

**Introduction to Clinical Counseling Psychology
Psychology 3317**

Fall 2014

Mon/Wed/Fri 1.00pm -1.50pm

Room: Life Science 118

Instructor: Dr. Madeline Rex-Lear

Office: Life Science (LS) 408

Office Hours: Thursday 11.30-12.30pm/Friday 11-12pm or by appointment

Email: rexlear@uta.edu

Blackboard: <https://elearn.uta.edu/>

TA: Jennifer Strand

Office: LS 521

Office Hours: Tues 9.30-11.30am or by appointment

Email: Jennifer.strand@mavs.uta.edu

Class website: <https://elearn.uta.edu>

Book Website: www.CengageBrain.com

Or at www.cengage.com/brookscole

Prerequisites: PSYC: 1315 Introduction to Psychology

Required texts: 1) Corey, G. (2013). *Theory and Practice of Counseling and Psychotherapy*. (9thEd). Brooks/Cole Cengage (ISBN 9781133399353) with Coursemate access.

NOTE: You are required to purchase Coursemate access to this text book, whether you purchase it separately or as part of the book bundle is optional.

You must have access before 9/13/2014 or you will lose points

2) Frankl, V. (2006). *Man's Search for Meaning*, CY, BEACON PRESS, ISBN -9780807014295

Description of Course Content and Student Learning Outcomes:

The student will be introduced to basic theoretical approaches of counseling and psychotherapy.

Common interview and assessment methods will be reviewed.

Student Learning Outcomes

1. Become familiar with major schools of traditional and contemporary therapeutic systems and develop a theoretical and practical approach to counseling and psychotherapy.
2. Become aware of major concepts, ethical, and professional issues in counseling practice
3. Gain an understanding of the educational requirements of various clinical and counseling psychology professions and review career paths for helping professions.

Reading /Video Assignments: Students are expected to read in advance the chapters designated each week outlined below, and complete video related assignments (see schedule).

There will be supplemental readings and handouts that I will provide throughout the course.

SPECIFIC COURSE REQUIREMENTS

Email Communications: Students are required to use their UTA MAVS e-mail account in this class. I will not send e-mails to alternate accounts. All students are assigned an email account and information about activating and using it is available at <http://www.uta.edu/oit/cs/email/mavmail.php>. New students (first semester at UTA) are able to activate their email account 24 hours after registering for courses. Students are responsible for checking their email regularly. There is no charge to students for using this account, and it remains active as long as a student is enrolled at UTA. Students are responsible for checking their e-mail regularly.

Important information will be sent via Blackboard. With this in mind, you should either routinely log into Blackboard or forward your Blackboard messages to your e-mails. *Please send all e-mails to my faculty e-mail address: rexlear@uta.edu.*

ADDITIONAL COURSE RULES

1. **Turn off your phone. Laptops for class---use only.**
2. **Do not email or call to let me know that you will be missing class.**
3. **Do not email or call to ask what materials will be in missed classes.**
I supply materials in class and on Blackboard, but not individually to people missing class.
4. **Do not ask to be bumped up to the next letter grade.**
5. **Do not email using poor communication form.**
When communicating with instructors and other professionals, you are expected to communicate in a professional and formal manner. Identify yourself, use proper capitalization, spelling, and punctuation. Do not use "text language" or abbreviations. **You must tell us which class/section you are referring to in your subject line, or you may not get a response.** When you address any of the instructors, please make an effort to spell our names correctly.
6. **Outside of office hours please do not drop in without an appointment.** This is common courtesy.
7. **Do not email or call about anything that is already explained in the syllabus.** In other words, before you email with a question, please check the syllabus first to make sure your question is not already covered.
8. **Food & Drink in the Classroom – Please DO NOT bring food into class**
Any emails in violation of these basic rules will be ignored or returned without a reply.

Attendance: At The University of Texas at Arlington, taking attendance is not required. Rather, each faculty member is free to develop his or her own methods of evaluating students' academic performance, which includes establishing course-specific policies on attendance. As the instructor of this section I have determined **Attendance is mandatory**; this is not an online course, so dissemination of information will be passed out via class. Please do not ask me for information should you miss class. It is your responsibility to attend class and not be late. I will take attendance **10** random times throughout the semester. (10 pts). Attendance points will sometimes be earned with a particular task that you must be present in class and be involved with, or you may be asked to present a typed hard copy of your work in class in order to receive attendance credit.

There are no makeup points for missed classes.

Video/Homework: Students are required to watch **nine (9)** chapter videos and complete the assignments announced on Blackboard. Each video assignment is designed to help you view the relevant therapy session and apply what you have learned from the theoretical approach to the practice session. Each assignment is worth 10 points (90 total) and will be submitted via Blackboard. There will be **one (1)** additional non-video related homework (10 points). 10x homework= 100 points. **Failure to complete assignments by deadlines will result in zero points – there are no make-ups.**

Book Report: There is an assigned reading book that will require an APA style report worth 90 points. See schedule for due date. Instructions and rubric will be discussed in class.

