PSY 501 - FUNDAMENTAL THERAPY SKILLS  
Dr. Richardson, 20010

Course Description:
This course provides systematic training in rudimentary counseling skills. A social skills training approach is employed to define, demonstrate and afford ample practice and feedback of specified techniques. Professorial, peer and video review are employed.

Course Objectives:
For students to achieve intellectual and experiential mastery of the model and skills presented. (Experiential mastery will be defined as the student's ability to consistently and accurately "respond to meaning.")

Course Process:
1. Reading assignments (text and other sources) will be given for each class and will be due as specified on the Course Schedule. Reading reports should be emailed to Dr. Richardson and his Honors Scholar (TBA).
2. A quiz over the previous weeks’ reading and lecture material will be given each week after the first (Mon. 12:00 pm – Wed..12:00 pm in the MFT Conference room). These quizzes will be comprised of 5-10 items taken from:
   a. current and previous Carkhuff chapter readings and additional articles (See Course Schedule, 80-90% Knowledge Objectives) and
   b. all/any previous lecture content.
   c. current Egan reading assignments (These questions (1-2 per quiz) will ask for general restatement of major chapter subdivisions/broad concepts; they will not focus on details.)
   Each week students may obtain 1 Quiz Bonus Point by emailing Dr.R. and his Honors Scholar (TBA) a question from this class’s readings or lecture. Questions must be emailed prior to 9:00 a.m. the day prior to each class day, one question at a time. Please label those emails “501 QUESTION.” These should be thought-questions which arise as you consider subject matter from this course. Dr.R. will attempt to incorporate responses to your questions into lectures.
3. Workbook assignments will be given as specified on the Course Schedule and handed-in to be checked periodically, TBA.
4. Students will be required to tape (audio and/or video), provide verbatim transcripts and rate counselor responses for one behavioral rehearsal exercise. Specific procedures and due-dates will be detailed in separate hand-outs.
5. Students will be asked to read and report on the portions of the Duncan, et.al. text by writing a paragraph for each chapter summarizing its content. Those type written reports are due as specified on the Course Schedule.
6. A final exam cumulatively covering the Carkhuff text, Egan text and class lecture material (possibly including an experiential component) will be administered during final exam week, TBA.
8. Given the experiential nature of this course, attendance is extremely important for class lectures and small group exercises. Non-attendance for either or both will negatively impact final grading.
9. Additional assignments may be given.
**Course Grading:**

1. Cumulative quiz score, 60% weight. Missed (including late) quizzes cannot be made-up two lowest scores will be dropped in the final averaging.
2. Final exam, 40% weight.
3. Experiential mastery will be graded by the course instructor based on small group leaders’ input, as S (Satisfactory) or U (Unsatisfactory). S is required for successful completion.
4. All assignments must be satisfactorily completed by seminary term-paper-deadline for successful course completion.

**Course Texts:**


Carkhuff, R. R. “Credo of a Militant Humanist.” (Article on Library Reserve)

Carlson, D. “Jesus Style of Relating.” (Article on Library Reserve)


Rogers, C. “On becoming a Person.” (Article on Library Reserve)

**Course Schedule:** *Class meets on Wednesdays 1-3, assignment dates TBA.*

<table>
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<tr>
<th>Class # &amp; Date</th>
<th>Carkhuff Quiz Chapters</th>
<th>Egan Reports</th>
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FUNDAMENTAL THERAPY SKILLS

KNOWLEDGE OBJECTIVES: "Credo of a Militant Humanist," Robert Carkhuff

1. What is Carkhuff's reason to live?
2. Carkhuff believes that understanding of others is contingent upon understanding of self. (T or F)
3. What does Carkhuff mean by saying that you never understand a person until you know what he has not experienced?
4. Explain this Carkhuffian statement, "The need to act is a natural extension of responding to what is not there."
5. Does Carkhuff believe that people need each other? Defend your answer.
6. What is Carkhuff's basis for value judgements?
7. Give a Carkhuffian example of destroy and "death forces."
8. What does Carkhuff mean by being "differential" in the way we regard others?
9. What determines our effectiveness?
10. How do you think Carkhuff would critique your concept of Biblical discipleship?

KNOWLEDGE OBJECTIVES: “Jesus' Style of Relating,” David Carlson

1. What are the author's two basic assumptions?
2. According to this author, when is integration impossible?
3. How does this author define counseling?
4. Would Jesus ever ask His counselees to draw their own conclusions?
5. What was Jesus' style of relating? (counseling)?
6. Be able to schematically represent the author's version of Jesus' status-role continuum with at least three roles under each major heading.
7. One of the measures of competence for the counselor is__________________.

KNOWLEDGE OBJECTIVES: "On Becoming a Person," Carl Rogers

1. How does Rogers define a "helping relationship?"
2. Be able to briefly summarize the findings of the experiment by Ends & Page and Halkides.
3. According to Rogers, the client perception of the attitude of the therapist is more determinant of the success of the therapy than therapist theoretical orientation. (T or F)
4. Which two of Rogers' 10 questions do you find most significant for the helping relationship?
5. I read this article, in full. (T or f)