# PSYC 3317: Intro to Clincal and Counseling Psychology

Spring 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](mailto:bonnie.laster@uta.edu) ***\*official means of communication\* \*do NOT utilize Canvas inbox or Teams chat\****

**Faculty Profile**

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

**Office Hours**

MW 9:00-9:50 a.m.

TTh 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 8:00 a.m. – 8:50 a.m.

Life Science 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

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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. 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 3 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**: 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, 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** | **50** | **150** |
| Case Studies | **3** | **50** | **150** |
| Perspective Assessments | **6** | **5** | **30** |
| Attendance/Participation | **1** | **5** | **5** |
| **Total Course Points:** | | | **335** |

### 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.

### 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.

**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.*

## 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** |
| **Wed Jan 18** | **Intro/syllabus, etc.** | **Syllabus/course information** |  |
| **Fri Jan 20** | **Foundations of Effective Counseling** | **Ch. 1** |  |
| Mon Jan 23 | Con’t |  |  |
| **Wed Jan 25** | **Trauma etc.** |  |  |
| Fri Jan 27 | Con’t |  |  |
| **Mon Jan 30** | **Freud & Classical Psychoanalysis** | **Ch. 2** |  |
| Wed Feb 1 | Con’t |  |  |
| Fri Feb 3 | Con’t |  |  |
| **Mon Feb 6** | **Adlerian Therapy** | **Ch. 3** |  |
| Wed Feb 8 | Con’t |  |  |
| **Fri Feb 10** | **Post- and Neo Freudian Psychoanalytic Therapies** | **Ch. 4** |  |
| ***Mon Feb 13*** | ***Con’t*** |  | ***Case Study I due to Canvas 11:59 p.m.*** |
| ***Wed Feb 15*** | ***Catch-up & Review*** |  | ***Assessments due to Canvas 11:59 p.m.*** |
| ***Fri Feb 17*** | ***Exam 1*** | ***Ch. 1-4; trauma*** |  |
| **Mon Feb 20** | **Behavior Therapies** | **Ch. 5** |  |
| Wed Feb 22 | Con’t |  |  |
| **Fri Feb 24** | **Cognitive Behavioral Therapies** | **Ch. 6** |  |
| Mon Feb 27 | Con’t |  |  |
| Wed March 1 | Con’t |  |  |
| **Fri March 3** | **Reality Therapy** | **Ch. 7** |  |
| Mon March 6 | Con’t |  |  |
| Wed March 8 | Con’t |  |  |
| ***Fri March 10*** | ***Field Experience – No Class*** |  | ***Case Study 2 due to Canvas 11:59 p.m.*** |
| ***Mon March 13- Fri March 17*** | ***Spring Break – No Class*** |  |  |
| **Mon March 20** | **Contemporary CBT Therapies** | **Ch. 8** |  |
| Wed March 22 | Con’t |  |  |
| Fri March 24 | Con’t |  |  |
| **Mon March 27** | **Existential Therapy** | **Ch. 9** |  |
| ***Wed March 29*** | ***Con’t*** |  | ***Assessments due to Canvas 11:59 p.m.*** |
| ***Fri March 31*** | ***Exam 2*** | ***Ch. 5-9*** |  |
| **Mon April 3** | **Person-Centered Therapy** | **Ch. 10** |  |
| Wed April 5 | Con’t |  |  |
| **Fri April 7** | **Gestalt Therapy** | **Ch. 11** |  |
| Mon April 10 | Con’t |  |  |
| **Wed April 12** | **Feminist Therapy** | **Ch. 12** |  |
| Fri April 14 | Con’t |  |  |
| **Mon April 17** | **Postmodern Therapies** | **Ch. 13** |  |
| Wed April 19 | Con’t |  |  |
| Fri April 21 | Con’t |  |  |
| Mon April 24 | Con’t |  |  |
| **Wed April 26** | **Family Systems Therapies** | **Ch. 14** |  |
| ***Fri April 28*** | ***Con’t*** |  | ***Assessments due to Canvas 11:59 p.m.*** |
| ***Mon May 1*** | ***Catch up & Review*** |  | ***Case Study 3 due 11:59 p.m. via Canvas*** |
| ***Mon May 8*** | ***Final Exam*** |  |  |

## 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>

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. 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 their own methods of evaluating students’ academic performance, which includes establishing course-specific policies on attendance. As instructor of this course, I will not take official attendance. However, while UTA does not require instructors to take attendance, 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 will report the last date of attendance as part of the final grading process, when assigning a student a grade of F. Attendance may be 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 UTA 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/)