Examinations: There will be **three (3)** equally weighted, multiple-choice exams (approx. 50 questions, worth 100 points each exam) that will be available to on assigned dates. **I will drop the lowest test grade – so only 2 exams will be counted. If you miss a test this will count as your lowest grade or “dropped” test. If you miss more than one exam, you will get a 0 on each additionally missed exam. THERE ARE NO MAKE-UP EXAMS.**

Each exam will cover approximately 4-5 chapters and any corresponding lectures/videos. Questions will be drawn from text, lectures, videos, etc. covered throughout the semester.

➤ *Academic dishonesty and cheating are viewed as serious matters and are not tolerated. Such instances will be dealt with following strict university sanctions.*

Extra Credit: There may be extra credit opportunities but will **ONLY** be announced in class as per instructor discretion.

Point Distribution and Grading Policy

Exam	100	360 - 400 points = A
Exam	100	320 - 359 points = B
Video /Homework	100	280 - 319 points = C
Book Report	90	240 - 279 points = D
Attendance	10	<240 = F

Total possible points (after lowest test grade is dropped) = **405**

Grades are additive, there is no average weighting. You add up all your points for everything and grades are calculated from the base grade in the syllabus; any extra points are added in above and beyond to benefit you. E.g., If there were a total of 420 points available and you earned 368 you would derive your grade from 368/400 = 92% or A

You will not be graded on a curve. Grades are assigned on individual performance based on points. If you are taking the course PASS/FAIL, you must have at least 280 points (70%) to PASS. ***I make it a policy not to “bump” any final grade up to the next higher grade.*** Any course work not completed by the last day of class will convert to a „0“. Please do not ask me to do otherwise.

UNIVERSITY POLICIES AND SPECIAL CIRCUMSTANCES

Academic Integrity: All students enrolled in this course are expected to adhere to the UT Arlington Honor Code:

I pledge, on my honor, to uphold UT Arlington’s tradition of academic integrity, a tradition that values hard work and honest effort in the pursuit of academic excellence.

I promise that I will submit only work that I personally create or contribute to group collaborations, and I will appropriately reference any work from other sources. I will follow the highest standards of integrity and uphold the spirit of the Honor Code.

Per UT System *Regents’ Rule* 50101, §2.2, suspected violations of university’s standards for academic integrity (including the Honor Code) will be referred to the Office of Student Conduct. Violators will be disciplined in accordance with University policy, which may result in the student’s suspension or expulsion from the University.

Drop Policy: Students may drop or swap (adding and dropping a class concurrently) classes through self-service in MyMav from the beginning of the registration period through the late registration period. After the late registration period, students must see their academic advisor to drop a class or withdraw. Undeclared students must see an advisor in the University Advising Center. Drops can continue through a point two-thirds of the way through the term or session. It is the student’s responsibility to officially withdraw if they do not plan to attend after registering. **Students will not be automatically dropped for non-attendance.** Repayment of certain types of financial aid administered through the University may be required as the result of dropping classes or withdrawing. Contact the Financial Aid Office for more information. For Fall 2014, the drop date is 5:00 PM (CST) on **Wednesday October 29th**. Students who drop a course on or before the Last Drop Date will receive an automatic grade of “W” on their student record by MyMav.

Incompletes: Incompletes will only be given under extenuating circumstances and must be discussed with the professor BEFORE the last day of the semester. The grade of incomplete will be assigned only if the student has encountered circumstances beyond his or her control and the student's previous actions have not created these circumstances. The assignment of this incomplete grade will be made at the decision of the instructor after consideration of the facts as presented in a written request from the student. An incomplete will not be awarded merely to allow more time to complete course assignments or to avoid an undesirable grade. Please do not ask me to do otherwise.

Academic Dishonesty: It is the philosophy of The University of Texas at Arlington that academic dishonesty is a completely unacceptable mode of conduct and will not be tolerated in any form. All persons involved in academic dishonesty will be disciplined in accordance with University regulations and procedures. Discipline may include suspension or expulsion from the University.

"Scholastic dishonesty includes but is not limited to cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts." (Regents' Rules and Regulations, Series 50101, Section 2.2)

In addition to the university sanctions, you will fail this course if you are caught participating in any form of academic dishonesty.

Americans with Disabilities Act: The University of Texas at Arlington is on record as being committed to both the spirit and letter of federal equal opportunity legislation, reference to Public Law 92-112 - The Rehabilitation Act of 1973 as amended. With the passage of new federal legislation entitled Americans with Disabilities Act (ADA), pursuant to section 504 of the Rehabilitation Act, there is renewed focus on providing this population with the same opportunities enjoyed by all citizens. I will provide reasonable accommodation to students with disabilities, so as not to discriminate based on disability. The student, however, is responsible for informing me of a disability requiring special accommodation and providing authorized documentation through designated administrative channels at the beginning of the semester.

Information regarding specific diagnostic criteria and policies for obtaining academic accommodations can be found at www.uta.edu/disability. Also, you may visit the Office for Students with Disabilities in room 102 of University Hall or call them at (817) 272-3364.

