

PSYC 3317: Intro to Clinical and Counseling Psychology

Spring 2024

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 or Teams chat**

Faculty Profile

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

Office Hours

MWF 10:00-10:50 a.m.; By appointment

Course Information

Section Information

PSYC 3317-001

Time and Place of Class Meetings

MWF 9:00 a.m. – 9:50 a.m.
College Hall (CH) 101
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: 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***

Participation: Official attendance will not be taken. However, throughout the course of the semester we will have random in class assignments which will be due by 11:59 p.m. that same day. While this work will not be “graded” per se, its completion will count toward your attendance/participation grade (60 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
Participation	Varies	Varies	60
Total Course Points:			390

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.

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 11:58 p.m. Emailed assignments will not be accepted.*

Sharing of Material: Students may not post materials from this course on the Internet (with the exception of Canvas submissions) or share course materials. **Doing so will be considered academic misconduct.** This policy helps protect the integrity of the resources developed for this class and ensures equality for all students.

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.

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

Date	Subject	Reading	Assignment
Wed Jan 17	Intro/syllabus, etc.	Syllabus/course information	
Fri Jan 19	Foundations of Effective Counseling	Ch. 1	
Mon Jan 22	Con't		
Wed Jan 24	Trauma etc.		
Fri Jan 26	Con't		
Mon Jan 29	Freud & Classical Psychoanalysis	Ch. 2	
Wed Jan 31	Con't		
Fri Feb 2	Con't		
Mon Feb 5	Adlerian Therapy	Ch. 3	
Wed Feb 7	Con't		
Fri Feb 9	Post- and Neo Freudian Psychoanalytic Therapies	Ch. 4	
<i>Mon Feb 12</i>	<i>Con't</i>		<i>Case Study I due to Canvas 11:59 p.m.</i>
<i>Wed Feb 14</i>	<i>Catch-up & Review</i>		<i>Assessments due to Canvas 11:59 p.m.</i>
<i>Fri Feb 16</i>	<i>Exam 1</i>	<i>Ch. 1-4; trauma</i>	
Mon Feb 19	Behavior Therapies	Ch. 5	
Wed Feb 21	Con't		
Fri Feb 23	Cognitive Behavioral Therapies	Ch. 6	
Mon Feb 26	Con't		
Wed Feb 28	Con't		
Fri March 1	Reality Therapy	Ch. 7	
Mon March 4	Con't		
Wed March 6	Con't		
<i>Fri March 8</i>	<i>Field Experience – No Class</i>		<i>Case Study 2 due to Canvas 11:59 p.m.</i>
<i>Mon March 11- Fri March 15</i>	<i>Spring Break – No Class</i>		
Mon March 18	Contemporary CBT Therapies	Ch. 8	

Wed March 20	Con't		
Fri March 22	Con't		
Mon March 25	Existential Therapy	Ch. 9	
<i>Wed March 27</i>	<i>Con't</i>		<i>Assessments due to Canvas 11:59 p.m.</i>
<i>Fri March 29</i>	<i>Exam 2</i>	<i>Ch. 5-9</i>	
Mon April 1	Person-Centered Therapy	Ch. 10	
Wed April 3	Con't		
Fri April 5	Gestalt Therapy	Ch. 11	
Mon April 8	Con't		
Wed April 10	Feminist Therapy	Ch. 12	
Fri April 12	Con't		
Mon April 15	Postmodern Therapies	Ch. 13	
Wed April 17	Con't		
Fri April 19	Con't		
Mon April 22	Con't		
Wed April 24	Family Systems Therapies	Ch. 14	
<i>Fri April 26</i>	<i>Con't</i>		<i>Assessments due to Canvas 11:59 p.m.</i>
<i>Mon April 29</i>	<i>Catch up & Review</i>		<i>Case Study 3 due 11:59 p.m. via Canvas</i>
<i>Wed May 8</i>	<i>Final Exam</i>		

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. **Please do NOT utilize 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.

Recording of Class: Although class sessions will be recorded via Echo 360, this technology is not perfect. There will very likely be times when the class microphone doesn't pick up, the video doesn't record, etc. Students should NOT rely on the class recordings as their sole source of information. Recordings are provided as a courtesy for students who may need to miss an occasional class due to illness, etc.

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, use the stairwells instead. Faculty members 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 [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 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](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/)

Academic Resources: I am happy to discuss strategies and resources to assist in your success. In the meantime, recommended strategies for approaching this course include:

1. Actively participate in class: My goal is to teach you, but I also expect to learn from you. Therefore, class discussions are imperative. Come to class prepared to discuss concepts and voice your opinion. My intent is to break down concepts in lecture, thereby helping you understand them and making the text easier to understand. You will often be asked to discuss concepts with a small group.
2. Take notes: My lecture will strongly follow the text. **Bring the outlines which are provided to you.** Take notes on what is discussed in class and review them as soon as possible after class.
3. Ask yourself questions while studying to determine if you are truly grasping the concepts. In short, engage in metacognition! Try to define terms in your own words. If you can generate your own definitions for terms and create examples from your own experiences, you will be better able to understand and retain the information. I rarely test for definitions on exams – I typically give students a practical application to “define” the concept at hand. Don’t just memorize definitions; take the time to develop a real-world example. **This can make a huge difference.**
4. Note: I will frequently voice my opinion on topics throughout class. You will never have to guess how I feel about a topic! However, please note I will always respect and encourage your opinion, no matter how divergent from my own. Class is a safe place: please know your thoughts and opinions are always welcome. In short: please feel free to disagree with me!