



## **Trinity Western University**

### **Undergraduate Course Syllabus**

**Course Number:** Psych 339

**Course Name:** Mental Health and Adjustment

**Semester and Year:** Fall 2024

**Course Day(s) & Time:** Thursday Evenings, 6pm-8:30

**Instructor:** Emily Verseveldt, MA-MFT, RMFT-SQ, CCC

**Contact Information:** [emily.verseveldt@twu.ca](mailto:emily.verseveldt@twu.ca)

**Office Hours:** Virtual appointments only

**Co-requisites or Pre-requisites:** Click here to enter text.

**Semester Hours:** 3 Semester Hours

We acknowledge that Trinity Western University, Langley campus is located on the traditional ancestral unceded territory of the Stó:lō people.

### **Course Description:**

A psychological perspective on the experiences and problems humans encounter in daily living. Self-understanding in such areas as love, work, religion, sexuality, values and meaning, and interpersonal relationships. Growth models and health.

### **Course Design**

This course is a combination of asynchronous and synchronous learning. Each student will be required to go through the units online and complete the activities per week as if they were attending a weekly class. The asynchronous learning portion will be a combination of readings,

visual exercises, self-reflection tools, quizzes, case studies and watching some video clips. These activities will not be marked but will be based on the honor system in regard to completion. The synchronous portion of the class will expand on the information provided online and be primarily discussion based to aid in the solidifying of the materials learned online. There are 2.5 hours allotted for the virtual class with the potential to end early depending on the discussion and amount of questions. For students who can attend the virtual class, it is recommended to complete their portion of asynchronous learning before they participate in it. There will be five graded assignments; see the assignment descriptions and grade percentages below.

## Course Learning Outcomes:

After successfully completing the course, you will be able to:

- Develop a preliminary understanding of how to work with emotional and physical trauma and be able to articulate the effect trauma has on the brain.
- Be able to interact with addictions through a grounded and compassionate lens.
- Be able to discuss grief and loss on a personal level and a cultural (North American) level.
- Be able to demonstrate a preliminary knowledge of the main mental health crises and know where to engage with resources around these crises.
- Be able to recognize, respond and engage with stress and begin to formulate your own ideas on what wellness and thriving look like.
- Be able to begin to articulate and understand what talking about spirituality looks like in the therapy room and what are some various approaches to doing this. .

## Course Learning Evaluation:

<u>Assignment</u>	<u>% of Grade</u>	<u>Connection to CLOs</u>	<u>Due Dates</u>
1. <u>Term Paper</u>	<u>35%</u>	<u>1, 2, 3, 4, 5, 6</u>	<u>November 28th</u>
2. <u>Oral Presentation</u>	<u>20%</u>	<u>1, 2, 3, 4, 5, 6</u>	<u>November 14th</u>
3. <u>Case Conceptualization</u> <u>(Dependent on choice-you only need to do 3)</u>	<u>20%</u>	<u>1, 2, 3, 4, 5, 6</u>	<u>Oct 24th (1), 31st (2), Nov 7th (3), 14th (4), 21st (5), 28th (6)</u>
4. <u>Forum Discussion Participation (forum will be closed on Thursdays-see assignment description for more details.)</u>	<u>25%</u>	<u>1, 2, 3, 4, 5, 6</u>	<u>Oct 22nd (1), 29th (2), Nov 5th (3), Nov 12th (4), 19th (5), Nov 26<sup>th</sup> (6)</u>

## Required Texts and Materials:

Required:

- In the Realm of Hungry Ghosts by Gabor Mate
- Emotionally Focused Family Therapy by Adele LaFrance

Recommended:

- Being Mortal by Atul Gwande
- *The Body Keeps the Score* by Bessel Van der Kolk
- Counseling and Christianity: 5 Approaches by Stephen Greggrio & Timothy Sisemore

## Course Policies:

### Academic Integrity and Avoiding Plagiarism at TWU

One of the core values of Trinity Western University is the integration of academic excellence with high standards of personal, moral, and spiritual integrity. The University considers it a serious offence when an individual attempts to gain unearned academic credit. It is the student's responsibility to be informed about what constitutes academic misconduct. For details on this, and on identifying and avoiding plagiarism go to the [University Homepage > Academics > Academic Calendar \(Section: Academic Policies\)](#).

<https://prezi.com/od62fxnkbmxh/plagiarism-how-to-get-it-out-of-your-life/> (Prezi presentation)  
<http://bit.ly/1p00KX3> (Google Slide presentation offering more comprehensive information)

### Artificial Intelligence Policy Excerpt:

It is vitally important that you understand the purpose of your Christian Liberal arts university education at TWU. In order to equip you to think truthfully, act justly, and live faithfully for the good of the world and the glory of God, we know that you must grow in your ability to engage in genuine critical thinking, generate original work, and express your own ideas in an organized and clear manner. Quite simply, generative AI tools can shortcut that process. We urge you to avoid thinking of your education as transactional (produce something, get a grade, get a degree) and instead consider it as transformational (helping you to become a better human being).

At the same time, we also understand that we are preparing you for a life and career after graduation wherein the use of generative AI tools will become more commonplace. To that end, we hope to guide

you toward its use in ethical ways that do not shortcut the overall purpose of your education but rather enhance it.

Your responsibility is to ensure that you understand the ethical and legal issues inherent in the use of these tools, avoid the use of any tool that shortcuts the learning process, and pay close attention to the expectations that each of your professors has based on the learning outcomes for each course that you take at TWU. If anything is unclear, please ask.

