

**Rehabilitation Sciences – Faculty of Health Sciences, Western University  
RS4605A Rehabilitation Psychology – Fall Term 2021**

Instructor: Dr. Natascha Wesch, Assistant Professor  
Email: [nwesch@uwo.ca](mailto:nwesch@uwo.ca)  
Office Hours: By appointment only (contact professor to schedule an appointment)  
Lecture Hours: Wednesdays @ 8:30-11:30 AM (0.5 credits) – BLENDED

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**SPECIAL NOTICE FOR 2021-22 ACADEMIC YEAR**

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*It is the current position of the university that we should expect to be “in person” in the fall. This has meant that classes can be scheduled in one of three ways:*

- 1. “In Person”: All instruction is delivered on campus and in person.*
- 2. “Blended”: Instruction is delivered with a combination of asynchronous online and in person methods. At least 30% of the instruction must be delivered online, and some of the content must be delivered in person.*
- 3. “Distance”: All instruction is delivered online (and all assessments are delivered in an online asynchronous fashion).*

*At the present time, the university is booking rooms with the assumption that physical distancing will not be required in the Fall. For example, a class of 60 students is currently being scheduled for a room that holds 60 students.*

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**DESCRIPTION**

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**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. The course will explore topics such as the psychological adjustment to disability, cognitive retraining, as well as psychological adaptation to the rehabilitation of traumatic brain injury, spinal cord injury, sport injury and other illnesses and disabilities.

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

1. Appreciate the broad field of rehabilitation psychology and the wholistic 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.

**Course Format:** 3 lecture hours; 0.5 credit course. \*BLENDED FORMAT\*

**Lecture Topics:**

1. What is dis/ability, ill/wellness, injury, health?
2. What is rehabilitation psychology?
3. Exploring attitudes and views towards dis/ability, ill/wellness, injury, health
4. Psychological Models and Frameworks
5. Exploring Factors that Influence Psychological Adjustment
6. Coping and Resilience
7. Predicting Positive Psychological Adaptation
8. Flourishing, Positive Psychology and the Good Life
9. Clinical Context and Applications
10. Exploring Case Studies

**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 week 1 of class):

- Personal Reflection (format of choice) 10% – September 29, 2021
- Mid-Term Examination (multiple choice) 25% – October 20, 2020
- Module Quizzes (multiple choice and/or short answer) 5%
- Discussion Moderator 15% – One of September 22, October 13, November 17 or December 8, 2021
- Education Presentation (group presentation) 15% – December 8, 2020
- Final Examination (multiple choice) 30%

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**COURSE & UNIVERSITY POLICIES**

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- 1. Lecture Recordings: Lecture presentations for this course will be recorded.** The data captured during these recordings may include your image, voice recordings, chat logs and personal identifiers (name displayed on the screen). The recordings will be used for educational purposes related to this course, including evaluations. The recordings may be disclosed to other individuals under special circumstances. Please contact the instructor if you have any concerns related to session recordings. Participants in this course are **not permitted to record the sessions**, except where recording is an approved accommodation, or the participant has the prior written permission of the instructor.
- 2. 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.**
- 3. 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.
- 4. 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.** You will be required to submit your written evidence document to the instructor; subsequently, an appointment may be scheduled with the instructor to discuss your assignment grade. 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.

5. **Use of Recording Devices and Course Content:** Course instructors own and retain the intellectual property rights of their teaching materials. These rights extend to materials used in online settings and digital learning management systems like Owl, Zoom and TopHat. Students do not have permission to make audio or video recordings of lectures, take pictures of lecture material, or distribute any course content for nefarious purposes (E.g. for sale or to cheat on exams). It is the decision of the instructor as to how and when teaching materials can be shared or used. **Unless explicitly noted otherwise, you may not make audio or video recordings of pre-recorded lectures or other course materials. Nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.**
6. **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.
7. **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>
8. **English Proficiency for the Assignment of Grades:** Visit the website [Academic Calendar - Western University \(uwo.ca\)](#)
9. **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>).
10. **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.
11. **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 (and may be expected for online courses) 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.

12. **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 fulfil the academic expectations they may have missed

13. **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: [Academic Calendar - Western University \(uwo.ca\)](http://www.uwo.ca/academiccalendar/)

14. **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/>

### **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 \(uwo.ca\)](#) 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: [Health & Wellness - Western University \(uwo.ca\)](#). 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.

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

A+	90-100	One could scarcely expect better from a student at this level
A	80-89	Superior work that is clearly above average
B	70-79	Good work, meeting all requirements and eminently satisfactory
C	60-69	Competent work, meeting requirements
D	50-59	Fair work, minimally acceptable.
F	below 50	Fail

It is expected that the grades/course average 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.