Introduction to Psychological Services
Human Development and Psychological Services 201-0
Fall Quarter 2003

Instructor: Nancy E. Remley, Ph.D.
Offices: 636 Church St. #619A
103 Annenberg (Mondays 1:30-3p.m.)
By appointment only
Phone: 847-864-0851
E-mail: n-remley@northwestern.edu

Required Texts:


For seniors only in place of the Kaysen book:

In addition, there is a required packet compiled of three articles or "excerpts" that will be required reading, some extra credit reading, and some follow-up reading. This must be purchased for $5.00 from Mr. Aaron Akins in the Student Affairs Office, Annenberg.

Goals:

(1) To increase your knowledge of the careers, training, sites,
patient/client populations in the area of psychological services.

(2) To give you an appreciation of the relatively short history of current mental health care through "real" case histories and classic essays.

(3) To stimulate and provoke an open mind about how we define, treat, and relate to mental illness/problems in the psychological services. I want you to have informed opinions about these issues.

(4) To expose you to a variety of clinical cases described either autobiographically or by experienced therapists. You will read what these master therapists consider to be the common traits of good therapists and good therapy.

(5) To introduce you to some counseling fundamentals and a few of the most common mental disorders.

**Format:**

The course will meet twice a week from **12-1:30 p.m. on Mondays and Wednesdays.** Class time will include presentations by the instructor and guests, discussion of the readings, and small group discussions. An occasional audio-visual presentation may also be used to enhance your learning.

**Requirements:**

(1) Regular and punctual attendance of classes. **If you are ill or must miss class, contact the T.A. beforehand.**

(2) Participation in class discussions and experiential activities.

(3) Satisfactory completion of assignments and final exam.

**Teaching Assistant**

Please contact **Leah Darrah Doane** with your questions, anticipated absences, or other concerns. Her office is in Annenberg 105. She will hold office hours on Mondays and Wednesdays, 1:30-3:00 p.m.

Her e-mail address is l-doane@northwestern.edu.
Determination of Grade

Grades will be based on the satisfactory completion of the requirements as follows:

(1) Unexcused absences from class will result in a loss of grade points. Attendance is mandatory and an attendance record will be kept.

(2) Efforts to participate in class discussions and in-class activities will be noted. This will also be an opportunity for you to indicate your familiarity with the reading assignments. This in conjunction with attendance will count for 20% of your final grade.

(3) There will be 3 assignments, each counting 15% of your final grade, and a final exam, which will count for 35%. Assignments are to be turned in at the beginning of class time on the day they are due. Assignments turned in late will be docked a grade.

Accommodations for students with disabilities

In compliance with Section 504 of the 1973 Rehabilitation Act and the Americans with Disabilities Act, Northwestern University is committed to providing equal access to all programming. Students with disabilities seeking accommodations are encouraged to contact the office of Services for Students with Disabilities (SSD) at 467-5530 or ssd@northwestern.edu. SSD is located in the basement of Scott Hall. SSD also has an excellent web-site which is viewable at: http://www.stuaff.northwestern.edu/ssp/

Academic Integrity

Northwestern students are expected to comply with the policies found in the booklet Academic Integrity at Northwestern. A copy of this booklet is found in section four of the SESP handbook or on-line at http://www.northwestern.edu/uacc/. Infractions may result in a grade of ‘F’ and/or probation or dismissal from the university.
# Introduction to Psychological Services
## Schedule and Reading List

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topic</th>
<th>Reading</th>
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<tbody>
<tr>
<td>Wk.1/September 24</td>
<td></td>
<td>Introduction to course</td>
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| Wk.2/September 29 |          | Reading: Consumer Reports, pp. 1-7(from packet)  
Rabinowitz, pp. 255-271 *Fromm* essay  
October 1 | Reading: Sheehan, pp.1-75 Part I |
| Wk.3/October 6    |          | Reading: Rabinowitz, pp. 67-80 *Reik* essay  
Baur, pp. 145-155 (from packet) | Reading: Sheehan, pp. 81-166 Part II |
| Wk.4/October 13   |          | **Video:** "Looking for Me"  
Reading: Yalom, pp.118-143, "The Wrong One Died"  
1<sup>st</sup> **Assignment due**  
**Guest:** Jami Marks, MSW, LCSW/School Social Worker  
Reading: Sheehan, pp.169-253 Part III | |
| Wk.5/October 20   |          | **Guest:** Rachel Prendergast, A.T.R.,LCPC Art Therapist  
Reading: Baur, pp. 127-143 (from packet)  
October 22 | Reading: Sheehan, pp. 257-333 Part IV |
| Wk.6/October 27   |          | **Guest:** Nathania Montes, Ph.D. Psychologist  
Reading: Kottler, Chap. 1, pp. 1-23  
October 29 | Reading: Manning, pp. 1-98 |
| Wk.7/November 3   |          | **Guest:** Laurie Honor, Ph.D. and Joe Honor, M.S.W.  
Reading: Kottler, Chap. 2, pp. 24-42  
November 5 | **2<sup>nd</sup> Assignment due**  
Reading: Manning, pp. 98-197 |
Wk.8/November 10  Reading: Yalom, pp. 187-212, "Three Unopened Letters:
November 12  Reading: Kottler, Chap. 3, pp. 43-69

Wk.9/November 17  Reading: Yalom, pp. 144-151, "I Never Thought It Would
November 19  Happen To Me"
Guest: Sydney Reed, MSW, LCSW  Family Therapist
Rabinowitz, pp. 22-31  Weinberg essay

Wk.10/November 24  Reading: Kottler, Chap. 4, pp. 70-98
November 26  Rabinowitz, pp.99-115  Albert essay
3rd Assignment due
Reading: Kaysen, pp. 1-82

Wk.11/December 1  Reading: Kaysen, pp. 83-163
December 3  Last class/review

Final Exam:  Friday, December 5  12 noon – 2 p.m.