

PSY4450: INTRODUCTION TO COUNSELING AND CLINICAL PSYCHOLOGY Spring 2023

Credit(s): 3.00

Prerequisite(s): PSY1010; 1 Course from PSY 1000-4999

In-Person Class Time: MW, 5:00-6:15pm (Madrid time)

Classroom: PRH A006
Instructor: Dimitra Manos

Instructor's email: dimitra.manos@slu.edu

Office: SIH-00

Office Hours: Monday 6:15-7.15pm

COURSE DESCRIPTION This course is designed to provide students with knowledge concerning the broad field of counseling and clinical psychology. This is accomplished by providing an overview of the functions, the roles, and the venues in which clinical psychologists work. The course also covers the three main areas of professional psychology: research, assessment, and counseling or psychotherapy, including the contemporary issues in these areas. Finally, it offers an introduction to aspects relevant to becoming a counselor or psychotherapist.

COURSE GOALS AND STUDENT LEARNING OUTCOMES

I. GOAL. Knowledge Base in Psychology

Course objective: Understand the broad field of counseling and clinical psychology.

Learning outcomes: Students will identify the main methods used in research, assessment and counseling or psychotherapy within the field.

II. GOAL. Scientific Inquiry and Critical Thinking

Course objectives: Develop an awareness of the scientific evidence that shapes the practice of counseling and psychotherapy in all of its approaches.

Learning outcomes: Students will demonstrate an understanding of how scientific methods contribute to the training in and practice of counseling and psychotherapy.

III. GOAL. Ethical and Social Responsibility in a Diverse World

Course objective: Appreciate the complex ethical and social dynamics of counseling and psychotherapeutic work. Learn about the ethical and legal guidelines that dictate professional practice in the counselling professions.

Learning outcomes: Students will identify key ethical and social issues that arise in the context of counseling and clinical psychology. They will be aware of the ethical and legal framework of the practice of professional psychology.

IV. GOAL. Communication

Course objective: Develop the ability to communicate clearly about psychological science related to counseling and clinical psychology.

Learning outcomes: Students will demonstrate effective scientific writing skills and oral presentation skills when discussing, evaluating, and/or presenting scientific knowledge about counseling and clinical psychology

V. GOAL. Professional Development

Course objective: Develop an awareness of the professional applications of psychological science, more specifically the professional issues related to the practice of counseling and psychotherapy.

Learning Outcomes: Students will identify the professions and basic standards of ethical practice within the field of counseling and clinical psychology, as well as be aware of the education, training, personal development, and licensing required.

COURSE DYNAMICS

Technology Requirements

- You will need regular access to a computer with an internet connection. High speed broadband access (LAN, Cable or DSL) is highly recommended for the optimal learning experience.
- Additional requirements include the use of Microsoft Office applications such as Word and Power Point.
- You will access CANVAS regularly to do readings and complete exams and assignments via CANVAS, thus make sure your SLUnet ID and password are functioning daily (do not let your password expire!)

Notetaking and lecture materials

- Power Point presentations used in class will be **provided on Canvas** to facilitate note taking and exam preparation. They **may be downloaded** but you may not upload them, post them, or share them.
- No other study guides will be provided.

Communication Norms

- <u>Canvas</u>: All information relevant to this course will **be posted on CANVAS**. Class content, schedule, and assignments are all accessible through the platform. I will also make occasional announcements through CANVAS, so please: a) once again, **check CANVAS daily** and b) if you have questions regarding the course first **check if that information isn't already posted or on the syllabus** before getting in touch with me.
- <u>Email</u>: You may contact me via email at <u>dimitra.manos@slu.edu</u>. I will respond to emails between **9:00 and 5:00** pm., <u>Monday through Friday</u>. Please be aware that as a rule, you should not expect a response until the following working day.
 - **Email format**: Please include the following **subject line** in all emails you send me: "PSY 4450 Brief statement about nature of email" [e.g., "PSY 4450-Question about Chapter 10" or "PSY 4450-Request for appointment"]
 - **Email content:** Be advised that email **is NOT a confidential means of communication**. Thus, please refrain from including personal and/or sensitive information in your email. If you need to communicate this information to me, it is best to schedule an appointment.
- <u>Office Hours</u>: If your question cannot be properly answered via email, please **make an appointment** to discuss the issue with me during my office hours. Making an appointment is always better than dropping by in order to avoid overlaps and long waits.
- <u>Respectful Communication</u>: It is vital to maintain a class environment that is respectful and free of discrimination and/or recrimination from peers. **Please make every effort to be respectful of others' opinions**.
 - Regarding course content, be aware that we will be mainly discussing topics related to mental
 illness. Some of these topics may trigger emotional or psychological distress in students. These difficult
 issues can be raised in any class meeting or discussion, without prior warning.
 - Furthermore, remember that any group discussion is NOT a protected, confidential environment, and
 the professor cannot guarantee that other students/peers will maintain your confidential information
 should you choose to share it. Keep this in mind during all interactions with your instructor and your
 peers.

