



COURSE OUTLINE		
TERM: Spring 2019	COURSE NO: PSYC 422	
INSTRUCTOR:	COURSE TITLE: Approaches to Treatment and Psychotherapy	
OFFICE: LOCAL: E-MAIL: @capilanou.ca	SECTION NO(S):	CREDITS: 3
OFFICE HOURS:		
COURSE WEBSITE:		

Capilano University acknowledges with respect the Lil'wat, Musqueam, Squamish, Sechelt, and Tsleil-Waututh people on whose territories our campuses are located.

COURSE PREREQUISITES:

45 credits of 100-level or higher course work including PSYC 100 and PSYC 101.

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 NOTE:

Completion of one or both of PSYC 200 or PSYC 225 is recommended

CALENDAR DESCRIPTION:

In contemporary society, prevalence rates of psychological disorders are high and many suffer personal distress from depression, anxiety, stress, grief, and everyday problems such as difficulties in relationships, work, personal effectiveness, disabilities, aging, etc. Individuals seek psychological or medical treatment or assistance from a variety of mental health care professionals. This course will examine the social issue of psychological therapy and discuss current evidence-based research regarding the efficacy of the variety of treatment approaches.

COURSE STUDENT LEARNING OUTCOMES

On successful completion of this course, students will be able to do the following:

- Describe key concepts, principles, and overarching themes in the topic of approaches to treatment and psychotherapy
- Develop a working knowledge of content domains in the topic of treatment and psychotherapy
- Describe relevant and practical applications of treatment and psychotherapy to everyday life
- Use scientific reasoning to interpret phenomena in the topic of treatment and psychotherapy

- Demonstrate information literacy in the area of treatment and psychotherapy memory, including use of psychology databases, identifying objective sources of psychology information and interpretation of simple graphs and statistical findings
- Engage in innovative and integrative thinking and problem solving
- Interpret, critique, design and conduct basic psychological research in the topic of treatment and psychotherapy
- Incorporate sociocultural factors in scientific inquiry of culture and gender in the topic of treatment and psychotherapy
- Apply ethical standards to evaluate psychological science and practice in the topic
- Demonstrate effective writing in research reports and papers
- Exhibit effective presentation skills for different purposes
- Interact effectively with others in group assignments
- Exhibit self-efficacy and self-regulation

REQUIRED TEXTS:

Corey, G. (2017). *Theory and practice of counselling and psychotherapy* (10th ed.). Belmont, CA: Cengage Learning.

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

The course web site is on moodle at: <http://moodle.capilanou.ca>

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
7-9	Behavioural, Cognitive, & CBT Approaches	Chapters 9-11
8	Midterm Exam	
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	

* All assigned chapters are required and will be examined, regardless of whether the material in them is covered in class.

Written Assignments	20-40%*
Examinations/Quizzes/Presentations	25-60%*
Final Examination	20-35%
Total	100%

*Note: No single evaluation component will be worth more than 35%.

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	

Incomplete Grades

Grades of Incomplete “I” are assigned only in exceptional circumstances when a student requests extra time to complete their coursework. Such agreements are made only at the request of the student, who is responsible to determine from the instructor the outstanding requirements of the course.

Late Assignments

Unless otherwise specified, assignments are due at the beginning of the class or uploaded on the moodle course website on the due date listed. If you anticipate handing in an assignment late, please consult with your instructor beforehand.

Missed Exams/Quizzes/Labs etc.

Make-up exams, quizzes and/or tests are given at the discretion of the instructor, in medical emergencies or severe personal crises, with prior notice, and appropriate documentation. Some missed labs or other activities may not be able to be accommodated. Please consult with your instructor.

Attendance

Students are expected to maintain regular class attendance. Students are responsible for all announcements made in class, online to students’ my.capilano.ca email account or course website, 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 in the course outline. Appropriate university behaviour is expected (see the University Calendar).