### **Professor Expectations of AI usage:**

AI usage in this class is limited to the following:

1. Using AI to come up with a list of resources and articles that pertain to your assignment.
2. Wording or grammar on a couple of sentences throughout your assignments. Please do not do entire paragraphs. AI is not creative and will regurgitate the same paragraphs across students' assignments. This is also considered plagiarism as this is not your writing.
3. Help in fixing citation errors or generating reference pages. You are responsible that the citation is correct as sometimes the AI doesn't do a good job of this.
4. Please do not use any AI for Forum postings or for your case conceptualizations

### **Protocol if AI usage is suspected:**

1. Professor will issue a warning and an opportunity to redo the assignment which will need to be done within 24 hours otherwise it will be given a 0 on the assignment. There will be no extensions granted as there has been a warning issued to not use AI.
2. If the assignment is not fixed within the 24 hour period, professor will reach out to the Dean and further action may be taken other than a zero on the assignment.

### **Campus Closure and Class Cancellation**

In the event of extreme weather conditions or other emergency situations refer to <https://www.twu.ca/campus-notification>.

### **University Standard Grading System**

The Standard Grading System can be found in the Academic Calendar at <https://www.twu.ca/academics/academic-calendar> (See Section: Grading Practices).

## Course Statements:

### ADC Program

Because the ADC program is accelerated, prompt submission of assignments as well as grading and instructor feedback is important. However, life happens and sometimes accommodations need to be made. Regarding due dates, the following responsibilities and consequences apply:

1. The instructor will *strive* to return all on-time assignments (with a grade and comments where appropriate) to students **within 1 to 2 weeks** after the due date.
2. It is the student's responsibility to inform the instructor in advance of the due date that an assignment will be late and to negotiate an extension agreement with the instructor (an email request along with the instructor's confirmation is all that is required).
3. All assignments submitted after the posted due date (without an instructor approved extension) will be **deducted 2% for each day late**.
4. No assignments (without an instructor approved extension) will be graded if submitted later than seven days from the official course end date.

### Academic Freedom

With our charter, mission, and identity as a Christian university, Trinity Western University is committed to academic freedom, affirming and supporting it as defined and described in the statements of Universities Canada and the Tri-Council Research Granting Agencies provided in full at the following link: <https://www.twu.ca/academic-freedom-trinity-western-university>.

Students should familiarize themselves with both the academic freedom statement and policy found at the Academic Freedom website. In this course, the academic freedom of both the course instructor and students is to be respected. Trinity Western University welcomes a diversity of academic perspectives, both in class discussion and submitted course work, provided they are thoughtfully and respectfully presented. Hate speech will not be tolerated.

### Accessibility Statement

Students with a disability who need assistance are encouraged to contact the Centre for Accessible Learning upon admission to TWU to discuss their specific needs. All disabilities must be recently documented by an appropriately certified professional and include the educational impact of the disability along with recommended accommodations. Once documented with the Centre for Accessible Learning, a letter will be sent to the student's professor recommending appropriate accommodations.

Within the first two weeks of the semester, students must meet with their professors to agree on accommodations appropriate to each class. Students should follow the steps detailed by the Centre for Accessible Learning outlined on the website at <https://www.twu.ca/academics/learning-commons/centre-accessible-learning>.

### **Hospitality in the Classroom**

TWU is committed to an ethic of inclusion centered on the principles of Christian hospitality, reciprocity and reconciliation. We seek to cultivate generous learning spaces that are based on respect for differences and are open to diverse views, opinions, and identities that are thoughtfully expressed in a collegial manner. We welcome and value all voices, including those from under-represented groups or those who have been marginalized.

### **Confidentiality and Sharing**

Since this course provides the opportunity for a lot of self reflection and sharing, it is important to state that you are not required to share anything that you do not feel comfortable with. The amount of sharing or vulnerability you choose to show will not affect your grade or perception of academic performance in any way. You will simply be provided with the opportunity and it will be up to you if or how much you would like to share. We respect each student's right to privacy.

### **TWU Writing Centre (Undergraduate)**

The Writing Centre is available to assist all students with their academic writing assignments in any subject at any stage of the writing process from brainstorming to editing. Live, online writing appointments are available throughout the week by appointment and take place within the Learning Commons appointment booking system. To make an appointment, visit [www1.twu.ca/writingcentre](http://www1.twu.ca/writingcentre). For undergraduates, online writing feedback is offered through WriteAway. Students can submit up to three drafts of a paper, and the online tutors will provide feedback and resources to help improve the writing. Find out more at <https://writeaway.ca>. For more information, visit <https://www.twu.ca/writing-centre> or contact [writingcentre@twu.ca](mailto:writingcentre@twu.ca).

## **Tentative Course Outline:**

Date	Topics & Activities	Assignments
------	---------------------	-------------

Oct 17	Work with Trauma:	<b>Reading:</b> Go through Learning Activities
Oct 24th	Work with Addictions:	<b>Reading:</b> Go through Learning Activities Forum Question 1 Due Case Conceptualization 1 Due Oral Presentation Assigned
Oct 31	Work with Grief and Loss:	<b>Reading:</b> Go through Learning Activities Forum Question 2 Due Case Conceptualization 2 Due
Nov 7th	Work with Stress and Resiliency:	<b>Reading:</b> Go through Learning Activities Forum Question 3 Due Case Conceptualization 3 Due
Nov 14th	Work with Mental Health/Crises:	<b>Reading:</b> Go through Learning Activities Forum Question 4 Due Oral Presentation Due Case Conceptualization 5 Due Start Watching Presentations
Nov 21st	Work with Spirituality and Counseling:	<b>Reading:</b> Go through Learning Activities Forum Question 6 Due Case Conceptualization 6 Due Oral Presentation Comment/question  Research Paper due one week after classes