- Respectful communication requires open-mindedness and the ability to listen thoughtfully to others'
 ideas, even if they do not match your own. Rational debate and freedom of speech are essential to this
 learning environment and will be upheld and encouraged.
- <u>Netiquette</u>: As in any learning environment, certain behavioral codes are expected when you communicate with both your peers and your instructors. These codes are referred to as netiquette. For further information, refer to the PDF document **Netiquette Guide for Online Courses**, posted on Canvas.

Engagement & Attendance Policies

- Students are expected to **attend class regularly and to arrive to class promptly**. Late arrival to class is not only rude, but also disruptive to both the professor and fellow classmates. **In case you arrive late** you will try your best not to interrupt, sit close to the door, and it is your responsibility to ask me after class to note your attendance.
- In case of illness, a doctor's note is required to excuse the absence. NO other reason is grounds for an excused absence. Three or more absences will proportionally affect your class participation grade. I will take attendance at each session.
- You are **responsible for all announcements made and/or material covered during class meetings**. Please keep in mind that on occasion, and because of the dynamic nature of the classes, slight changes may be made in the schedule on the syllabus, so it is always best to come to class and stay informed. Also, class lectures often offer details not included in the text or even topics that are not in the text at all. **Anything discussed in class may appear on exams.**
- In addition, a part of your semester grade will come from in-class activities and participation. These activities cannot be made up if you are absent for any reason. As such, it will be difficult to be successful in this class without attending regularly.

COURSE READINGS

This is an upper-level elective course and as such it is expected that students will do all the required reading, preferably ahead of class, as class activities and discussions will be based on those readings. Class presentations will not necessarily cover all the material found in the readings and vice versa.

Required Text: Todd, J. and Bohart, A.C. (2006) Foundations of Clinical and Counselling Psychology,
 Waveland Press, Inc: 4th Edition.

Digital Format available at:

FROM SPAIN

Amazon.es: https://www.amazon.es/Foundations-Clinical-Counseling-Psychology-Judith-ebook/dp/B00HFZXG04/ref=sr_1_1? __mk_es_ES=%C3%85M%C3%85%C5%BD%C3%95%C3%91&crid=KY5ZG3
TQXHKV&keywords=foundations+of+counseling+and+clinical+psychology&qid=1668598244&qu=eyJxc2MiOilwLjQ0liwicXNhljoiMC4wMClsInFzcCl6ljAuMDAifQ%3D%3D&sprefix=foundations+of+counseling+and+clinical+psychology%2Caps%2C60&sr=8-1

Google Play: https://play.google.com/store/books/details?id=AYsfAAAAQBAJ

FROM THE U.S.

<u>Amazon.com:</u>https://www.amazon.com/Foundations-Clinical-Counseling-Psychology-Judithebook/dp/B00HFZXG04/

<u>Chegg:</u>https://www.chegg.com/etextbooks/foundations-of-clinical-and-counseling-psychology-4th-edition-9781478618560-1478618566 • Other Required Readings. For every Part of this course there will be some additional required readings posted and clearly marked as "Required" on CANVAS.

Optional texts. The following textbooks are also good resources, especially for students interested in training in the Counseling Professions:

- -Reeves, A. (2022) *An Introduction to Counselling and Psychotherapy: From Theory to Practice*, Sage Publications, Ltd. Third Edition.
- -Sanders, P; Williams, P.J., Rogers, A. (2021) First Steps in Counselling: An Introductory Companion, PCCS Books, Fifth Edition.

