

PSYCHOLOGY 4032: PSYCHOTHERAPY I

September – December 2016

Instructor: **Dr. J. Tan, SN 1019, 346-7751, jtan@lakeheadu.ca**
Teaching assistant: **Elisa Trovallerio, emtrovvar@lakeheadu.ca**
Location, day & time: **SN2011, Monday 7:00 – 10:00 pm**

Course description: An examination of the different therapeutic modalities that will be useful for students who are considering graduate studies in clinical or counselling psychology. Topics to be covered include an overview of the academic and professional training requirements and career opportunities for clinical psychologists, evidence-based practices, and a critical examination of the cognitive and behavioural modalities of psychotherapeutic techniques. The theoretical framework and application of each modality will be discussed. Grades will be based on three exams. The tests are noncumulative and will cover both lecture materials and assigned text and article readings.

Text (available on reserve in the library. Book can be borrowed out for 2 hours each time.):
Corey, G. (2013). *Theory and practice of counseling and psychotherapy* (9th ed.). Pacific Grove, California: Brooks/Cole Publishing Company

Course schedule (depending on class progress):

Sept 12 (Week 1): Organizational meeting
Sept 19 (Week 2): **Graduate and professional training and career issues**
Nature and evaluation of theories /Being a therapist (Text reading = Chap. 2)
Sept 26 (Week 3): **Ethics & contextual issues** (Text reading = Chap. 3), **Behavioural Assessment**
Oct 3 (Week 4): **Behavioural Assessment**
Oct 10: <MONDAY OCT 12 IS THANKSGIVING HOLIDAY>
Oct 17 (Week 5): Test 1 on course contents covered from week 2 to week 4
Oct 24 (Week 6): **Behaviour Therapy** (Text reading = Chap. 9)
Oct 31 (Week 7): **Social Learning Theories**
Nov 7 (Week 8): Test 2 on course contents covered from weeks 6 and 7
Nov 14, 21 (Weeks 9, 10): **Cognitive Therapy** (Text reading = Chap. 10)
Nov 28 (Week 11): Test 3 on course contents covered from weeks 9 and 10
Dec 5 (Week 12): Class discussions for integration of course contents. Practical applications.

Course grading: Tests 1, 2, 3 50 points each
Attendance and discussion in week 12 class 5 points

Note: Dates for the tests are fixed. Tests will cover everything in the module taught up to the last class before, plus assigned text and article readings. *Students are excused from a test only if they (i) have compassionate reasons (ii) inform the instructor or teaching assistants beforehand (iii) produce a letter from a health professional supporting their compassionate reasons and (iv) agree to make up for the missed exam another time scheduled under discussion with the instructor.*

Accommodations: Lakehead University is committed to achieving full accessibility for persons with disabilities. Part of this commitment includes arranging academic accommodations for students with disabilities to ensure they have an equitable opportunity to participate in all of their academic activities. If you think you may need accommodations, you are strongly encouraged to contact Student Accessibility Services (SAS) and register as early as possible. For more information, please visit: <http://studentaccessibility.lakeheadu.ca> .