English Usage

University level writing skills are required in all assignments. American Psychological Association (APA) writing guidelines, including the use of respectful language, must be followed. All assignments must be original and must be used for this course only. Students are expected to proofread all written work for any grammatical, spelling and stylistic errors. Instructors may deduct marks for incorrect grammar and spelling in written assignments.

Electronic Devices

The use of personal technology is permitted in the classroom for note-taking purposes only, and if it is not distracting to others. During an exam, all personal technology must be turned off and removed from the desk.

On-line Communication

Outside of the classroom, instructors will (if necessary) communicate with students using either their official Capilano University email or Moodle; please check both regularly. Official communication between Capilano University and students is delivered to students’ Capilano University email addresses only.

UNIVERSITY OPERATIONAL DETAILS

Tools for Success

Many services are available to support student success for Capilano University students. A central navigation point for all services can be found at: <http://www.capilanou.ca/services/>

Capilano University Security: download the [CapU Mobile Safety App](#)

Policy Statement (S2009-06)

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

Academic Integrity (S2017-05)

Any instance of academic dishonesty or breach of the standards of academic integrity is serious and students will be held accountable for their actions, whether acting alone or in a group. See policy S2017-05 for more information: <http://www.capilanou.ca/about/governance/policies/Policies/>

Violations of academic integrity, including dishonesty in assignments, examinations, or other academic performances, are prohibited and will be handled in accordance with the Student Academic Integrity Procedures.

Academic dishonesty is any act that breaches one or more of the principles of academic integrity. Acts of academic dishonesty may include but are not limited to the following types:

Cheating: Using or providing unauthorized aids, assistance or materials while preparing or completing assessments, or when completing practical work (in clinical, practicum, or lab settings), including but not limited to the following:

- Copying or attempting to copy the work of another during an assessment;
- Communicating work to another student during an examination;
- Using unauthorized aids, notes, or electronic devices or means during an examination;
- Unauthorized possession of an assessment or answer key; and/or,
- Submitting of a substantially similar assessment by two or more students, except in the case where such submission is specifically authorized by the instructor.

Fraud: Creation or use of falsified documents.

Misuse or misrepresentation of sources: Presenting source material in such a way as to distort its original purpose or implication(s); misattributing words, ideas, etc. to someone other than the original source; misrepresenting or manipulating research findings or data; and/or suppressing aspects of findings or data in order to present conclusions in a light other than the research, taken as a whole, would support.

Plagiarism: Presenting or submitting, as one's own work, the research, words, ideas, artistic imagery, arguments, calculations, illustrations, or diagrams of another person or persons without explicit or accurate citation or credit.

Self-Plagiarism: Submitting one's own work for credit in more than one course without the permission of the instructors, or re-submitting work, in whole or in part, for which credit has already been granted without permission of the instructors.

Prohibited Conduct: The following are examples of other conduct specifically prohibited:

- Taking unauthorized possession of the work of another student (for example, intercepting and removing such work from a photocopier or printer, or collecting the graded work of another student from a stack of papers);
- Falsifying one's own and/or other students' attendance in a course;
- Impersonating or allowing the impersonation of an individual;
- Modifying a graded assessment then submitting it for re-grading; or,
- Assisting or attempting to assist another person to commit any breach of academic integrity.

Sexual Violence and Misconduct

All Members of the University Community have the right to work, teach and study in an environment that is free from all forms of sexual violence and misconduct. Policy B401 defines sexual assault as follows:

Sexual assault is any form of sexual contact that occurs without ongoing and freely given consent, including the threat of sexual contact without consent. Sexual assault can be committed by a stranger, someone known to the survivor or an intimate partner.

Safety and security at the University are a priority and any form of sexual violence and misconduct will not be tolerated or condoned. The University expects all Students and Members of the University Community to abide by all laws and University policies, including [B.401 Sexual Violence and Misconduct Policy](#) and [B.401.1 Sexual Violence and Misconduct Procedure](#).

Emergencies: Students are expected to familiarise themselves with the emergency policies where appropriate and the emergency procedures posted on the wall of the classroom.