Psyc2005

INTRODUCTION TO COUNSELING & THERAPEUTIC PSYCHOLOGY

Instructor: Christian S. Chan, Ph.D. shaunlyn@hku.hk
Office Hour: Tuesday 12:00 - 13:00; Office: JCT 667
Lectures: 2nd semester 2019-20, Tuesday 13:30 - 15:20
Tutors: Ms. Ka Wai Ng kawaing@hku.hk JCT 618, 3917-8228
Dr. Benise Mak benise@hku.hk JCT 613, 3917-8226

Course Description & Objectives

This course provides a theoretical foundation of counseling and clinical psychology. It is designed for students who are interested in how psychological theories and science are applied to counseling and psychotherapy. After an overview on the therapeutic relationship and profession, the course will focus on a sample of major theoretical orientations in counseling and psychotherapy. Some practical experiences on self-understanding, behavioral change, and basic interview skills will be included. There are three objectives:

1. To understand the fundamentals of therapeutic relationship and the ethical issues of counseling profession;
2. To understand the value assumptions, key concepts, strengths, and limitations of the sampled major theoretical orientations in counseling and psychotherapy; and
3. To be reflective learners who integrate what you learn in this course with your own personal experience.

Learning Outcomes

1. Acquire foundational knowledge of (i) the functions and goals of the therapeutic relationship and profession, (ii) the ethical issues pertinent to the counseling and clinical profession, and (iii) the core assumptions, history, key concepts, strengths, and limitations of some of the major theoretical orientations in counseling and psychotherapy;
2. Improve ability in (i) integrating course material with personal experience, and (ii) critically examine the cultural biases and relevance of western psychological theories in the local context; and
3. Acquire ability to perform basic active listening and interviews.
Reading Material


Course Outline

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<th>Week</th>
<th>Date</th>
<th>Topic</th>
<th>Reading</th>
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<tr>
<td>1:</td>
<td>1/9</td>
<td>Overview</td>
<td>WC Ch.1 &amp; Rogers Ch.1</td>
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<td>2:</td>
<td>8/9</td>
<td>Psychoanalytic &amp; Psychodynamic Theories</td>
<td>WC Ch.2</td>
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<td>3:</td>
<td>15/9</td>
<td>Psychoanalytic &amp; Psychodynamic Theories</td>
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<td>4:</td>
<td>22/9</td>
<td>Basic Skills &amp; Person-Centered Therapy</td>
<td>WC Ch.4 &amp; Rogers Ch.2-3</td>
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<td>5:</td>
<td>29/9</td>
<td>Emotion-Focused Therapy &amp; Existential Therapy</td>
<td>Greenberg, Frankl Ch.1, &amp; WC Ch.8</td>
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<td>6:</td>
<td>6/10</td>
<td>Cognitive Behavioral Therapy</td>
<td>WC Ch.5, Ch. 6</td>
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<td>7:</td>
<td>20/10</td>
<td>Test I (Weeks 1-6) &amp; Ethics</td>
<td>HKPS (p.4-17)</td>
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<td>8:</td>
<td>27/10</td>
<td>Cognitive Behavioral Therapy</td>
<td>WC Ch.7 &amp; Germer</td>
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<td>9:</td>
<td>3/11</td>
<td>Integrative Psychotherapies &amp; Transdiagnostic Approaches</td>
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<td>10:</td>
<td>10/11</td>
<td>Community Psychology &amp; Critical Psychology</td>
<td>Marecek &amp; Nelson</td>
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<td>11:</td>
<td>17/11</td>
<td>Multicultural, Local &amp; Global Issues</td>
<td>White &amp; Ho</td>
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<td>12:</td>
<td>24/11</td>
<td>Lifestyle medicine &amp; eHealth/mHealth</td>
<td>Sarris</td>
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<td>13:</td>
<td>1/12</td>
<td>Test II (Weeks 7-12)</td>
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**Course Assessment**

1. **Essay (30%)**
   A 3,000-word essay that describes and discusses an assigned 3-part experiential exercise. First draft due on Oct 6, 5pm (HKT); final draft due on Dec 8, 5pm (HKT). Late submission will be penalized. See *Handout* for details.

