

## Introduction to Clinical Counseling Theories

### Psychology 3317

SPRING 2016

Tuesday/Thursday 12.30pm -1.50pm

Room: Science Hall 101

**Instructor:** Dr. Madeline Rex-Lear  
**Office:** Life Science (LS) 408  
**Office Hours:** Thursday 11-12 & Friday 11-12pm  
**Email:** [rexlear@uta.edu](mailto:rexlear@uta.edu)  
**Blackboard:** <https://elearn.uta.edu/>

**TA:** Sarah Lee  
**Office:** LS 407  
**Office Hours:** Tuesday 11.00am-12.00pm  
**Email:** sarah.lee@mavs.uta.edu

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**Class website:** <https://elearn.uta.edu>  
**Book Website:** [www.CengageBrain.com](http://www.CengageBrain.com)  
**Or at** [www.cengage.com/brookscole](http://www.cengage.com/brookscole)  
**Prerequisites:** PSYC: 1315 Introduction to Psychology



#### Required texts:

1) Corey, G. (2013). *Theory and Practice of Counseling and Psychotherapy*. (9thEd). Cengage:  
ISBN-10: 0-8400-2854-7  
ISBN-13: 978-0-8400-2854-9

OR

Corey, G. (2013). *Theory and Practice of Counseling and Psychotherapy*. (9thEd). Cengage:  
Cengage (ISBN 9781133399353) with Coursemate access.

**NOTE: You are NOT required to purchase Coursemate access to this text book but some people prefer online access to materials outside of class hours.**

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#### Description of Course Content and Student Learning Outcomes:

The student will be introduced to basic theoretical approaches of counseling and psychotherapy. Common interview and assessment methods will be reviewed.

#### Student Learning Outcomes

1. Become familiar with major schools of traditional and contemporary therapeutic systems and develop a theoretical and practical approach to counseling and psychotherapy.
2. Become aware of major concepts, ethical, and professional issues in counseling practice
3. Gain an understanding of the educational requirements of various clinical and counseling psychology professions and review career paths for helping professions.

**Reading /Video Assignments:** Students are expected to read in advance the chapters designated each week outlined below, and complete video related assignments (see schedule).

Supplemental readings and handouts will be provided on Blackboard and in class throughout the course.

## SPECIFIC COURSE REQUIREMENTS

**Email Communications:** UT Arlington has adopted MavMail as its official means to communicate with students about important deadlines and events, as well as to transact university-related business regarding financial aid, tuition, grades, graduation, etc. All students are assigned a MavMail account and are responsible for checking the inbox regularly. There is no additional charge to students for using this account, which remains active even after graduation. Information about activating and using MavMail is available at <http://www.uta.edu/oit/cs/email/mavmail.php>.

Important information will be sent via Blackboard. With this in mind, you should either routinely log into Blackboard or forward your Blackboard messages to your e-mails. *Please send all e-mails to my faculty e-mail address [rexlear@uta.edu](mailto:rexlear@uta.edu).*

## ADDITIONAL COURSE RULES

- 1. Turn off your phone. Laptops for class---use only.**
- 2. Do not email or call to let me know that you will be missing class.**
- 3. Do not email or call to ask what materials will be in missed classes.**  
I supply materials in class and on Blackboard, but not individually to people missing class.
- 4. Do not ask to be bumped up to the next letter grade.**
- 5. Do not email using poor communication form.**  
When communicating with instructors and other professionals, you are expected to communicate in a professional and formal manner. Identify yourself, use proper capitalization, spelling, and punctuation. Do not use "text language" or abbreviations. **You must tell us which class/section you are referring to in your subject line, or you may not get a response.** When you address any of the instructors, please make an effort to spell our names correctly.
- 6. Outside of office hours please do not drop in without an appointment.** This is common courtesy.
- 7. Do not email or call about anything that is already explained in the syllabus.** In other words, before you email with a question, please check the syllabus first to make sure your question is not already covered. Otherwise you may find your email being ignored.
- 8. Food & Drink in the Classroom – Please DO NOT bring food into class**

**Attendance:** At The University of Texas at Arlington, taking attendance is not required. Rather, 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 have determined **Attendance is mandatory**; this is not an online course, so dissemination of information will be passed out via class. Please do not ask me for information should you miss class. It is your responsibility to attend class and not be late. I will take attendance **10** random times throughout the semester. (10 pts). Attendance points will sometimes be earned with a particular task that you must be present in class and be involved with, or you may be asked to present a typed hard copy of your work in class in order to receive attendance credit.