Optional Readings Also on CANVAS, I will occasionally post optional readings relevant to the topic at hand for those who want to expand their knowledge on the subject.

COURSE OUTLINE SPRING 2023

Part 1. Professional Psychology in Social and Historical Context

The Mental Health Professions

Counseling and Clinical Psychology

Historical Development of Professional Psychology

Part 2. Research in Counseling and Clinical Psychology

Methods in Psychotherapy Research

The Effectiveness of Psychotherapy

Evidence-based Practice

Part 3. Psychological Assessment and Measurement

The Interview

Cognitive and Intellectual Assessment

Neuropsychological Assessment

Projective and Objective Personality Tests

Behavioral Assessment

Vocational, Aptitude and Interest Tests

Part 4. Theories of Counseling Professions/ Psychotherapeutic Approaches

Psychodynamic Approach

Humanistic Approach

Cognitive and Cognitive-Behavioral Approach

Behavior and Biology

Marriage and Family

Other Approaches

Part 5. Contemporary Issues for the Counseling Professions

Psychotherapy Integration

Working with Diversity and Difference

Professional, Legal, and Social Issues

Part 6. Becoming a Counselor or Psychotherapist

Skills and Practices in the Counseling Professions

Personal and Professional Development

Developing your Practice

COURSE SCHEDULE SPRING 2023

NOTE: SPECIFIC DATES MAY BE MODIFIED OR CHANGED BEFORE THE FIRST DAY OF CLASSES

WEEK	DATE	TOPIC	READINGS	ASSIGNMENTS
1	Jan 16 & 18	Introductions and	Todd: Chapters 1&2	
		Part 1		
2	Jan 23 & 25	Part 1 and Part 2	Canvas: Part 1 Readings	
3	Jan 30; Feb	Part 2	Todd: Chapter 5	
	1		Canvas: Part 2 Readings	
4	Feb 6 & 8	Part 3	Todd: Chapter 3	EXAM 1 DUE February 10 th 23:59
5	Feb 13 & 15	Part 3	Todd: Chapter 4	
			Canvas: Part 3 Readings	
6	Feb 20 & 22	Part 4	Todd: Chapters 6 & 7	
7	Feb 27; Mar	Part 4	Todd: Chapters 8 & 9	Research Paper DUE March 3 rd 23:59
	1			
8	Mar 6 & 8	Part 4	Todd: Chapters 10 & 11	
9	Mar 13 &	Part 4	Todd: Chapters 12 & 13	
	15		Canvas: Part 4 Readings	
10	Mar 22	Part 5	Todd: Chapter 14	EXAM 2 DUE March 24 th 23:59
11	Mar 27 &	Part 5	Todd: Chapter 15	
	29		Canvas: Part 5 Readings	
12	April12	Part 5	Todd: Chapter 16	
13	Apr 17 & 19	Part 6	Canvas: Part 6 Readings	Reflection Paper DUE April 21st 23:59
14	Apr 24 & 26	Part 6	Canvas: Part 6 Readings	
				EXAM 3 DUE May 5 ^{th.} 23:59

COURSE ASSIGNMENTS & ACTIVITIES

Exams [Quizzes on Canvas] (60%)

There will be 3 exams that will be administered and graded online via CANVAS: **EXAM 1** is on Parts 1 and 2, **EXAM 2** is on Parts 3 and 4, and **EXAM 3** is on Parts 5 and 6.

The exams may include material from any of the resources provided for each Part: required readings, class presentations, activities, and discussions. You will have a minimum of three days to complete the exam. Deadlines are on the syllabus but may be adjusted due to the pace of the class. (Deadlines will never be moved up/earlier.) Important information related to Canvas exams:

- **NOTIFICATION**: You will be notified via an announcement on CANVAS and your SLU email when the exam is "available". This will normally be three full days before the due date.
- OPEN BOOK POLICY: Students may use the text and class materials when taking the exam but may NOT
 take the exam along with another student or share answers for the exams with classmates. You may NOT
 use the internet or any resources/materials that were not provided as part of the course content.
- TIME-LIMITED: Time limit will be based on the length and extent of the material.
- AVAILABILITY: Pay close attention to due dates/close dates; after this date, the exam will no longer be
 accessible via Canvas. If you fail to complete the exam within the timeframe allotted, you will receive a
 score of 0.
- **ATTEMPTS:** You will have only one attempt to complete the exam on Canvas, and it must be completed in one sitting (i.e., you may not save it and go back to it later).

