# PSYC 3317: Clinical and Counseling Psychology

Fall 2022

## Instructor Information

### Instructor

Bonnie B. Laster, Ph.D. CCSP

### Office Number/Telephone Number

Life Science 426

817-273-2281

### Email Address

bonnie.laster@uta.edu ***\*official means of communication\* \*do NOT utilize Canvas inbox/Teams chat\****

**Faculty Profile**

https://www.uta.edu/academics/faculty/profile?username=lasterbb

**Office Hours**

MW 11:00 a.m. – 12:45 p.m.; or by appointment

## Course Information

### Section Information

PSYC 3317-001

### Time and Place of Class Meetings

MWF 10:00 a.m.- 10:50 a.m.

SEIR 194; Face to face lecture

### Description of Course Content

### Introduction to psychodiagnostic procedures and the basic approaches of counseling and psychotherapy. Prerequisite: PSYC 1315.

### Student Learning Outcomes

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| --- |
| Students will identify, describe and discuss biological, psychological, social and political factors in the study of clinical and counseling psychology. |
| Students will identify and describe the major concepts in clinical and counseling psychology, distinguish among major theoretical orientations, and discuss empirical and historical trends. |
| Students will explore issues related to social and personal cognitive structures to encourage ethical and social responsibility in a diverse world. |

### Suggested Textbooks and Other Course Materials

Kress, V., Seligman, L., & Reichenberg, L. (2021). Theories of Counseling & Psychotherapy: Systems, Strategies, & Skills. 5th ed. Pearson. ISBN: 9780134460864 (Digital: $55.00)

### Descriptions of major assignments and examinations

**Exams**: There will be 3 exams, each worth 50 points. Exams include multiple choice, short-answer, and essay questions requiring students to apply material from assigned readings, class discussions, and class lecture material (including video, discussions, and in-class assignments/activities).

**Case Studies:** Students will analyze 2 case studies and/or scenarios to apply concepts learned in class. The due dates will vary, but students will have until the next class period to work on a given study. In addition to being discussed in class, an email announcement will be provided directly after the class period in which an assignment is given (25 pts each). *\*\*Specific guidelines will be posted on Canvas and discussed in class\*\**

**Chapter questions/Homework:** At the end of each chapter, students will answer brief multiple choice and/or short answer questions through Canvas 25 pt. *\*\*Specific guidelines will be discussed in class\*\**

**Attendance/Participation**: Official attendance will not be taken. However, throughout the course of the semester we may have random in or out of class assignments which cannot be made up. While this work will not be “graded” per se, its completion will count toward your attendance/participation grade (5 points). Students missing class due to university-sponsored activities (e.g. athletic events, university sponsored travel, etc.) or documented illness will not be penalized; however, you will need to notify me in advance of such absences and it is your responsibility to obtain class notes/assignments, etc. from a fellow classmate (i.e., not me). *\*\*Specific guidelines will be distributed in class.\*\**

### Technology Requirements

This course will utilize Canvas, Teams, UTA email. Students can access tutorials on these tools by clicking on the “Get Started” Box on their Canvas Homepage. You will not need a webcam.

## Grading Information

### Grading

|  |  |  |  |
| --- | --- | --- | --- |
| **Assignment Category** | **Number of Graded Items** | **Point Value per Item** | **Total Points** |
| Exams | **3** | **50** | **150** |
| Case Studies | **2** | **25** | **50** |
| Chapter questions/homework | **various** | **various** | **25** |
| Attendance/Participation | **1** | **5** | **5** |
| **Total Course Points:**  | **230** |

### Exam Day/Assignment Policy: There will be NO make-up exams or assignment extensions except for extreme circumstances/emergencies (criteria professor’s discretion). The schedule notes the dates for all, giving you plenty of time to make arrangements accordingly. Any makeup exam/assignments that meet the extreme criteria must be scheduled IN ADVANCE of the due date. If, for whatever reason, extreme circumstances arise ON exam day, you are responsible for contacting me PRIOR TO THE START OF CLASS to apprise me of the situation. WAITING UNTIL THE TEST HAS BEEN ADMINISTERED/DUE DATE HAS PASSSED IS UNACCEPTABLE. Be prepared to provide documentation of the circumstance. Failure to follow these guidelines will result in an automatic “0” for that exam grade. University-related absences are exempted from this policy, but you are still required to notify me in advance of such a conflict.

