Rehabilitation Sciences – Faculty of Health Sciences, Western University
RS4605A Rehabilitation Psychology – Fall Term 2019

Instructor: Dr. Natascha Wesch, Assistant Professor
Email: nwesch@uwo.ca
Office Hours: By appointment only (email professor to set up an appointment)
Lecture Hours: Wednesdays @ 6:30-9:30 PM HSB-35 (0.5 credits)

DESCRIPTION

Course Description: The course will cover a range of applications of psychology in rehabilitation. Since the physical consequences of illness or injury are stabilized after acute medical treatment, psychology plays a unique role in the rehabilitation phase, where further progress may be determined by motivation and general psychological adjustments to recovery. These include the rehabilitation of traumatic brain injury, spinal cord injury, and sport injury. Also, topics such as pain management, cognitive retraining, and psychological adjustment to disability will be explored.

Learning Objectives: Upon completion of this course students will be able to:
1. To appreciate the broad field of rehabilitation psychology and understand the mind-body connection in the context of health rehabilitation.
2. To explore the rehabilitation psychology framework that includes cognitive and behavioural components, application, and research.
3. To develop a strong platform for understanding the application of theory to practice.

Course Format: 3 lecture hours; 0.5 credit course.

Lecture Topics:
- What are disability, injury, illness? What are ability, health, wellness?
- What is rehabilitation psychology?
- Attitudes Towards disability
- Psychological Models, Psychological Adjustment and Resilience
- Predicting Positive Psychological Adaptation
- Flourishing, Positive Psychology and the Good Life
- Clinical Context and Applications

NB: The lecture timetable and topics are subject to change, as needed, throughout the course.

Prerequisite Checking: Unless you have either the requisites for this course or written special permission from your Dean to enroll in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.
Required Course Material: Various research articles, readings, and online texts are used for this course. All readings are available online through the University of Western Ontario library system. Readings not available online will be made available from the instructor.

Course Evaluation Summary (subject to revision; details provided in the first week of lecture):
- Personal Reflection (15%) – Due September 25 @ 6PM
- Lessons Reflection (20%) – Due November 1 @ 6PM
- Group Presentation (25%) – Due November 12 @ 6PM. Presentations on Nov 13, 20, 27
- Final Exam (40%) – Scheduled by the university during final exam period

COURSE & UNIVERSITY POLICIES

1. Attendance and Classroom Behaviour: In the School of Health Studies, each course instructor sets specific expectations for attendance and participation that are specific to the course, teaching objectives, and learning outcomes. Regular attendance is expected and essential for all courses, but particularly those that include participation grades in their evaluation schemes. Participation means not only attendance, but active engagement in the class, including (for example) contribution to small and large group discussions, a demonstrated effort to prepare for class by completing assigned readings before class, and following the instructor’s guidelines for use of electronic devices during class time. **Students who miss classes, or parts of classes, are responsible for the material they have missed. Instructors are not obliged to review the contents of missed lectures.** Attendance is mandatory for all student presentations (unless otherwise noted by instructor). Class will begin promptly at the time specified as per this syllabus. Please arrive prior to the class start time. If you must arrive late, please enter the classroom with a minimal disturbance to the class. I reserve the right to lock the classroom door and deny entrance if lateness becomes a common occurrence. Excessive talking during class time is disruptive, disrespectful, and will not be tolerated. Students engaging in such behaviour may be asked to leave the room. Cellular phones, pagers, and text-messaging devices are disruptive when they ring in class. If you must bring these with you, please place them on silent mode or turn them off during class. Failure to do so may result in your being asked to leave.