**There are no makeup points for missed classes.**

## Service Learning Component

Students will engage in a service-learning project with a local non-profit organization. Service learning integrates community service with academic instruction and student reflection. It is designed to enrich learning of course materials as well as promote civic responsibility. This project will help students to obtain real word experience in applying some of the core principles of the clinical/ counseling environment including congruence, unconditional positive regard, and accurate empathy in practical real word settings. Students will participate in in an organized service activity that meets identified community needs.

Each student must complete ten (10) contact hours with the community partner by Thursday April 21<sup>st</sup>. There will be a written reflection component (dates TBA). Project is worth 100 points.

Full project details will be discussed in class - date TBA.

## Alternative to Service Learning

If students are unable to complete the minimum hours required for this project the alternative is to read a preassigned book and write a report on the book:

Frankl, V. (2006). *Man's Search for Meaning*, CY, BEACON PRESS, ISBN -9780807014295

**Book Report:** The assigned reading book will require an APA style report worth 100 points. Due Date Thursday April 21st. Instructions and rubric will be discussed in class – date TBA.

**Video Homework/Participation:** Students are required to watch **nine (9)** chapter videos and complete a video report for each one via SafeAssign in Blackboard (explained in class). We will discuss the videos on “show & tell” days as each video assignment is designed to help you view the relevant therapy session and apply what you have learned from the theoretical approach to the practice session. The videos will be shown during class time (dates in calendar) and you will complete your report on your own time (deadlines in calendar). Each video report is worth 10 points (90 total) and will be submitted via Blackboard. There will be **one (1)** additional non-video related homework (10 points). 10x homework= 100 points. **I will not accept emailed reports. Failure to complete assignments by deadlines will result in zero points – there are no make-ups.**

**Examinations:** There will be **three (3)** equally weighted, multiple-choice exams (approx. 50-60 questions, worth 100 points each exam) on assigned dates. **I will drop the lowest test grade – so only 2 exams will be counted. If you miss a test this will count as your lowest grade or “dropped” test. If you miss more than one exam, you will get a 0 on each additionally missed exam. THERE ARE NO MAKE-UP EXAMS.**

**If you arrive late to an exam, AFTER the first one has been handed in, you will NOT be permitted to take your exam. Please don't be late especially on test days.**

Each exam will cover approximately 4-5 chapters and any corresponding lectures/videos. Questions will be drawn from text, lectures, videos, etc. covered throughout the semester.

➤ *Academic dishonesty and cheating are viewed as serious matters and are not tolerated. Such instances will be dealt with following strict university sanctions.*

My Rules:

1. Failure to hand in assignments on time will result in a grade of **zero** for that assignment.
2. Any work presented using previous assignments from other classes/projects/persons is considered academic dishonesty (See Academic dishonesty section above) and will not be accepted as gradable material and will receive a grade of “F”.

**If you are caught plagiarizing, you will receive a grade of “F” for that piece of work and potentially for the entire course.**

**If in doubt, use appropriate resources to assist you (e.g., librarian, writing center, TA, APA manual) before you hand in an assignment.**

**Similarly, if you are caught cheating on an exam, you will receive a grade of “F” for the entire course and will be reported.**

**Extra Credit:** There will be 1 extra credit opportunity worth 10 points – so if you miss a video submission this will make up for that (1 time only) – it cannot be used twice. I will announce the topic toward semester end.

There may other random points but will ONLY be announced in class as per instructor discretion.

### Point Distribution and Grading Policy

Exam	100	369 - 410 points = A
Exam	100	328 - 368 points = B
Video Homework	100	287- 327 points = C
Service Learning/ Book Report	100	246 - 286 points = D
Attendance	10	<246= F

Total possible points (after lowest test grade is dropped) = **420**

**Grades are additive, there is no average weighting. You add up all your points for everything and grades are calculated from the base grade in the syllabus (410 points); any extra points are added in above and beyond to benefit you. E.g., If there were a total of 412 points available and you earned 368 you would derive your grade from  $368/410 = 89\%$  or B.**

You will not be graded on a curve. Grades are assigned on individual performance based on points. If you are taking the course PASS/FAIL, you must have at least 287 points (70%) to PASS. ***I make it a policy not to "bump" any final grade up to the next higher grade.*** Any course work not completed by the last day of class will convert to a „0“. Please do not ask me to do otherwise.