|  |  |  |  |
| --- | --- | --- | --- |
| **Course Schedule** |  |  |  |
| **Date** | **Subject** | **Reading** | **Assignment** |
| Mon Aug 22 | Intro/syllabus, etc. |  |  |
| **Wed Aug 24** | **Foundations of Effective Counseling** | **Ch. 1** |  |
| Fri Aug 26 | Con’t |  |  |
| **Mon Aug 29** | **Freud & Classical Psychoanalysis** | **Ch. 2** |  |
| Wed Aug 31 | Con’t |  |  |
| Fri Sept 2 | Con’t  |  |  |
| ***Mon Sept 5*** | ***LABOR DAY – NO CLASS*** |  |  |
| **Wed Sept 7** | **Adlerian Therapy** | **Ch. 3** |  |
| Fri Sept 9 | Con’t  |  |  |
| **Mon Sept 12** | **Post- and Neo Freudian Psychoanalytic Therapies** | **Ch. 4** |  |
| ***Wed Sept 14*** | ***Con’t/review*** |  |  |
| ***Fri Sept 16*** | ***Exam 1*** | ***Ch. 1-4*** |  |
| **Mon Sept 19** | **Behavior Therapies** | **Ch. 5** |  |
| Wed Sept 21 | Con’t |  |  |
| Fri Sept 23 | Con’t |  |  |
| **Mon Sept 26** | **Cognitive Behavioral Therapies** | **Ch. 6** |  |
| Wed Sept 28 | Con’t |  |  |
| Fri Sept 30 | Con’t  |  |  |
| **Mon Oct 3** | **Reality Therapy** | **Ch. 7** |  |
| Wed Oct 5 | Con’t |  |  |
| ***Fri Oct 7*** | ***Field Work: no class*** |  | ***Case Study I due to Canvas 11:59 p.m.*** |
| **Mon Oct 10** | **Contemporary CBT Therapies** | **Ch. 8** |  |
| Wed Oct 12 | Con’t  |  |  |
| Fri Oct 14 | Con’t  |  |  |
| **Mon Oct 17** | **Existential Therapy** | **Ch. 9** |  |
| ***Wed Oct 19*** | ***Con’t***  |  |  |
| ***Fri Oct 21*** | ***Exam 2*** | ***Ch. 5-9*** |  |
| **Mon Oct 24** | **Person-Centered Therapy** | **Ch. 10** |  |
| Wed Oct 26 | Con’t |  |  |
| Fri Oct 28 | Con’t |  |  |
| **Mon Oct 31** | **Gestalt Therapy** | **Ch. 11** |  |
| Wed Nov 2 | Con’t |  |  |
| Fri Nov 4 | Con’t  |  |  |
| **Mon Nov 7** | **Feminist Therapy** | **Ch. 12** |  |
| Wed Nov 9 | Con’t  |  |  |
| Fri Nov 11 | Con’t |  |  |
| **Mon Nov 14** | **Postmodern Therapies** | **Ch. 13** |  |
| Wed Nov 16 | Con’t  |  |  |
| Fri Nov 18 | Con’t |  |  |
| ***Mon Nov 21*** | ***Field Work: no class*** |  | ***Case Study 2 due to Canvas 11:59 p.m.*** |
| ***Wed Nov 23/Fri Nov 25*** | ***NO CLASS*** |  | ***THANKSGIVING*** |
| **Mon Nov 28** | **Family Systems Therapies** | **Ch. 14** |  |
| Wed Nov 30 | Con’t  |  |  |
| Fri Dec 2 | Con’t |  |  |
| ***Mon Dec 5*** | ***Catch-up/Review*** |  |  |
| ***Wed Dec 14*** | ***Final Exam*** | ***Ch. 10-14*** |  |

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## Institutional Information

UTA students are encouraged to review the below institutional policies and informational sections and reach out to the specific office with any questions. To view this institutional information, please visit the [Institutional Information](https://resources.uta.edu/provost/course-related-info/institutional-policies.php) page (https://resources.uta.edu/provost/course-related-info/institutional-policies.php) which includes the following policies among others:

* Drop Policy
* Disability Accommodations
* Title IX Policy
* Academic Integrity
* Student Feedback Survey
* Final Exam Schedule

## Additional Information

### Email Response: UTA email is my official means of communication; I cannot guarantee phone calls will be returned in a timely manner. Please do NOT utilize Canvas or Teams chat to contact me. I will respond to all emails within 24-48 hours.

### Face Covering Policy

*While the use of face coverings on campus is no longer mandatory, all students and instructional staff are strongly encouraged to wear face coverings while they are on campus. This is particularly true inside buildings and within classrooms and labs where social distancing is not possible due to limited space. If a student needs accommodations to ensure social distancing in the classroom due to being at high risk they are encouraged to work directly with the Student Access and Resource Center to assist in these accommodations.* *If students need masks, they may obtain them at the Central Library, the E.H. Hereford University Center’s front desk or in their department.*

### Attendance

At The University of Texas at Arlington, taking attendance is not required but attendance is a critical indicator of student success. 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 will not take official attendance. However, while UT Arlington does not require instructors to take attendance in their courses, the U.S. Department of Education requires that the University have a mechanism in place to verify Federal Student Aid recipients’ attendance in courses. UT Arlington instructors should be prepared to report the last date of attendance as part of the final grading process. Specifically, when assigning a student a grade of F, faculty must report the last date a student attended their class based on evidence of academic engagement such as a test, participation in a class project or presentation, or an engagement online via Canvas. This date is reported to the Department of Education for federal financial aid recipients. Additionally, various random in or out of class assignments may be administered which cannot be made up. These assignments will not be graded individually but will contribute to the student’s overall participation grade.