- I STRONGLY RECOMMEND that you take the exam through a secure internet connection, such as from the University Computer Lab. If you lose connectivity during the exam, your incomplete exam will be submitted and scored. There is nothing I can do about this.
- IF SOMETHING GOES WRONG with the CANVAS program or your SLU account, please contact me
 immediately if there is a minimum of 24 HOURS LEFT in the testing period. I can do nothing to help you
 with a tech problem during the final 24 hours of the testing period, or when the testing period has
 closed.
- IF YOU MISS AN EXAM there are NO make-up exams, for any reason. If you forget to take an exam, miss a deadline, have a travel delay, or are ill, there are no make-up exams. If your laptop is stolen, if you have no internet at home, or if your computer crashes, go to the computer lab on campus to take the exam. Given that the testing period covers several days, the only valid reason for missing an exam is a true and proven medical/other emergency that does not allow you to access the exam during the entire testing period. If you believe this is your case, please notify me immediately.

Research Paper (20%) You will be asked to write a 6 to 8-page research paper on one of the topics that I will provide for you. Topics will be relevant to the material covered in class (evidence-based practice; effectiveness of therapeutic approaches; psychotherapy integration; working with diversity and difference; legal and social issues). Your paper must be based on a minimum of ten recent scientific references (last 10 years). It is essential for this assignment that you know how to access the SLU Library collections using your SLUnet ID, including databases containing scientific journals relevant to psychology. If you need help with this process, you can contact the Madrid Librarians: library-madrid@slu.edu Detailed instructions for the paper, as well as the topic choices will be posted on CANVAS.

Personal Reflection Paper (10%) You will be asked to write a 2 to 3-page paper on aspects pertaining to becoming a counselor or psychotherapist. *Detailed instructions for the paper will be posted on CANVAS.*

Engagement and Participation (10%) Your E/P grade will be based on your involvement in class activities. Each Part will contain both individual and group activities (e.g., a video, a questionnaire, reflection questions, an interactive game, etc.) that are designed to complement the other resources and encourage active participation in class, as well as enhance your ability to apply concepts discussed in the readings in a real-world context. In most cases, these activities will take place in the classroom, but may be assigned as homework activities.

GRADING RATIONALE/SYSTEM

Your final grade is calculated as follows:

•	Exam 1	20%
•	Exam 2	20%
•	Exam 3	20%
•	Research Paper	20%
•	Personal Reflection Paper	10%
•	Engagement & Participation	10%

Grading System SAINT LOUIS UNIVERSITY GRADE POLICY

A 94-100 4.0 SOBRESALIENTE
A- 90-93 3.7 SOBRESALIENTE BAJO
B+ 87-89 3.3 NOTABLE ALTO
B 84-86 3.0 NOTABLE
B- 80-83 2.7 NOTABLE BAJO
C+ 77-79 2.3 APROBADO ALTO
C 74-76 2.0 APROBADO
C- 70-73 1.7 APROBADO BAJO
D 60-69 1.0 APROBADO BAJÍSIMO
F <60 0.0 SUSPENSO

*Grades of xx.50-xx.9 will be rounded up; grades of xx.49 will not be rounded up.

OTHER IMPORTANT INFORMATION

Assessment of Student Learning: To maintain quality academic offerings and to conform to accreditation requirements, SLU-Madrid regularly assesses its teaching, services and programs for evidence of student learning. For this purpose, SLU-Madrid keeps representative examples of student work from all courses and programs on file, including assignments, papers, exams, portfolios and results from student surveys, focus groups and reflective exercises. Copies of your work for this course may be kept on file for institutional research, assessment and accreditation purposes. If you prefer SLU-Madrid not to retain your work for this purpose, you must communicate this decision in writing to your professor.

Academic Honesty: Academic integrity is honest, truthful and responsible conduct in all academic endeavors. The mission of Saint Louis University is "the pursuit of truth for the greater glory of God and for the service of humanity." Accordingly, all acts of falsehood demean and compromise the corporate endeavors of teaching, research, health care, and community service through which SLU fulfills its mission. The University strives to prepare students for lives of personal and professional integrity, and therefore regards all breaches of academic integrity as matters of serious concern.