## UNIVERSITY POLICIES AND SPECIAL CIRCUMSTANCES

**Academic Integrity:** All students enrolled in this course are expected to adhere to the UT Arlington Honor Code:

*I pledge, on my honor, to uphold UT Arlington's tradition of academic integrity, a tradition that values hard work and honest effort in the pursuit of academic excellence.*

*I promise that I will submit only work that I personally create or contribute to group collaborations, and I will appropriately reference any work from other sources. I will follow the highest standards of integrity and uphold the spirit of the Honor Code.*

Per UT System *Regents' Rule* 50101, §2.2, suspected violations of university's standards for academic integrity (including the Honor Code) will be referred to the Office of Student Conduct. Violators will be disciplined in accordance with University policy, which may result in the student's suspension or expulsion from the University.

"Scholastic dishonesty includes but is not limited to cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts." (Regents' Rules and Regulations, Series 50101, Section 2.2)

*In addition to the university sanctions, you will fail this course if you are caught participating in any form of academic dishonesty.*

**Drop Policy:** Students may drop or swap (adding and dropping a class concurrently) classes through self-service in MyMav from the beginning of the registration period through the late registration period. After the late registration period, students must see their academic advisor to drop a class or withdraw. Undeclared students must see an advisor in the University Advising Center. Drops can continue through a point two-thirds of the way through the term or session. It is the student's responsibility to officially withdraw if they do not plan to attend after registering. **Students will not be automatically dropped for non-attendance.** Repayment of certain types of financial aid administered through the University may be required as the result of dropping classes or withdrawing. For more information, contact the Office of Financial Aid and Scholarships (<http://www.uta.edu/ao/fao/>). For Spring 2016, the drop date is before 4:00 PM (CST) **April 1st**. Students who drop a course on or before the Last Drop Date will receive an automatic grade of "W" on their student record by MyMav.

**Incompletes:** Incompletes will only be given under extenuating circumstances and must be discussed with the professor BEFORE the last day of the semester. The grade of incomplete will be assigned only if the student has encountered circumstances beyond his or her control and the student's previous actions have not created these circumstances. The assignment of this incomplete grade will be made at the decision of the instructor after consideration of the facts as presented in a written request from the student. An incomplete will not be awarded merely to allow more time to complete course assignments or to avoid an undesirable grade. Please do not ask me to do otherwise.

**Americans with Disabilities Act:** The University of Texas at Arlington is on record as being committed to both the spirit and letter of all federal equal opportunity legislation, including the *Americans with Disabilities Act (ADA)*. All instructors at UT Arlington are required by law to provide "reasonable accommodations" to students with disabilities, so as not to discriminate on the basis of that disability. Any student requiring an accommodation for this course must provide the instructor with official documentation in the form of a letter certified by the staff in the Office for Students with Disabilities, University Hall 102. Only those students who have officially documented a need for an accommodation will have their request honored. Information regarding diagnostic criteria and policies for obtaining disability-based academic accommodations can be found at [www.uta.edu/disability](http://www.uta.edu/disability) or by calling the Office for Students with Disabilities at (817) 272-3364.

**Title IX:** The University of Texas at Arlington is committed to upholding U.S. Federal Law “Title IX” such that no member of the UT Arlington community shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity. For more information, visit [www.uta.edu/titleIX](http://www.uta.edu/titleIX)

**Student Support Services:** UT Arlington provides a variety of resources and programs designed to help students develop academic skills, deal with personal situations, and better understand concepts and information related to their courses. Resources include tutoring, major-based learning centers, developmental education, advising and mentoring, personal counseling, and federally funded programs. For individualized referrals, students may visit the reception desk at University College (Ransom Hall), call the Maverick Resource Hotline at 817-272-6107, send a message to [resources@uta.edu](mailto:resources@uta.edu), or view the information at <http://www.uta.edu/universitycollege/resources/index.php>

**Student Feedback Survey:** At the end of each term, students enrolled in classes categorized as “lecture,” “seminar,” or “laboratory” shall be directed to complete an online Student Feedback Survey (SFS). Instructions on how to access the SFS for this course will be sent directly to each student through MavMail approximately 10 days before the end of the term. Each student’s feedback enters the SFS database anonymously and is aggregated with that of other students enrolled in the course. UT Arlington’s effort to solicit, gather, tabulate, and publish student feedback is required by state law; students are strongly urged to participate. For more information, visit <http://www.uta.edu/sfs>.

***This information is VERY important to me and I strongly encourage everyone to complete the survey.***

**Children / Unauthorized persons:** No children or unauthorized persons may be brought to classes or during exams without prior instructor permission. Do not leave children unattended in university buildings and facilities.

