website.

The text has a website with resources including tutorial quizzes and a case study. You can access this site from the course web site.

Go to the course web site for the course syllabus and assignments, class outlines, resources, handouts, 4<sup>th</sup> hour activities and exam study questions.

**COURSE CONTENT:**

Week	Content	Readings
1	Introduction	Chapter 1
2-3	Elements of Psychological Therapy & Counselling: The Therapist; The Client	Chapter 2 - 3
3	Elements of Psychological Therapy: The Theoretical Approach	
4	Psychodynamic & Adlerian Approaches	Chapter 4-5
5-6	Existential & Humanistic Approaches	Chapters 6-8
7	Midterm Exam	
7-9	Behavioural, Cognitive, & CBT Approaches	Chapters 9-11
10-11	Feminist, Postmodern, & Family System Approaches	Chapters 12-14
11	Biomedical Approaches	Additional readings
12	Outcome Research on Intervention Techniques	Additional readings
13	Current Issues & Integration of the Therapeutic Process	Chapter 15
14-15	Final Exam Period	

**EVALUATION PROFILE:**

Midterm .....	30%
4 <sup>th</sup> Hour Assignments .....	15%
Essay .....	25%
Final Exam .....	<u>30%</u>
	100%

**GRADING PROFILE:**

A+ = 90 - 100%	B+ = 77 - 79%	C+ = 67 - 69%	D = 50 - 59%
A = 85 - 89	B = 73 - 76	C = 63 - 66	F = 0 - 49
A- = 80 - 84	B- = 70 - 72	C- = 60 - 62	

**ASSIGNMENTS:**

Exams : The midterm and final exams will include multiple choice and short answer/essay questions. The final is not cumulative.

4<sup>th</sup> Hour Assignments:

The 4<sup>th</sup> hour assignments will consist of a variety of on-line activities, including: a) assignments to search and review non-fiction sources (including the internet, self-help books and the newspaper and magazines) and fictional sources (film, tv and novels) for information and depictions of mental health, psychotherapy, and the treatment of psychological disorders. Students will collect examples of each of these sources, and critically evaluate the information provided by these sources; b) participate in online discussion forums; c) complete online quizzes on the text website; d) apply theories to a case study. Further information on the weekly 4<sup>th</sup> hour assignment will be provided in class and on the moodle course web site.

Essay: The essay will be a 15 page (3800 word) APA style essay on one of the following topics:

1. Choose one of the current psychotherapy treatment intervention models, and review current (last 10 years) research on its efficacy.
2. Discuss the possible harmful effects of one or more of the approaches to therapy. Include empirical research to support your argument.
3. For a particular issue or problem, compare contemporary treatments and efficacy research, and discuss the appropriate therapeutic approaches for treatment according to current evidence.
4. In general, why would talk therapy help? (See Chapter 15)

**OPERATIONAL DETAILS:**

*Capilano University has policies on Academic Appeals (including appeal of final grades), Student Conduct, Cheating and Plagiarism, Academic Probation and other educational issues. These and other policies are available on the University website.*

Attendance : Students are responsible for all announcements made in class or on the course web site and for all material on the course outline. Although instructors may discuss only portions of a chapter in class, students are responsible for studying all of each chapter listed on the course outline.

Appropriate university level behaviour is expected (see the Capilano University Calendar), including professional and respectful classroom conduct. Turn off cell phones and use laptops only to take notes on class material.

Missed Exams:

Make-up exams are given only in exceptional circumstances and with prior notice to the instructor. A penalty of up to 20% will be levied on those make-up

## **Operational details** - continued

exams when granted. However, submissions for waiver of late penalties for exceptional circumstances may be presented, in writing, with the appropriate documentation, to the Chair of the Psychology Department.

### Late Assignments:

Due dates for papers and assignments will be announced and guidelines will be distributed in class.

All papers must be submitted directly to the instructor at the beginning of the class period or e-mailed by midnight that day. Late papers will be penalized according to the number of days delayed, up to 20% for one week. No papers will be accepted later than one week except under exceptional circumstances.

### Cheating and Plagiarism:

The Psychology Department adheres to the definition of cheating and plagiarism found in the Study Policy Handbook which students are responsible for obtaining. Cheating and plagiarism will result in a grade of zero for the assignment and will be reported to the appropriate authority.

### Incomplete Grades:

Incomplete grades will be given only in exceptional circumstances and requires the approval of the course instructor.

### Confidentiality:

The Psychology Department adheres to professional standards of ethics and confidentiality. Personal information that is given to an instructor would not normally be shared with anyone outside the department without student authorization. However, there are a few exceptional circumstances in which an instructor may be required by law to disclose information e.g. if there is an indication that a minor (under the age of 19) is being abused sexually or physically, or neglected; and disclosure of information is made necessary for legal proceedings.

### English Usage:

Academic writing skills are required in all assignments. American Psychology Association (APA) writing guidelines, including the use of non-sexist language, must be followed.

All assignments must be original and must be used for this course only. Keep a copy of all work and hand in the original which must be typed.

### Electronic Devices:

No personal electronic devices (cell phones, calculators, electronic dictionaries, etc.) may be used during an examination. During an exam, turn off all cell phones and put them away.

### Emergency Procedures:

Please read the emergency procedures posted on the wall of the classroom.