

Rehabilitation Sciences – Faculty of Health Sciences, Western University
RS4605A Rehabilitation Psychology – Fall Term 2023

I acknowledge that Western University is located on the traditional lands of the Anishinaabek, Haudenosaunee, Lûnaapéewak and Attawandaron peoples, on lands connected with the London Township and Sombra Treaties of 1796 and the Dish with One Spoon Covenant Wampum.

With this, I respect the longstanding relationships that Indigenous Nations have to this land, as they are the original caretakers. We acknowledge historical and ongoing injustices that Indigenous Peoples (First Nations, Métis and Inuit) endure in Canada, and we accept responsibility as a public institution to contribute toward revealing and correcting misinformation as well as renewing respectful relationships with Indigenous communities through our teaching, research and community service.

Instructor: Dr. Alanna Pierias
Email: apieria@uwo.ca
Office Hours: By appointment (contact professor to schedule an appointment)
Lecture Hours:

DESCRIPTION

Course Description: This course will cover a range of applications of psychology in rehabilitation. Topics such as pain management, cognitive retraining and psychological adjustment to disability will be explored using examples of rehabilitation of traumatic brain injury, spinal cord injury and sport injury.

Course Format: 3 lecture hours; 0.5 credit course. IN PERSON

Antirequisite(s): Health Sciences 4091A section 001 if taken in 2011-12 or 2012-13

Learning Objectives: Upon completion of this course students will be able to:

1. Appreciate the broad field of rehabilitation psychology, the applications of rehabilitation psychology principles, and the holistic approach to health care.
2. Understand the mind-body connection in the context of health rehabilitation.
3. Explore the rehabilitation psychology framework that includes cognitive and behavioural components, application, and research.
4. Develop a strong platform for understanding the application of theory to practice.

Lecture Topics: Content and schedule are subject to change.

1. What is dis/ability, ill/wellness, injury, health?
2. Psychological Models and Frameworks
3. Psychological and physical relation in injury
4. Chronic Injury/Illness and Disability
5. Exploring factors that influence psychological adjustment
6. Rehabilitation Psychology as a profession
7. Sports and orthopaedic injury
8. Brain Injury and Spinal Cord injury
9. Coping and Resilience
10. Clinical Context and Applications

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 - Course texts and readings are available online through the University of Western Ontario library system:

- Brenner, L. A., Reid-Arndt, S. A., Elliott, T. R., Frank, R. G., & Caplan, B. E. (2019). *Handbook of rehabilitation psychology*. American Psychological Association. <https://psycnet-apa-org.proxy1.lib.uwo.ca/PsycBOOKS/toc/16122>
- Kennedy, P. (2012). *The Oxford Handbook of Rehabilitation Psychology*. Oxford University Press. <https://www-oxfordhandbooks-com.proxy1.lib.uwo.ca/view/10.1093/oxfordhb/9780199733989.001.0001/oxfordhb-9780199733989>
- Additional research articles and readings used for this course that are not available online will be made available by the instructor

Course Evaluation Summary (subject to revision; details provided in class):

- Article and Group presentation - 20% (10% written Summary/analysis, 10% presentation)
 - Presentation dates to be discussed. Sign-up will occur on OWL.
- Midterm Exam - 30% (multiple choice, T/F, short answer)
- Weekly participation - 10% (1% weekly)
- Final Examination (multiple choice, T/F, short answer) 40%

COURSE & UNIVERSITY POLICIES

1. Prerequisites

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.

2. Covid -19 Contingency Plan for in-person class pivoting to 100% online learning

In the event of a COVID-19 resurgence during the course that necessitates the course delivery moving away from face-to-face interaction, all remaining course content will be delivered entirely online, either synchronously (i.e., at the times indicated in the timetable) or asynchronously (e.g., posted on OWL for students to view at their convenience). The grading scheme will not change. Any remaining assessments will also be conducted online as determined by the course instructor.