**Emergency Exit Procedures:** Should we experience an emergency event that requires us to vacate the building, students should exit the room and move toward the nearest exit, [\[please make a note of this\]](#). When exiting the building during an emergency, one should never take an elevator but should use the stairwells. Faculty members and instructional staff will assist students in selecting the safest route for evacuation and will make arrangements to assist individuals with disabilities.

**Final Review Week:** A period of five class days prior to the first day of final examinations shall be designated as Final Review Week. The purpose of this week is to allow students sufficient time to prepare for final examinations. Classes are held as scheduled during this week and lectures, presentations, attendance points, and quizzes may be given.

***NOTE: ANY REVIEW DAYS are indeed lecture days and you are responsible for materials covered in class on those days.***

<p><b>Emergency Phone Numbers:</b> In case of an on-campus emergency, call the UT Arlington Police Department at <b>817-272-3003</b> (non-campus phone), <b>2-3003</b> (campus phone). You may also dial 911.</p>
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**Tentative Lecture/Topic Schedule:**

Faculty reserve the right to change the schedule throughout the course of the semester.

Class Week	Topic	Reading Assignment/Homework
Week 1 Jan 19-21	Syllabus review Introduction to Clinical & Counseling Psychology Mental health Professions The Counselor: Person & Profession – Overview	Chapter 1 Chapter 2
Week 2 Jan 26-28	Licensing Ethics - Issues for Clinical Psychologists APA  Texas Board of Examiners for Professional Counselors (LPC)	Chapter 3 and Lecture APA Code of Ethics Introduction and Applicability Preamble, General Principles Texas Ethical Standards LPC - Code of Ethics - Subchapter C
Week 3 Feb 2-4	Psychoanalysis - Freud Assessment & Diagnosis – types/ pros and cons <b>Feb 4 - Psychoanalytic video</b>	Chapter 4 Lecture only
Week 4 Feb 9-11	Psychoanalytic Therapies – Jung	Lecture (& Ch 4) <b>Video 1 - Psychoanalytic: 2/10 11.59pm online</b>
Week 5 Feb 16-18	Psychoanalytic Therapies – Adler  <b>Feb 18 Adlerian video</b>	Chapter 5  <b>Video 2 – Adlerian: 2/24 11.59pm online</b>
Week 6 <b>Tuesday Feb 23</b>	<b>Exam #1 In class</b>	
Week 6 Feb 25	Person Centered Therapies – Existential Therapy  <b>Feb 25 Existential video</b>	Chapter 6 <b>Video 3 - Existential: 3/2 11.59pm online</b>
Week 7 March 1-3	Person Centered Therapies – Humanistic Therapy  <b>March 3 Person Centered video</b>	Chapter 7
Week 8 March 8-10	Experiential Therapy - Gestalt  <b>March 10 Gestalt video</b>	Chapter 8 <b>Video 4 - Person Centered: 3/9 11.59pm online</b>
Week 9 March 15-17	<b>SPRING BREAK NO CLASS</b>	Chapter 9 <b>Video 5 - Gestalt: 3/16 11.59pm online</b>
Week 10 March 22-24	Behavior Therapy  <b>March 24 Behavior video</b>	
Week 11 <b>Tuesday March 29</b>	<b>Exam #2 In class</b>	<b>4/1 Last Day to Drop Classes with “w”</b>
Week 11 March 31	REBT	Lecture (& Ch 10) <b>Video 6 - Behavioral: 3/30 11.59pm online</b>

Week 12 April 5-7	Cognitive Therapies <b>April 7 Cognitive video</b>	Chapter 10 <b>Video 7 – Cognitive: 4/13 11.59pm online</b>
Week 13 April 12-14	Family Systems Therapy	Chapter 14 <b>Book Review due FRIDAY April 15 – 11.59pm on line</b>
Week 14 Aril 19-21	Help Seeking and the Transtheoretical Model	Lecture Only <b>Homework 8: Beginning of class 4/21</b>
Week 15 April 26-28	Postmodern Approaches <b>April 28 Solution Focused &amp; Narrative Videos</b>	Chapter 13 (lecture and video only) <b>Videos 9 (x2)- Postmodern: 5/4 11.59pm</b>
Week 16 May 3-5	Alternative Therapies & Integration Summary Day	Ch 15 & Lecture <b>Any Extra credit given due on Tuesday 5/3 in class – no exceptions</b>
<b>THURSDAY MAY 12</b>	<b>EXAM 3</b> <b>In class 11am-12.30pm</b>	<b>Pease note this is not regular class time!</b>