2. Assignment Due Dates: Assignments are due as per the instructor-set dates and will not be accepted late, except under medical or other compassionate circumstances. Submitting a late assignment without appropriate documentation will result in a zero (0) grade. Appropriate documentation for assignments worth less than 10% should be submitted to the instructor. A missed mid-term examination without appropriate documentation will result in a zero (0) grade. The course policy is to not allow make-ups for scheduled midterms, presentations or final exams, nor to assign a grade of 'Incomplete' without acceptable and verifiable medical (or equivalent compassionate) reasons. Acceptable reasons might include hospital stays, serious illness, family emergencies (like serious accidents or illness, death) or similar circumstances.
3. **Grades**: Where possible assignment objectives and rubrics will be posted on OWL. **Should you have a concern regarding the grade you received for an assignment or feel that it is unfair in any way, you must wait 24 hours from the receipt of the assignment to approach the instructor or TA. In doing so, please make an appointment and prepare in writing, with evidence, why you feel your grade is inappropriate.** Please be aware that in requesting a grade reassessment, your grade could go up/down/or stay the same. Note that calculations errors (which do occur) should be brought to the instructor’s attention immediately.

4. **Formatting**: APA style is the approved style of writing for all assignments produced for this course (unless otherwise stated). Please refer to Western University Library webpage for information on citation style and format or consult the APA publication manual: Publication manual of the American Psychological Association (6th ed.). (2009). Washington, DC: American Psychological Association.

5. **Student Code of Conduct**: The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at Western University, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed, and set out the disciplinary procedures that the University will follow. For more information, visit [http://www.uwo.ca/univsec/pdf/board/code.pdf](http://www.uwo.ca/univsec/pdf/board/code.pdf)


7. **Use of Plagiarism Checking Software**: All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com ([http://www.turnitin.com](http://www.turnitin.com)).

8. **Multiple Choice Exams**: Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

9. **Use of Electronic Devices**:  
   - **During Exams**: Unless you have medical accommodations that require you to do so, or explicit permission from the instructor of the course, you may not use any electronic devices during ANY tests, quizzes, midterms, examinations, or other in-class evaluations.  
   - **During Lectures and Tutorials**: Although you are welcome to use a computer during lecture and tutorial periods, you are expected to use the computer for scholastic
purposes only, and refrain from engaging in any activities that may distract other students from learning. From time to time, your professor may ask the class to turn off all computers, to facilitate learning or discussion of the material presented in a particular class. Unless explicitly noted otherwise, you may not make audio or video recordings of lectures – nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.

10. **Academic Considerations:** The University recognizes that a student’s ability to meet their academic responsibilities may, on occasion, be impaired by extenuating circumstances, including short-term illness or injury. Reasonable academic consideration is a cooperative process between the University, the student, and academic staff. All participants in the process must act in good faith, and fulfil their respective obligations, if it is to succeed. Students who experience an extenuating circumstance (illness, injury, or other extenuating circumstance) sufficiently significant as to temporarily render them unable to meet academic requirements, may submit a request for academic consideration through the following routes:

(i) Submitting a Self-Reported Absence form, provided that the conditions for submission are met;

(ii) For medical absences, submitting a Student Medical Certificate (SMC) signed by a licensed medical or mental health practitioner, in order to be eligible for Academic Consideration; or

(iii) For non-medical absences, submitting appropriate documentation (e.g., obituary, police report, accident report, court order, etc.) to Academic Counselling in their Faculty of registration, in order to be eligible for academic consideration.

Students seeking academic consideration:

- Are advised to consider carefully the implications of postponing tests or midterm exams or delaying handing in work;
- Are encouraged to make appropriate decisions, based on their specific circumstances, recognizing that minor ailments (e.g., upset stomach) or upsets (e.g., argument with a friend) are not normally an appropriate basis for a self-reported absence;
- **Must communicate with their instructors no later than 24 hours** after the end of the period covered by either the self-reported absence or SMC, or immediately upon their return following a documented absence;
- Are advised that all necessary documentation, forms, etc. are to be submitted to academic counselling within two business days after the date specified for resuming responsibilities