2. **Written Tests (Mid-term: 18%, Final: 18%)**
   Two non-accumulative written tests, conducted during the course of the semester (Oct 20 & Dec 1). No student will be allowed to take either test early; there will be no make-up test. With acceptable medical documentation, make-up tests are administered within a week after the regular test date. There is absolutely no make-up test for the make-up test.

3. **Behavioral Change Project (17%)**
   Students will be required to submit two brief progress reports on their behavioral change project. A final progress report and reflection paper will be due on Nov 27, 5pm (HKT). Late submission will be penalized. See *Handout* for details.

4. **Weekly Pre-Lecture Quizzes (7%)**
   Students are required to take a pre-lecture quiz prior to each lecture (except *Weeks 1, 2, & 7*). Each pre-lecture quiz consists of 3 multiple-choice questions designed to help students grasp the general content of the upcoming lecture. Each quiz is to be completed by Monday 23:59 (HKT) before the lecture for that week. Only the highest 7 scores (out of 9 quizzes) will be counted. Unforeseen technical failure is not a legitimate reason for missing the deadline of the pre-lecture quizzes, unless the University’s server has been affected. The quizzes will be administered on Moodle. There will be no make-up opportunities for the quizzes.

5. **Tutorial (10%)**
   Students are expected to attend and actively participate in weekly tutorial via Zoom, starting *Week 3*.

**Grades**

The grading scheme used for this course is: A+ (95+), A (90-94), A- (85-89), B+ (82-84), B (78-81), B- (75-77), C+ (72-74), C (68-71), C- (65-67), D+ (61-64), D (55-60), F (0-54).

This course assignments have strict word count requirements. Please see assignment handouts for further details.

**Communication and Feedback Policies**

If you have any questions related to this course, please first contact your tutor. If your tutor is unable to answer your question, they will contact the course instructor and we will get back to you in due course. If you have any complaints concerning this course and the assignments during the semester, please schedule a time to see the course instructor. We will not entertain complaints by email.

When you email your tutor, note that they are not obliged to answer them outside office hours. Your tutor will prioritize the order of response based on his or her assessment of the urgency of the matter.
Inquiries concerning factual information (e.g., those that have been stated clearly in the course outline or can be easily searched online) will be of low priority. The course instructors and tutors will not reply any email received within 24 hours before the mid-term and final tests.

Test papers and final submissions of assignments will not be returned to students; however, students can get individual feedback about each test through meeting with course instructor/tutor. Weekly consultation hours are set up for individual consultation. For written assignments, students receive feedback within an appropriate timeframe depending on the nature of the assignments.

**Academic Integrity**

Academic honesty: Academic dishonesty will not be tolerated. Any student who engages in any form of academic dishonesty (e.g., cheating on exams, plagiarism, self-plagiarism, interfering with grading, falsification and fabrication of data in any academic exercise etc.) will receive a grade of F in this course and will be reported to the Department/Faculty Office/University Disciplinary Committee for further disciplinary action. There will be no exceptions. If you are not sure what constitutes the academic offense of plagiarism, checkout the webpage at http://www.hku.hk/plagiarism. Department of Psychology has formulated departmental policies/guidelines on student misconduct. Visit the department website [here](http://www.hku.hk/plagiarism) for more information.

Plagiarism: A softcopy is required for all written assignments. The softcopy will be checked for plagiarism against a database of articles, books, webpages, and essays submitted by students at HKU and other universities. No credit will be given for an assignment that contains plagiarized materials. Further penalties will also be applied. These penalties include a zero mark for participation in course tutorials and a zero mark for the course. Plagiarism will also be reported to the Department/Faculty Office/University Disciplinary Committee for consideration of possible disciplinary action.