

Trinity Western University

Undergraduate Course Syllabus

Course Number: Psych 339

Course Name: Mental Health and Adjustment

Semester and Year: Summer 2023

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

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

Contact Information: 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 regarding 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 number of questions. For the students who can attend the virtual class, it is recommended to complete their portion of asynchronous learning before they participate in the virtual class. 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.

Approved by University Senate November 9, 2021

- 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>June 8th</u>
2. <u>Oral Presentation</u>	<u>20%</u>	<u>1, 2, 3, 4, 5, 6</u>	<u>May 25th</u>
3. <u>Case Conceptualization (3 of them)</u>	<u>20%</u>	<u>1, 2, 3, 4, 5, 6</u>	<u>May 4th (1), 11th (2), 18th (3), 25th (4), June 1st (5), 8th (6)</u>
4. <u>Forum Discussion Participation</u>	<u>25%</u>	<u>1, 2, 3, 4, 5, 6</u>	<u>May 4th (1 & 2), 11th (3), 18th (4), 25th (5), June 1st (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

Approved by University Senate November 9, 2021

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)

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 centred 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. 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.

Tentative Course Outline:

Date	Topics & Activities	Assignments
April 27th	Work with Trauma:	Reading: Go through Learning Activities

May 4th	Work with Addictions:	Reading: Go through Learning Activities Forum Question 1 & 2 Due Case Conceptualization 1 Due Oral Presentation Assigned
May 11th	Work with Grief and Loss:	Reading: Go through Learning Activities Forum Question 3 Due Case Conceptualization 2 Due
May 18th	Work with Stress and Resiliency:	Reading: Go through Learning Activities Forum Question 4 Due Case Conceptualization 3 Due
May 25th	Work with Mental Health/Crises:	Reading: Go through Learning Activities Forum Question 5 Due Case Concept. 4 Due Oral Presentation Due Start Watching Presentations
June 1st	Work with Spirituality and Counseling:	Reading: Go through Learning Activities Forum Question 6 Due Case Conceptualization 5 Due Oral Presentation Comments Due June 8th: Research Paper Due Case Conceptualization 6 Due