Title IX: The University of Texas at Arlington is committed to upholding U.S. Federal Law "Title IX" such that no member of the UT Arlington community shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity. For more information, visit www.uta.edu/titleIX.

Student Support Services Available: UT Arlington provides a variety of resources and programs designed to help students develop academic skills, deal with personal situations, and better understand concepts and information related to their courses. Resources include tutoring, major-based learning centers, developmental education, advising and mentoring, personal counseling, and federally funded programs. For individualized referrals, students may visit the reception desk at University College (Ransom Hall), call the Maverick Resource Hotline at 817-272-6107, send a message to resources@uta.edu, or view the information at www.uta.edu/resources.

Student Feedback Survey: At the end of each term, students enrolled in classes categorized as lecture, seminar, or laboratory will be asked to complete an online Student Feedback Survey (SFS) about the course and how it was taught. Instructions on how to access the SFS system will be sent directly to students through MavMail approximately 10 days before the end of the term. UT Arlington's efforts to solicit, gather, tabulate, and publish student feedback data is required by state law; student participation in the SFS program is voluntary. ***However, this information is VERY important to me and I strongly encourage everyone to complete the survey.*** <http://www.uta.edu/sfs>

Children / Unauthorized persons: No children or unauthorized persons may be brought to classes or during exams without prior instructor permission. Do not leave children unattended in university buildings and facilities.

Emergency Exit Procedures: Should we experience an emergency event that requires us to vacate the building, students should exit the room and move toward the nearest exit. When exiting the building during an emergency, one should never take an elevator but should use the stairwells. Faculty members and instructional staff will assist students in selecting the safest route for evacuation and will make arrangements to assist handicapped individuals.

Final Review Week: A period of five class days prior to the first day of final examinations shall be designated as Final Review Week. The purpose of this week is to allow students sufficient time to prepare for final examinations. Classes are held as scheduled during this week and lectures, presentations, attendance points, and quizzes may be given.

NOTE: ANY REVIEW DAYS are indeed lecture days and you are responsible for materials covered in class on those days.

Tentative Lecture/Topic Schedule:

Faculty reserve the right to change the schedule throughout the course of the semester.

Class Week	Topic	Reading Assignment/Homework
Week 1 Friday Aug 22	Syllabus review Introduction to Clinical & Counseling Psychology	Chapter 1
Week 2 Aug 25-29	The Counselor: Person & Profession – Brief Overview Mental health Professions, Licensing Ethics - Issues for Clinical Psychologists APA Texas Board of Examiners for Professional Counselors (LPC)	Chapter 2 Chapter 3 and Lecture APA Code of Ethics Introduction and Applicability Preamble, General Principles Texas Ethical Standards 2, 3, 4, 7, 8, 10. LPC - Code of Ethics - Subchapter C
Week 3 Sept 1-5	Psychoanalysis - Freud and after & Brief Therapy Assessment & Diagnosis – types/ pros and cons	Chapter 4 Lecture only
Week 4 Sept 8-12	Psychoanalytic Therapies – Jung	Lecture (& Ch 4) Video 1 - Psychoanalytic: 9/13 5pm
Week 5 Sept 15-19	Psychoanalytic Therapies - Adler	Chapter 5 Video 2 – Adlerian: 9/20 5pm
Week 6 Sept 22 Exam #1	In class	
Week 6 Sept 24-26	Person Centered Therapies – Existential Therapy	Chapter 6 Video 3 - Existential: 9/27 5pm
Week 7 Sept 29-Oct 3	Person Centered Therapies – Humanistic Therapy	Chapter 7
Week 8 Oct 6-10	Experiential Therapy - Gestalt	Chapter 8 Video 4 - Person Centered: 10/4 5pm

Week 9 Oct 13-17	Behavior Therapy	Chapter 9 Video 5 - Gestalt: 10/18 5pm
Week 10 Oct 20-24	Behavior Therapy (continued)	
Week 11 Oct 27 Exam #2	In class	10/30 Last Day to Drop Classes with "w"
Week 11 Oct 29-31	REBT	Lecture (& Ch 10) Video 6 - Behavioral: 11/1 5pm
Week 12 Nov 3-7	Cognitive Therapies	Chapter 10 Video 7 – Cognitive: 11/18 5pm
Week 13 Nov 10-14	Family Systems Therapy	Chapter 14 Book Review due Nov 15 – 11.59pm
Week 14 Nov 17-21	Help Seeking and the Transtheoretical Model	Lecture Only Homework 8: Beginning of class 11/21
Week 15 24-26	Postmodern Approaches & Reality Therapy	Chapter 13 (lecture and video only) Videos 9 (x2)- Postmodern:11/29 5pm
November 28	Thanksgiving NO CLASS	
Week 16 Dec 1-3	Alternative Therapies & Integration Summary Day	Ch 15 & Lecture Any/all extra credit due on Wed Dec 3 in class – no exceptions
MON Dec 8 EXAM 3	In class 11am-12pm (noon)	