In the event of a COVID-19 resurgence during the course that necessitates the course delivery moving away from face-to-face interaction, tests and examinations in this course will be conducted using a remote proctoring service. By taking this course, you are consenting to the use of this software and acknowledge that you will be required to provide personal information (including some biometric data) and the session will be recorded. Completion of this course will require you to have a reliable internet connection and a device that meets the technical requirements for this service. More information about this remote proctoring service, including technical requirements, is available on Western's Remote Proctoring website at: <https://remoteproctoring.uwo.ca>.

3. Late assignments

Assignments must not be missed unless there is a medical condition, family emergency, or other unforeseen circumstances. A note from your Physician indicating the nature of your condition must be submitted to the School of Health Studies Main Office, and only upon receipt of such a letter will instructors consider a new due date for an assignment. Late assignments may be docked a certain percentage per day, which is determined by the instructor.

4. Attendance and Classroom Behaviour (online and/or in-person)

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.

5. Use of Recording Devices and Course Content

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.

6. 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>).

7. Student Code of Conduct

Code of Student Conduct defines the standard of conduct expected of students registered at The University of Western Ontario, provides examples of behaviour that constitutes a breach of this conduct, provides examples of sanctions that may be imposed, and sets out the disciplinary procedures that the University follows. 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: Academic Calendar - Western University (uwo.ca).

8. Academic Consideration

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) For medical absences, submitting a Student Medical Certificate (SMC) signed by a licensed medical or mental health practitioner, to be eligible for Academic Consideration; or
- (ii) For non-medical absences, submitting appropriate documentation (e.g., obituary, police report, accident report, court order, etc.) to academic advising office 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;
- Must communicate with their instructors no later than 24 hours after the end of the period covered by SMC, or immediately upon their return following a documented absence;
- Are advised that all necessary documentation, forms, etc. are to be submitted to academic advising office within two business days after the date specified for resuming responsibilities.

9. Support Services

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

1. Student Development Centre -- <http://academicsupport.uwo.ca/>
2. Student Health -- <https://www.uwo.ca/health/>
3. Registrar's Office -- <http://www.registrar.uwo.ca/>
4. Ombudsperson Office -- <http://www.uwo.ca/ombuds/>

10. Health and Wellness

The undergraduate experience is rewarding and challenging socially, emotionally, and intellectually. Finding ways to balance scholarly life with our personal lives can be tough, but it's important to learn how to manage stress. Western provides several health and wellness-related services to students, which may be found at <http://www.health.uwo.ca/>. You can also check out the Campus Recreation Centre or the McIntosh Gallery (<http://www.mcintoshgallery.ca/>), for alternative spaces to reconnect with your bodies and restore your spirit. You may also want to access local resources that are closer to where you are living during the school year. Recalibrating ourselves emotionally begins with slowing down, reminding ourselves that we are ok, and taking a few deep, slow breaths. This remarkably effective strategy brings the body from stress mode into a more relaxed state.

If you are in emotional or mental distress should refer to Mental Health@Western Mental Health Support - Health & Wellness - Western University ([uwo.ca](http://www.uwo.ca)) for a complete list of options about how to obtain help or Thames Valley Family Services (<https://www.familyservicethamesvalley.com/>), a trusted provider within the community. To help you learn more about mental health, Western has developed an interactive mental health learning module, found here: Health & Wellness - Western University ([uwo.ca](http://www.uwo.ca)). It's also advisable to have a wellness safety plan if you don't want to reach out to formal services. Having the numbers of a few trusted individuals is another strategy.

11. Common Concerns Guidelines

The table below summarizes a list of common student concerns and how they are to be resolved. If you have a concern that is not listed here, then please email your instructor.

<i>Concern</i>	<i>How to address concern</i>
<i>Course administrative matters</i>	<i>Read through the course outline or email instructor if question cannot be answered from information in the course outline</i>
<i>Course content questions</i>	<i>Refer to the OWL Resources (notes, calendar, etc). Email the instructor.</i>
<i>Grade disputes and requests for appeals</i>	<i>A student requesting an appeal to a specific course with respect to a grade for an assignment or examination must first contact their instructor to discuss such matters.</i> <i>Visit the following website for guide on submitting an appeal:</i> https://uwo.ca/fhs/policies/appeals.html