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University of Toronto Scarborough College
Department of Psychology

Psychotherapy (PSYC36H3F)

Tuesdays 11:00-1:00 pm, SY110

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Overview of Psychotherapy

Psychotherapy is an applied psychology that is concerned with human change and the change process. All psychotherapies are methods of learning and endeavour to “change people” through a focus on a combination of: thinking/cognition, feelings/affect, actions/behaviours.

James Bugental (1978) the eminent existential-humanistic psychotherapist described psychotherapy as a “journey”. He equated it to early European immigrants who left their homes in search of better lives in North America. They were not sure what they would discover in the “New World” but found their old way of life intolerable, and hoping for a better life, set out on a life-altering journey. They were quite aware that once they started out on such an arduous journey there was no going back.

As is with psychotherapy this journey had a general plan, qualities and expectations of and for the participants, maps to guide, vessels that brought them, roles that people participated in and a final destination that was sought.

Corsini (2008) points out that “[p]sychotherapy cannot be defined with any precision” (p.1). In order to facilitate the student in developing an understanding of psychotherapy, this course will focus on an examination of the major approaches to psychotherapy. The philosophy and methodology of each system will be critically investigated along with research in the field.

It is hoped that the student will discover through critical analysis of the material presented, and his or her own self discovery, an approach that fits with his or her philosophical assumptions and personality in order that the student may begin the long journey towards becoming a Master therapist.

“Truly successful therapists adopt or develop a theory and methodology congruent with their own personality” (Corsini, 2008, p.13).

References:

Bugental, J. F. (1978). *Psychotherapy and process: The fundamentals of an existential-humanistic approach*. New York, NY: Random House.

Corsini, R. J. (2008). Introduction. In R. C. Corsini & D. Wedding (Eds.), *Current psychotherapies* (pp. 1-13). Belmont, CA: Thomson Brook/Cole.

Learning Objectives:

- Identify and classify the major approaches to psychotherapy presented throughout the course.
- Describe and explain the key concepts, basic assumptions and limitations of each presented mode of psychotherapy.
- Apply various psychotherapy models to theoretical case studies.
- Compare and contrast presented methods of psychotherapy.
- Assess how each system of psychotherapy presented, “fits” one’s life experiences, personal philosophy and personality.
- Define and articulate a well-reasoned approach to psychotherapy that has personal relevance.

Important Notes:

Course announcements, communications, lecture notes and other required readings will be available on the course Blackboard Site. Every effort will be made to post the Lecture Slides on the Blackboard site prior to each lecture. However, on occasion, Lecture Slides will be posted following the lecture should there be any problems.

Also, please note that if for any reason (e.g., snow-storm cancellation, unexpected illness) a lecture is cancelled because of an unforeseen circumstance, students are still responsible for the material that was to be presented in the lecture.

Check Blackboard regularly for important, time-sensitive announcements.

Email

Outside of office hours, email is the best way to reach me. I check my email daily. Expect to receive a reply to your email within 24 hours. Please note that I do not reply to emails on weekends.

Information Regarding AccessAbility Services at UTSC

Students with diverse learning styles and needs are welcome in this course. In particular, if you have a disability/health consideration that may require accommodations, please feel free to approach me and/or the AccessAbility Services Office as soon as possible. I will work with you and AccessAbility Services to ensure you can achieve your learning goals in this course. Enquiries are confidential. The UTSC AccessAbility Services staff (located in S302) are available by appointment to assess specific needs, provide referrals and arrange appropriate accommodations (416) 287-7560 or ability@utsc.utoronto.ca.

Illness during the H1N1 Pandemic

Students are advised to consult the university's preparedness site: (<http://www.preparedness.utoronto.ca>) for information and regular updates regarding procedures relating to H1N1 planning and individual student responsibilities.

Academic Integrity

Academic integrity is essential to the pursuit of learning and scholarship in a university, and to ensuring that a degree from the University of Toronto is a strong signal of each student's individual academic achievement. As a result, the University treats cases of cheating and plagiarism very seriously. The University of Toronto's Code of Behaviour on Academic Matters (<http://www.governingcouncil.utoronto.ca/policies/behaveac.htm>) outlines the behaviours that constitute academic dishonesty and the processes for addressing academic offences. Potential offences include, but are not limited to:

In Papers And Assignments: Using someone else's ideas or words without appropriate acknowledgement. Submitting your own work in more than one course without the permission of the instructor. Making up sources or facts. Obtaining or providing unauthorized assistance on any assignment.

On Tests And Exams: Using or possessing unauthorized aids. Looking at someone else's answers during an exam or test. Misrepresenting your identity.

In Academic Work: Falsifying institutional documents or grades. Falsifying or altering any documentation required by the University, including (but not limited to) doctor's notes.

All suspected cases of academic dishonesty will be investigated following procedures outlined in the Code of Behaviour on Academic Matters. If you have questions or concerns about what constitutes appropriate academic behaviour or appropriate research and citation methods, you are expected to seek out additional information on academic integrity from your instructor or from other institutional resources (see <http://www.utoronto.ca/academicintegrity/resourcesforstudents.html>).