The full University-level Academic Integrity Policy can be found on the Provost's Office <u>website</u>. Additionally, SLU-Madrid has posted its <u>academic integrity policy online</u>. As a member of the University community, you are expected to know and abide by these policies, which detail definitions of violations, processes for reporting violations, sanctions and appeals.

Your instructor will review these matters during the first weeks of the term. Please direct questions about any facet of academic integrity to the instructor, the chair of the department of your academic program or the Academic Dean of the Madrid Campus.

Diversity and Inclusion: Saint Louis University is committed to fostering a positive, inclusive and welcoming learning and working environment. SLU-Madrid's policies prohibit discrimination based on race, color, national origin, ancestry, religion, sex, gender, gender identity, gender expression, sexual orientation, pregnancy, age, disability, physical appearance, financial or socio-economic status, immigration status, parental or marital status, veteran status or any other protected classification of identity. Discrimination includes any form of unequal treatment such as denial of opportunities, harassment, and violence. Sex-based violence includes rape, sexual assault, unwanted touching, stalking, dating/interpersonal violence, and sexual exploitation.

If you experience or witness any kind of discrimination, you are encouraged (but not required) to report the incident to the SLU-Madrid's Department of Student Life (studentlife-madrid@slu.edu; +34 915 54 58 58, ext. 213) or, if you wish to speak to a confidential resource, the Wellness Center (wellness-madrid@slu.edu +34 915 54 58 58, ext. 230), both located on the ground floor of Padre Rubio Hall. You can also report the incident to the University's Hotline (900-99-0011; then enter 877-525-5669 when asked for the hotline number).

Please know that instructors have a responsibility to inform SLU-Madrid when made aware of incidents of discrimination, harassment sexual misconduct, and/or related retaliation, to ensure that individuals impacted receive information about options for reporting and support resources. If you wish to speak with a confidential resource, the following are available on campus and off campus:

- Counselors at <u>SLU-Madrid's Wellness Center</u>, located on the ground floor of Padre Rubio Hall (<u>wellness-madrid@slu.edu</u>; 915 54 58 58, ext. 230).
- Counselors at Sinews Multilingual Therapy Institute, SLU-Madrid's off-campus counseling and mental health services provider (www.sinews.es; 917 00 19 79).
- SLU-Madrid's Campus Chaplain, Fr. James O'Leary, S.J. (james.oleary@slu.edu; 915 54 58 58, ext. 279).

Additional information and resources are posted on our <u>Safety and Security</u> and <u>Community Standards</u> webpages.

Accessibility, Disability and Learning Resources: In recognition that people learn in a variety of ways and that learning is influenced by multiple factors (e.g., prior experience, study skills, learning disability), resources to support student success are available on campus. Students who think they might benefit from these resources can find out more about:

- Course-level support (e.g., faculty member, departmental resources, etc.) by asking or emailing your course instructor.
- University-level support (e.g., tutoring/writing services, Accessibility and Disability Resources) by contacting the Academic Dean's Office (advising-madrid@slu.edu) or by reviewing the Academic Resources website online.

Students with a documented disability who wish to request academic accommodations must contact Disability Services to discuss accommodation requests and eligibility requirements. Once successfully registered, the student also must notify the course instructor that they wish to access accommodations in the course. Please contact disabilityservices-madrid@slu.edu or +34 915 54 58 58, extension 242 or 249. Confidentiality will be observed in all inquiries. Once approved, information about the student's eligibility for academic accommodations will be shared with course instructors via email from Disability Services. Note: Students who do not have a documented disability but who think they may have one are encouraged to contact Disability Services.

For more information about academic accommodations, see <u>SLU-Madrid's Center for Accessibility and Disability Resources webpage</u>.

Needs Security Statement: Students in personal or academic distress and/or who may be specifically experiencing challenges such as securing food or difficulty navigating campus resources, and who believe this may affect their performance in the course, are encouraged to contact Student Life (studentlife-madrid@slu.edu or +34 915 54 58 58, ext. 213) for support. Furthermore, please notify the instructor if you are comfortable in doing so, as this will enable them to assist you with finding the resources you may need.

