

PSYC 3317: Clinical and Counseling Psychology

Fall 2023

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

MTWTh 11:00 a.m. – 12:00 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.
LS 118
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

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.

Required Textbooks and Other Course Materials

Kress, V., Seligman, L., & Reichenberg, L. (2021). Theories of Counseling & Psychotherapy: Systems, Strategies, & Skills. 5th ed. Pearson. ISBN: 97801344460864 (Digital: \$55.00) (**MUST be 5th ed.**)

Descriptions of major assignments and examinations

Exams: There will be 3 exams, each worth 50 points. Exams may 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 (50 pts each). ****Specific guidelines will be posted on Canvas and discussed in class****

Perspective Assessments: At the end of each perspective, students will answer brief multiple choice and/or short answer questions through Canvas 5 (pts. each) ****Specific guidelines will be posted on Canvas****

Attendance/Participation: 30 pts. Official attendance will be taken a random times throughout the semester. If you miss said class period for a university-sponsored event (e.g. athletic events, university sponsored travel, etc.), you 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	50	100
Perspective Assessments	6	5	30
Attendance/Participation	Varies	Varies	30
Total Course Points:			310

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 PASSED 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 21	Intro/syllabus, etc.		
Wed Aug 23	Foundations of Effective Counseling	Ch. 1	
Fri Aug 25	Con't		
Mon Aug 28	Freud & Classical Psychoanalysis	Ch. 2	
Wed Aug 30	Con't		
Fri Sept 1	Con't		
Mon Sept 4	LABOR DAY – NO CLASS		
Wed Sept 6	Adlerian Therapy	Ch. 3	
Fri Sept 8	Con't		
Mon Sept 11	Post- and Neo Freudian Psychoanalytic Therapies	Ch. 4	
<i>Wed Sept 13</i>	<i>Con't/review</i>		<i>Assessments due to Canvas 11:59 p.m.</i>
Fri Sept 15	Exam 1	Ch. 1-4	
Mon Sept 18	Behavior Therapies	Ch. 5	
Wed Sept 20	Con't		
Fri Sept 22	Con't		
Mon Sept 25	Cognitive Behavioral Therapies	Ch. 6	
Wed Sept 27	Con't		
Fri Sept 29	Con't		
Mon Oct 2	Reality Therapy	Ch. 7	
Wed Oct 4	Con't		
Fri Oct 6	Field Work: no class		Case Study I due to Canvas 11:59 p.m.
Mon Oct 9	Contemporary CBT Therapies	Ch. 8	
Wed Oct 11	Con't		
Fri Oct 13	Con't		
Mon Oct 16	Existential Therapy	Ch. 9	
<i>Wed Oct 18</i>	<i>Con't</i>		<i>Assessments due to Canvas 11:59 p.m.</i>
Fri Oct 20	Exam 2	Ch. 5-9	
Mon Oct 23	Person-Centered Therapy	Ch. 10	
Wed Oct 25	Con't		
Fri Oct 27	Con't		
Mon Oct 30	Gestalt Therapy	Ch. 11	
Wed Nov 1	Con't		
Fri Nov 3	Con't		
Mon Nov 6	Feminist Therapy	Ch. 12	
Wed Nov 8	Con't		

Fri Nov 10	Con't		
Mon Nov 13	Postmodern Therapies	Ch. 13	
Wed Nov 15	Con't		
Fri Nov 17	Con't		
<i>Mon Nov 20</i>	<i>Field Work: no class</i>		<i>Case Study 2 due to Canvas 11:59 p.m.</i>
<i>Wed Nov 22/Fri Nov 24</i>	<i>NO CLASS</i>		<i>THANKSGIVING</i>
Mon Nov 27	Family Systems Therapies	Ch. 14	
Wed Nov 29	Con't		
Fri Dec 1	Con't		
<i>Mon Dec 4</i>	<i>Catch-up/Review</i>		<i>Assessments due to Canvas 11:59 p.m.</i>
<i>Wed Dec 13 8:00-10:30 a.m.</i>	<i>Final Exam</i>	<i>Ch. 10-14</i>	

As the instructor for this course, I reserve the right to adjust this schedule in any way that serves the educational needs of the students enrolled in this course. –B.B. Laster

Final Grade Policy: This class will utilize an unweighted points system. Final grades will be calculated as a percentage of total points earned. To calculate individual student final grades, add up the total points earned on each graded item and divide that sum by the total maximum points for the course (270). Multiply by 100 to get the percentage. Final grades falling 9.5 and above will be rounded up (e.g., 89.5 will round to an A, 79.5 will round to a B, etc). Final grades falling below this will not be rounded up. There are no exceptions to this policy.

Technology note for exams and assignments: All exams and assignments will be due via Canvas at **11:59 p.m. CST** on their designated due dates. To account for potential technology and other issues (loss of WIFI, laptop issues, cats playing with modem, boss calling you into work last minute, forgetting when the assignment was due, traveling, falling asleep unexpectedly, etc.), I **HIGHLY** recommend submitting **EARLY**. *Exams/assignments will not be available for submission past 11:59 p.m. Emailed assignments will not be accepted.*

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

Grade grievance procedure: <https://www.uta.edu/academics/schools-colleges/science/departments/psychology/degree-programs/graduate/graduate-resources/student-grievance-form>

While we will discuss psychological health and treatment in this class, I am trained as a researcher and educator, not a clinician. If you need help with mental health concerns, I will assist you by referring you to student services for additional support, but I cannot provide psychotherapy services myself.

Counseling and Psychological Services <https://www.uta.edu/caps/services/Lets%20Talk.php>

Students experiencing a crisis may call MAVS Talk 24 Hour Crisis Line 817-272-TALK (8255) or UTA Police: 817-272-3003

Additional Information

Email Response: UTA email is my official means of communication; Phone calls will not be returned in a timely manner. **Do NOT use Teams chat to contact me.** I will respond to emails within 24-48 hours.

Face Covering Policy

Students and instructors are strongly encouraged to wear face coverings while on campus, particularly inside buildings. 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. Masks may be obtained at the Central Library or the E.H. Hereford University Center's front desk.

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 \(Buildings\)](#).

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](#). To request disability accommodations for tutoring, please complete this [form](#).

The [IDEAS Center](https://www.uta.edu/ideas/) (<https://www.uta.edu/ideas/>) (2nd Floor of Central Library) offers **FREE tutoring** and [mentoring](#) 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](#) 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](#) of operation.

Librarian to Contact

Each academic unit has access to [Librarians by Academic Subject](#) 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](http://library.uta.edu/academic-plaza) (library.uta.edu/academic-plaza)
- [Ask Us](http://ask.uta.edu/) (ask.uta.edu/)
- [Research Coaches](http://libguides.uta.edu/researchcoach) (http://libguides.uta.edu/researchcoach)

Resources

- [Library Tutorials](http://library.uta.edu/how-to) (library.uta.edu/how-to)
- [Subject and Course Research Guides](http://libguides.uta.edu) (libguides.uta.edu)
- [Librarians by Subject](http://library.uta.edu/subject-librarians) (library.uta.edu/subject-librarians)
- [A to Z List of Library Databases](http://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](http://openroom.uta.edu/) (openroom.uta.edu/)