# PSYC 3317: Clinical and Counseling Psychology

Spring 2022

## Instructor Information

### Instructor

Bonnie B. Laster, Ph.D. CCSP

### Office Number

Life Science 426

### Office Telephone Number

817-273-2281

### Email Address

bonnie.laster@uta.edu

### Faculty Profile

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

### Office Hours

Tues/Thurs 11:00 a.m. – 1:45 p.m.; 3:30 p.m. – 5:00 p.m.

Or by appointment

## Course Information

### Section Information

PSYC 3317-001

### Time and Place of Class Meetings

Tues/Thurs 5:30 p.m.- 6:50 p.m.

Life Science 118

Face to face lecture

### Description of Course Content

### The student is introduced 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. |

### Required Textbooks and Other Course Materials

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

Students: Additional materials for this course may range in cost depending on the project and or topic you choose to work on

### Descriptions of major assignments and examinations

**Exams**: There will be 3 exams, each worth 75 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/Homework:** Students will analyze various case studies and 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. *\*\*Specific guidelines will be posted on Canvas and discussed in class\*\**

**Research Paper:** Students will write 1 paper (worth 100 points) during the semester. The goal of the paper is to give students practice integrating current research and textbook information examining abnormal concepts with students’ own interpretations and analyses. Papers should be a review focusing on critical thinking and exploration of the topic – NOT a summary of the articles selected. At least 4 scholarly articles should be incorporated into the paper, (meaning, they must be peer-reviewed, research based journal articles found through library course reserves, academic databases, etc.) and you may choose any topic of your own interest (provided it is somehow related to learning or memory). The paper must be 4+ pages (not including the title and reference pages) – typewritten, in APA-Style, double-spaced with one inch margins (top-bottom/left-right), 12 point, Times New Roman font. *\*\* Specific guidelines will posted on Canvas and discussed in class\*\**

**Attendance/Participation**: Past the census date, official attendance will not be taken. However, throughout the couse of the semester we will 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 (20 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, free to download educational apps (Android, Iphone or laptop) and 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** | **75** | **225** |
| Homework/Case Studies | **Various - TBA** | **Various - TBA** | **50** |
| Research Paper | **1** | **100** | **100** |
| Attendance/Participation | **1** | **20** | **20** |
| **Total Course Points:**  | **395** |

### Make-up Exams

Exam Day Policy: There will be NO make-up exams except for extreme circumstances/emergencies (criteria are at the professor’s discretion). The schedule notes the date for each exam, giving you plenty of time to make arrangements accordingly. Any makeup exams that meet the extreme criteria must be scheduled IN ADVANCE of the exam day. 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. PLEASE NOTE: WAITING UNTIL THE TEST HAS BEEN ADMINISTERED IS UNACCEPTABLE. Be prepared to provide documentation of the circumstance to be granted leniency. 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

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

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| --- | --- | --- | --- |
|  **Date** | **Subject** | **Reading** | **Assignment** |
| Tues Jan 18 | Intro/syllabus, etc. | Syllabus/course information |  |
| Thurs Jan 20 | Foundations of Effective Counseling | Ch. 1 |  |
| Tues Jan 25 | Freud & Classical Psychoanalysis | Ch. 2 | **Submit Ch. 1 focus questions by 11:59 to Canvas** |
| Thurs Jan 27 | Alderian Therapy | Ch. 3 |  |
| Tues Feb 1 | Post- and Neo Freudian Psychoanalytic Therapies | Ch. 4 |  |
| Thurs Feb 3 | Con’t |  |  |
| Tues Feb 8 | Behavior Therapies | Ch. 5 |  |
| Thurs Feb 10 | Con’t |  |  |
| Tues Feb 15 | Catch-up & Review |  |  |
| ***Thurs Feb 17*** | ***Exam 1*** | ***Ch. 1-5*** |  |
| Tues Feb 22 | Cognitive Behavioral Therapies  | Ch. 6 |  |
| Thurs Feb 24 | Con’t |  |  |
| Tues Mar 1 | Reality Therapy | Ch. 7 |  |
| Thurs Mar 3 | Contemporary CBT Therapies | Ch. 8 |  |
| Tues Mar 8 | Con’t |  |  |
| Thurs Mar 10 | Existential Therapy | Ch. 9 |  |
| ***Tues Mar 15-Thurs Mar 17*** | ***Spring Break – No Class*** | ***Woop!*** | ***Woop!*** |
| Tues Mar 22 | Person-Centered Therapy | Ch. 10 |  |
| Thurs Mar 24 | Catch-up & Review | Con’t |  |
| ***Tues Mar 29*** | ***Exam 2*** | ***Ch. 6-10*** |  |
| Thurs Mar 31 | Gestalt Therapy | Ch. 11 |  |
| Tues April 5 | Con’t |  |  |
| Thu April 7 | Feminist Therapy | Ch. 12 |  |
| Tues April 12 | Con’t |  |  |
| Thurs April 14 | Postmodern Therapies | Ch. 13 |  |
| Tues April 19 | Con’t |  |  |
| Thurs April 21 | Family Systems Therapies | Ch. 14 |  |
| Tues April 26 | Con’t |  |  |
| Thurs April 28 | Developing Your Theoretical Orientation |  | ***Research Paper due to Canvas by 11:59 p.m.*** |
| Tues May 3 | Catch-up & Review |  |  |
| ***Thurs May 5*** ***5:30 – 8:00 p.m.*** | ***Final Exam*** | ***Ch. 11-14*** |  |

## 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

### 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 beyond the cenus date. 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 invidiually, 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, which is located out the door and directly to the left of the lecture hall (LS 118). 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/)