Textbook: Current Psychotherapies (Eighth Edition)

Corsini, R. J., & Wedding, D. (Eds.). (2008). *Current Psychotherapies*. Belmont, CA: Thompson Brooks/Cole.

*The required text is available from the UTSC bookstore.

Grading Scheme:

(1) First test worth 20% of your final grade

- *Your 1st examination will consist of 30 multiple-choice questions.*

(2) Second Test worth 20% of your final grade

- *Your 2nd examination will consist of 30 multiple-choice questions.*

(3) Third Test worth 20% of your final grade

- *Your 3rd examination will consist of 30 multiple-choice questions.*

Your Final Examination is worth 40% of your final grade

- *Your final examination will consist of essay questions*

The final exam in this course will be comprehensive in nature, covering material throughout the course. Anyone absent from the Final exam must petition the Registrar's Office to take a make up exam in the university's make up exam period.

Lecture Dates & Readings:

Week 1: Welcome, Course Description, Q & A and Introduction to the Subject.
Sept. 15, 2009

Readings:

Chapter 1: Introduction

Bordin, E.S. (1979). The generalizability of the psychoanalytic concept of the working alliance. *Psychotherapy, 16*, 252-260.

Gelso, C. J., & Carter, J. A. (1994). Components of the psychotherapy relationship: Their interaction and unfolding during treatment. *Journal of Counseling Psychology, 41*(3), 296-306.

Week 2:
Sept. 22, 2009

Psychoanalysis

Readings:

Chapter 2: Psychoanalysis

Week 3:
Sept. 29, 2009

Adlerian Psychotherapy

Readings:

Chapter 3: Adlerian Psychotherapy

Week 4:
Oct. 06, 2009

First Test worth 20 % of your final grade
(The exam will cover weeks 1, 2, 3)

Analytical Psychotherapy

Readings:

Chapter 4: Analytical Psychotherapy

Week 5:
Oct. 13, 2009

Rational Emotive Behaviour Therapy

Readings:

Chapter 6: Rational Emotive Therapy

Week 6:
Oct. 20, 2009

Cognitive Therapy

Readings:

Chapter 8: Cognitive Therapy

Week 7:
Oct. 27, 2009

Second Test worth 20% of your final grade
(The exam will cover weeks 4, 5,6)

Behavioural therapy

Week 7: con't	Readings: Chapter 7: Behavioural Therapy
Week 8: Nov.03, 2009	Person Centered Therapy Readings: Chapter 5: Client Centered therapy
Week 9: Nov. 10, 2009	Gestalt therapy Readings: Chapter 10: Gestalt Therapy
Week 10: Nov. 17, 2009	Third Test worth 20% of your final grade (The exam will cover weeks 7, 8, 9) Existential Therapy Readings: Chapter 9: Existential Therapy
Week 11: Nov. 24, 2009	Multimodal Therapy Readings: Chapter 11: Multimodal Therapy
Week 12: Dec. 1, 2009	Integrative Therapies Readings: Chapter 14: Integrative Psychotherapies

December 7-18: Final Examination Period

Your Final Examination is worth 40% of your final grade and will consist of essay questions. You will be tested on all the material.

As soon as they are finalized, examination schedules are posted on the web at:
<http://www.utsc.utoronto.ca/registrar>

Important Dates:

Monday, September 7	Labour Day - University closed.
Thursday, September 10	Classes begin in F & Y courses.
Wednesday, September 16	Last day for students writing deferred examinations in December to adjust their current course load, if necessary.
Wednesday, September 23	Last day to add F & Y courses.
Monday, October 12	Thanksgiving Day - University closed.
Wednesday, November 18	Last day to drop F courses without academic penalty and have them removed from the transcript.
Wednesday, December 2	Last day of classes in F courses. Last day for submission of term assignments in F courses EXCEPT courses that normally meet on a Monday.
Thursday, December 3	UTSC Monday: Last day of classes and last day for submission of term assignments in F courses that normally meet on a Monday.
Friday, December 4- Sunday, December 6	2009 Summer deferred examinations. (See also Monday, December 7-Friday, December 18.)
Sunday, December 6	Last day to drop UTSC F courses and have them remain on the transcript with a grade of LWD indicating withdrawal without academic penalty. After this date, grades are assigned whether or not course work is completed (with a '0' assigned for incomplete work) and are calculated into GPAs. Note: See http://www.utsc.utoronto.ca/registrar/ for dates for courses on other campuses.
Monday, December 7- Friday December 18	Final examinations in F courses. 2009 Summer deferred examinations. (See also Friday, December 4-Sunday, December 6.)
Saturday, December 19- Sunday, January 3	December break - University closed.
Friday, January 4	Last day to request a deferred examination in F courses.
Friday, January 15	Last day to pay the deferred examination fee for F courses.