Use of Posted Course Content: SLU-Madrid prohibits recording and transmission of classroom lectures and discussions by students unless written permission from the class instructor has been obtained and all students in the class as well as guest speakers have been informed that audio/video recording may occur. Recordings, course materials, and lecture notes may not be exchanged or distributed for commercial purposes, for compensation, or for any other purpose other than study by students enrolled in the class. Public distribution of such materials may constitute copyright infringement in violation of Spanish law. Violation of this policy may subject a student to disciplinary action in accordance with SLU-Madrid policies on Standards.

GDPR Norms Concerning Class Recordings: In accordance with General Data Protection Regulation (GDPR), we inform you that if you are a participant in an on-line classroom, your image and voice may be recorded by Saint Louis University in Spain, S.A., CIF A28654879, in 28003 Madrid (Spain), Avenida del Valle 34, for the sole purpose of the instruction of the said class that you are registered in. This information will be stored for the duration of the on-line class and erased thereafter by the professor of the course. Should you not want your image or voice to be a part of this class recording, please contact your professor to indicate that you will be turning your camera and microphone off and be participating via chat.

In addition, we would like to inform you that all recordings will be available to you in Canvas and are exclusively for the use of the participants of the said class and should not be published on any other platform without the prior consent of all participants that may appear in the recording.

According to the rights conferred by the current GDPR regulation, you may exercise your rights of access, rectification, limitation of treatment, deletion, portability and opposition to the processing of your personal data, as well as the consent given for the treatment of it by directing your requests to the address indicated above or by sending an email to dpo-madrid@slu.edu.

SPRING 2023 IMPORTANT DATES

Thursday, January 12	First day of classes
Sunday, January 22	Last day to drop a class without a grade of W and/or add a class
	Last day to choose Audit (AU) or Pass/No Pass (P/NP) options
	Application deadline for spring semester degree candidates
Wednesday, February 22	Registration for Summer 2023 sessions opens
Thursday-Friday, February 23-24	Winter Break
Sunday, March 5	Professors' deadline to submit midterm grades
Sunday, March 19	Last Day to drop a class and receive a grade of W
Monday, March 20	Madrid Campus Holiday
Saturday-Sunday, April 1-11	Semana Santa/Easter Break
Wednesday, April 19	Registration for Fall 2023 semester opens
Friday, April 28	Last day of classes
Monday, May 1	Madrid Campus Holiday
Tuesday, May 2	Madrid Campus Holiday
Wednesday, May 3	Study Day
Thursday-Wednesday, May 4-10	Final Exams
Friday, May 12	Commencement

FINAL EXAM SCHEDULE

Class Meeting Time* Exam Date/Time

Mondays 8:30, 9 and 9:30 a.m. Tuesday, May 9, 8:30 to 11:30 a.m. Mondays 10 a.m. Wednesday, May 10, 8:30 to 11:30 a.m. Mondays 11 and 11:30 a.m. Thursday, May 4, 8:30 to 11:30 a.m. Mondays 12 and 12:30 p.m. Monday, May 8, 12 to 3 p.m. Mondays 1 p.m. Wednesday, May 10, 12 to 3 p.m. Mondays 2 p.m. Tuesday, May 9, 3:30 to 6:30 p.m. Mondays 3:30 p.m. Thursday, May 4, 3:30 to 6:30 p.m. Mondays 5 p.m. Friday, May 5, 3:30 to 6:30 p.m. Mondays 6:30 and 7 p.m. Monday, May 8, 7 to 10 p.m. Tuesdays 8 a.m. Friday, May 5, 8:30 to 11:30 a.m. Tuesdays 9:30 and 10 a.m. Monday, May 8, 8:30 to 11:30 a.m. Tuesdays 11 a.m. Tuesday, May 9, 12 to 3 p.m. Tuesdays 12:30 p.m. Friday, May 5, 12 to 3 p.m. Tuesdays 2 p.m. Thursday, May 4, 12 to 3 p.m. Tuesdays 3:30 and 4 p.m. Monday, May 8, 3:30 to 6:30 p.m. Tuesdays 5 and 5:30 p.m. Wednesday, May 10, 3:30 to 6:30 p.m. Tuesdays 6:30 p.m. Tuesday, May 9, 7 to 10 p.m.

^{*}For courses meeting only on Wednesdays or Fridays, follow the Monday schedule. For courses meeting only on Thursdays, follow the Tuesday schedule.