

PSY343H5F - Theories of Psychotherapy

Delivery Method: **IN-PERSON**

Schedule: **THU 12:00pm – 3:00pm**

Room Location: **IB250 (Instructional Centre)**

Contact Information

Instructor:

Prof. Erika Carlson

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Teaching Assistant:

Sarra Jiwa

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Office Hours: Thursdays, 9-10am *in person* and by appointment via Zoom.

Office Location: Deerfield Hall, Room 4024

Email policy: For all course communication, please include the course code in the subject line. Also use your university email address, otherwise your message may go to our spam folders. We will do our best to respond to your message within 48 weekday hours.

Course Description

This course is designed to follow PSY230 (Introduction to Personality) and/or PSY240 (Introduction to Abnormal Psychology). It assumes a working familiarity with the major theories of personality and/or psychological disorders. We will cover the most influential theories of psychotherapy and discuss how they are applied in modern practice. This will be accomplished through lectures, in-class activities, and the assigned text.

Prerequisite: PSY201H5/equivalent, 230H5 or 240H5 **Exclusion:** PSY332H5. If you have questions about missing prerequisites, the waiting list or other enrollment issues, please contact the Academic Counselor for further information at jodie.stewart@utoronto.ca

Reading Material

1. Gildiner, C. (2020). Good Morning, Monster. St. Martin's Press (ISBN: 978-0735236967)
2. We will also use various texts in class to work through case studies. These texts will be posted in your weekly modules and can be read in, before, or after class.

The course text is a written by a clinical psychologist from the GTA who documents her work with five, heroic clients. Notably, these clients have experienced remarkable challenges in life and share disturbing narratives around sexual, physical, and verbal abuse as well as extreme neglect. If you would like a different text due to these themes, I have identified an alternative text that is a bit longer but also discusses case studies from a therapist's perspective. You do not have to indicate why, but please let me and your TA know if you are opting for the alternate text.

Alternative text: Maybe You Should Talk to Someone, by Lori Gottlieb (ISBN: 978-1328662057)

Learning Objectives

By the end of this course, you should be able to:

1. Understand the common factors of psychotherapy as well as the specific factors for the foundational theories of psychotherapy.
2. Be able to compare the foundational theories of psychotherapy, specifically regarding their claims about personality, psychopathology, and process of change.
3. Be able to apply the foundational theories to specific cases in class and in your own life.
4. Understand the criteria for evidence-based treatments and be able to identify which psychotherapy treatments are evidence-based.
5. Describe your own theoretical orientation as a therapist.
6. Identify how your position in society might affect your client interactions and your theoretical orientation.
7. Refine your critical thinking skills as well as your writing, collaboration, and presentation skills.

Course Evaluation

Your grade will be determined by the following forms of evaluation:

<u>Evaluation</u>	<u>Percentage of total grade</u>
Test 1	25%
Test 2	25%
Group Project	20%
Capstone Project	20%
Participation	10%

Tests: There will be two, noncumulative tests. However, themes do run throughout the course, so overlapping material may appear on both tests.

Group Project: In randomly assigned groups, you will research and present a psychotherapy modality not covered in class. Please see Quercus for a detailed discussions and a grading rubric.

Capstone Project: You will develop your own theoretical orientation as a therapist. Please see Quercus for a detailed discussions and a grading rubric.

Class participation: This is an interactive class, and you will receive marks for participation in group activities.

Course Webpage

The website associated with this course is accessible via <http://q.utoronto.ca>

Note: You don't need to create a new login for Quercus; it already knows who you are. You just need your UTORid and password. This is the same login that gets you onto the wireless network with your laptop, and the same one that you use to check your email. If you're confused about your UTORid or don't remember your password, go to: <https://www.utorid.utoronto.ca/>

In order to access course material, monitor course information, and view your grades you must log into Quercus. If you have any general questions regarding Quercus, please visit the [help site](#).

Student Tech Requirements and Connection Tools

- [Recommended tech requirements for online learning](#)
- [UTM Library Learn Anywhere resource website](#)

IMPORTANT COURSE POLICIES **PLEASE READ**

Missed Test Special Consideration Request Process

Students who miss a test due to circumstances beyond their control (e.g. illness or an accident) can request that the Department grant them special consideration. Students must present their case to the Department (NOT the Instructor) by submitting a request via the online Special Consideration Request form at: <https://utmapp.utm.utoronto.ca/SpecialRequest>.