Distance education courses require regular and substantive online interaction and participation. Students must participate in online course activities to demonstrate attendance; logging into an online class is not sufficient by itself to demonstrate attendance

### Emergency Exit Procedures

Should we experience an emergency event that requires evacuation of the building, students should exit the room and move toward the nearest exit. When exiting the building during an emergency, do not take an elevator but use the stairwells instead. Faculty members and instructional staff will assist students in selecting the safest route for evacuation and will make arrangements to assist individuals with disabilities.

Evacuation plans may be found at [Evacuation Route Maps (Buildings)](http://www.uta.edu/campus-ops/ehs/fire/Evac_Maps_Buildings.php).

### Academic Success Center

The Academic Success Center (ASC) includes a variety of resources and services to help you maximize your learning and succeed as a student at the University of Texas at Arlington. ASC services include supplemental instruction, peer-led team learning, tutoring, mentoring and TRIO SSS. Academic Success Center services are provided at no additional cost to UTA students. For additional information visit: [Academic Success Center](https://www.uta.edu/student-success/course-assistance). To request disability accommodations for tutoring, please complete this [form](https://forms.office.com/Pages/ResponsePage.aspx?id=Q1vcXL7XqkyBc3KeOwpi2ccSjcIXpSJAqJFuDEhczLlUMVVHRVRIVlJJWDZJWlVYOUgxNjRPODdLVS4u).

**The** [**IDEAS Center**](https://www.uta.edu/ideas/) (https://www.uta.edu/ideas/) **(**2nd Floor of Central Library) offers **FREE** [tutoring](https://www.uta.edu/ideas/services/tutoring/index.php) and [mentoring](https://www.uta.edu/ideas/services/mentoring/index.php) to all students with a focus on transfer students, sophomores, veterans and others undergoing a transition to UT Arlington. Students can drop in or check the schedule of available peer tutors at www.uta.edu/IDEAS, or call (817) 272-6593.

### The English Writing Center (411LIBR)

The Writing Center offers **FREE** tutoring in 15-, 30-, 45-, and 60-minute face-to-face and online sessions to all UTA students on any phase of their UTA coursework. Register and make appointments online at the [Writing Center](https://uta.mywconline.com/) (https://uta.mywconline.com). Classroom visits, workshops, and specialized services for graduate students and faculty are also available. Please see [Writing Center: OWL](http://www.uta.edu/owl) for detailed information on all our programs and services.

The Library’s 2nd floor [Academic Plaza](http://library.uta.edu/academic-plaza) (http://library.uta.edu/academic-plaza) offers students a central hub of support services, including IDEAS Center, University Advising Services, Transfer UTA and various college/school advising hours. Services are available during the [library’s hours](https://library.uta.edu/hours) of operation.

### Librarian to Contact

Each academic unit has access to [Librarians by Academic Subject](http://www.uta.edu/library/help/subject-librarians.php) that can assist students with research projects, tutorials on plagiarism and citation references as well as support with databases and course reserves.

## Emergency Phone Numbers

In case of an on-campus emergency, call the UT Arlington Police Dept at **817-272-3003** (non-campus phone), **2-3003** (campus phone). You may also dial 911. Non-emergency number 817-272-3381

## Library Information

### Research or General Library Help

Ask for Help

* [Academic Plaza Consultation Services](https://library.uta.edu/academic-plaza)(library.uta.edu/academic-plaza)
* [Ask Us](http://ask.uta.edu/)([ask.uta.edu/](http://ask.uta.edu/))
* [Research Coaches](https://library.uta.edu/subject-librarians) (http://libguides.uta.edu/researchcoach)

Resources

* [Library Tutorials](https://library.uta.edu/how-to) ([library.uta.edu/how-to](http://library.uta.edu/how-to))
* [Subject and Course Research Guides](https://libguides.uta.edu/) ([libguides.uta.edu](http://libguides.uta.edu/))
* [Librarians by Subject](https://library.uta.edu/subject-librarians) (library.uta.edu/subject-librarians)
* [A to Z List of Library Databases](https://libguides.uta.edu/az.php) (libguides.uta.edu/az.php)
* [Course Reserves](https://uta.summon.serialssolutions.com/#!/course_reserves)(https://uta.summon.serialssolutions.com/#!/course\_reserves)
* [Study Room Reservations](https://openroom.uta.edu/)(openroom.uta.edu/)