Students who experience an unexpected illness or injury or an extenuating circumstance (48 hours or less) that is sufficiently severe as to temporarily render them unable to meet academic requirements (e.g., attending lectures or labs, writing tests or midterm exams, completing and submitting assignments, participating in presentations) should self-declare using the online Self-Reported Absence portal. This option should be used in situations
where the student expects to resume academic responsibilities within 48 hours or less. The following conditions are in place for self-reporting of medical or extenuating circumstances:

a. Students will be allowed a maximum of two self-reported absences between September and April, and one self-reported absence between May and August;

b. The duration of the excused absence will be for a maximum of 48 hours from the time the Self-Reported Absence form is completed through the online portal, or from 8:30am the following morning if the form is submitted after 4:30pm;

c. The duration of the excused absence will terminate prior to the end of the 48-hour period, should the student undertake significant academic responsibilities (e.g., write a test, submit a paper) during that time;

d. The duration of an excused absence will terminate at 8:30am on the day following the last day of classes each semester, regardless of how many days of absence have elapsed;

e. Self-reported absences will not be allowed for scheduled final examinations; for midterm examinations scheduled during the December examination period; or for final lab examinations (i.e., “bell-ringers”);

f. Self-reporting may not be used for assessments (e.g., midterm exams, tests, reports, presentations, or essays) worth more than 30% of any given course;

g. Students must be in touch with their instructors no later than 24 hours after the end of the period covered by the Self-Reported Absence form, to clarify how they will be expected to fulfill the academic expectations they may have missed.

11. Academic Offences: Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site:

http://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf

12. Support Services: There are various support services around campus and these include, but are not limited to:

1. Student Development Centre http://www.sdc.uwo.ca/ssl/
2. Student Health http://www.shs.uwo.ca/student/studenthealthservices.html
3. Registrar’s Office http://www.registrar.uwo.ca/
4. Ombuds Office http://www.uwo.ca/ombuds/

13. Health and Wellness: As part of a successful undergraduate experience at Western, we encourage you to make your health and wellness a priority. Western provides several on-campus health-related services to help you achieve optimum health and engage in healthy living while pursuing your degree. For example, to support physical activity, all students receive membership in Western’s Campus Recreation Centre as part of their registration fees. Numerous cultural events are offered throughout the year. Please check out the Faculty of Music web page (http://www.music.uwo.ca/), or the McIntosh Gallery (http://www.mcintoshgallery.ca/). Further information regarding health and wellness-
related services available to students may be found at [http://www.health.uwo.ca/](http://www.health.uwo.ca/). If you are in emotional or mental distress should refer to Mental Health@Western [http://www.uwo.ca/uwocom/mentalhealth/](http://www.uwo.ca/uwocom/mentalhealth/) for a complete list of options about how to obtain help. To help you learn more about mental health, Western has developed an interactive mental health learning module, found here: [https://uwo.ca/health/mental_wellbeing/education/module.html](https://uwo.ca/health/mental_wellbeing/education/module.html).

14. **SHS Grade Policy**: The university-wide descriptor of the meaning of letter grades, as approved by Senate:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Minimum Score</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>90-100</td>
<td>One could scarcely expect better from a student at this level</td>
</tr>
<tr>
<td>A</td>
<td>80-89</td>
<td>Superior work that is clearly above average</td>
</tr>
<tr>
<td>B</td>
<td>70-79</td>
<td>Good work, meeting all requirements and eminently satisfactory</td>
</tr>
<tr>
<td>C</td>
<td>60-69</td>
<td>Competent work, meeting requirements</td>
</tr>
<tr>
<td>D</td>
<td>50-59</td>
<td>Fair work, minimally acceptable.</td>
</tr>
<tr>
<td>F</td>
<td>below 50</td>
<td>Fail</td>
</tr>
</tbody>
</table>

It is expected that the grades for **this course will fall between 74% and 80%**. In the event that the course average falls outside this range, a constant may be added (or subtracted) from each student’s grade, by the instructor, to bring the class average in line with school policy.