Important note: If you sit down and receive a test, you will **NOT** be able to receive special consideration.

If your request is approved by the department, a make-up test will be offered. You will receive an email when a make-up date has been arranged. The department will try to give 2-3 days notice of make-up date, however this is sometimes is not possible. **Be prepared for the make-up** and note that you will receive a **different version** of the test.

Extension of Time Special Consideration Request Process

Students who seek to be granted more time to complete their term work beyond the due date without penalty, owing to circumstances beyond their control (e.g., illness, or an accident), must do so by submitting a request **directly to the Instructor** for the period up to and including the last day of the term. The decision as to whether or not to apply a penalty for the specified period rests with the Instructor.

Students who seek to be granted more time to complete term work **beyond the last day of the term** must submit their request **directly to the Department**. This request covers the period following the last day of classes and ends the last day of the exam period. This is done by submitting a request via the online Special Consideration Request form at <https://utmapp.utm.utoronto.ca/SpecialRequest>. You are advised to seek advising by the departmental Undergraduate Counsellor prior to the deadline.

Supporting Documentation

The University is temporarily suspending the need for a doctor's note or medical certificate for any absence from academic participation. However, you are required to use the Absence Declaration tool on ACORN found in the Profile and Settings menu to formally declare an absence from academic participation. The tool is to be used if you require consideration for missed academic work based on the procedures specific to our campus/department.

Missed Final Exam or Extension of Time beyond exam period

Missed final exams or for extensions of time beyond the examination period you must submit a petition through the [Office of the Registrar](#) and follow their procedures.

Penalties for Lateness

A penalty of 10% per calendar day (i.e., including weekends and holidays, during which students are not able to submit term work) up to and including the last day of classes, will be applied by the Instructor. After the last day of classes, the penalty of 10% per calendar day will be applied by the Undergraduate Counsellor on behalf of the Department. No penalty will be assigned if request for special consideration, described above, was successful.

Academic Guidelines

It is your responsibility to ensure that you have met all prerequisites listed in the UTM Calendar for this course. If you lack any prerequisites you **WILL BE REMOVED** from the course up until the last day to add a course.

Further information about academic regulations, course withdrawal dates and credits can be found in the University of Toronto Mississauga Calendar.

You are encouraged to read this material. If you run into trouble and need advice about studying, preparing for exams, note taking or time management, free workshops and advice are available from the Robert Gillespie Academic Skills Centre at 905-828-5406.

AccessAbility Services

The University provides academic accommodations for students with disabilities in accordance with the terms of the Ontario Human Rights Code. This occurs through a collaborative process that acknowledges a collective obligation to develop an accessible learning environment that both meets the needs of students and preserves the essential academic requirements of the University's courses and programs. Students requiring academic accommodations for learning, physical, sensory, or mental health disabilities or medical conditions should contact the AccessAbility Office (2037B Davis Building), 905-828-3847.

Privacy and Copyright Disclaimer

Given that there is little required reading outside of class, lectures are very important. I will do my best to record lectures in the event of student illness, but please note that technical difficulties do arise, so please do not rely on these recordings. Thus, this course, including your participation, will be recorded on video and will be available to students in the course for viewing after each session. Course videos and materials belong to your instructor, the University, and/or other sources depending on the specific facts of each situation, and are protected by copyright. Do not download, copy, or share any course or student materials or videos without the explicit permission of the instructor. For questions about recording and use of videos in which you appear please contact your instructor.

Academic Honesty and Plagiarism

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 Mississauga is a strong signal of each student's individual academic achievement. As a result, UTM treats cases of cheating and plagiarism very seriously.

The University of Toronto's Code of Behaviour on Academic Matters outlines behaviours that constitute academic dishonesty and the process for addressing academic offences. Potential offences include, but are not limited to:

In papers and assignments:

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

On tests and exams:

1. Using or possessing unauthorized aids.
2. Looking at someone else's answers during an exam or test.
3. Misrepresenting your identity.

In academic work:

1. Falsifying institutional documents or grades.
2. Falsifying or altering any documentation required, including (but not limited to) doctor's notes.

With regard to remote learning and online courses, UTM wishes to remind students that they are expected to adhere to **the Code of Behaviour on Academic Matters** regardless of the course delivery method. By offering students the opportunity to learn remotely, UTM expects that students will maintain the same academic honesty and integrity that they would in a classroom setting. Potential academic offences in a digital context include, but are not limited to:

Remote assessments:

1. Accessing unauthorized resources (search engines, chat rooms, Reddit, etc.) for assessments.
2. Using technological aids (e.g. software) beyond what is listed as permitted in an assessment.
3. Posting test, essay, or exam questions to message boards or social media.
4. Creating, accessing, and sharing assessment questions and answers in virtual “course groups.”
5. Working collaboratively, in-person or online, with others on assessments that are expected to be completed individually.

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.

Normally, students will be required to submit their course essays to the University’s plagiarism detection tool for a review of textual similarity and detection of possible plagiarism. In doing so, students will allow their essays to be included as source documents in the tool’s reference database, where they will be used solely for the purpose of detecting plagiarism. The terms that apply to the University’s use of this tool are described on the Centre for Teaching Support & Innovation web site (<https://uoft.me/pdt-faq>). You may opt out of this tool but must notify your Instructor by September 22nd and will be given further instructions on submitting work at that point.

Academic Rights

You, as a student at UTM, have the right to:

- Receive a syllabus by the first day of class.
- Rely upon a syllabus once a course is started. An instructor may only change marks’ assignments by following the University Assessment and Grading Practices Policy provision 1.3.
- Refuse to use turnitin.com (you must be offered an alternative form of submission).
- Have access to your instructor for consultation during a course or follow up with the department chair if the instructor is unavailable.
- Ask the person who marked your term work for a re-evaluation if you feel it was not fairly graded. You have up to one month from the date of return of the item to inquire about the mark. If you are not satisfied with a re-evaluation, you may appeal to the instructor in charge of the course if the instructor did not mark the work. If your work is remarked, you must accept the resulting mark. You may only appeal a mark beyond the instructor if the term work was worth at least 20% of the course mark.
- Receive at least one significant mark (15% for H courses, 25% for Y courses) before the last day you can drop a course for H courses, and the last day of classes in the first week of January for Y courses taught in the Fall/Winter terms.
- Submit handwritten essays so long as they are neatly written.
- Have no assignment worth 100% of your final grade.
- Not have a term test worth more than 25% in the last two weeks of class.
- Retain intellectual property rights to your research.
- Receive all your assignments once graded.

- View your final exams. To see a final exam, you must submit an online Exam Reproduction Request within 6 months of the exam. There is a small non-refundable fee.
- Privacy of your final grades.
- Arrange for representation from Downtown Legal Services (DLS), a representative from the UTM Students' Union (UTMSU), and/or other forms of support if you are charged with an academic offence.

Equity Statement

The University of Toronto is committed to equity and respect for diversity. All members of the learning environment in this course should strive to create an atmosphere of mutual respect. As a course instructor, I will neither condone nor tolerate behaviour that undermines the dignity or self-esteem of any individual in this course and wish to be alerted to any attempt to create an intimidating or hostile environment. It is our collective responsibility to create a space that is inclusive and welcomes discussion. Discrimination, harassment and hate speech will not be tolerated. If you have any questions, comments, or concerns you may contact the UTM Equity and Diversity officer at edo.utm@utoronto.ca or the University of Toronto Mississauga Students' Union Vice President Equity at vpequity@utmsu.ca.

Course Outline

Please note that this outline is subject to change depending on the needs of the class (we may need additional time to cover a topic). Any changes to the syllabus will be announced in class one week before. However, the assignment and test dates are fixed.

Date	Topic	Readings	Due Dates
September 8	What is Psychotherapy?		
September 15	Psychoanalytic and Psychodynamic Therapy	Laura	
September 22	Person-Centered Therapy	Peter	Group Project Topic Due
September 29	Experiential Therapies: Gestalt and Emotion-Focused	Danny	
October 6	**Test 1**		
October 13	Reading Week (No classes)		
October 20	Cognitive-Behavioral Therapy		
October 27	Third Wave Approaches: DBT, MBSR	Alana	
November 3	Systems approaches: Family therapy		
November 10	Integrative approach	Madeline	Group Project Due
November 17	<i>Presentations (Online)</i>		
November 24	Guest Speakers (Online): Clinical psychologist and psychotherapist		Capstone Project Due
December 1	**Test 2**		

If you are reading the alternative text, let us know and we will let you know which chapters you should read.