PSY 562 Theory and Practice of Counseling and Psychotherapy  
Fall 2010 and Spring 2011  
William J. Richardson, Ph.D.

Course Description:

This course surveys primary current theoretical approaches to psychotherapy and demonstrates how theory relates to the practice of Mental Health Counseling and Marriage and Family Therapy. The historical components of these theories are examined for their continuing impact on the delivery of mental health services.

This two-hour course meets seven times throughout the fall term, roughly every other week as per Course Schedule, and is completed during the latter half of Spring Term. Dr. Terry Hight will guest-lecture for three classes during the Fall Term. Dr. Hight is a Licensed Psychologist and the Chief Administrative Officer for Mississippi Children’s Home Services, Inc., Jackson, MS. (Vita, below)

Course Objectives:

When this course is complete students should be able to

1) Identify the core content of specified major theoretical approaches in counseling/therapy
2) Recognize limitations and strengths of each of the theoretical orientations discussed
3) Describe experiential interaction with some aspects of each approach
4) Describe personal qualities that support or hinder the therapeutic relationship
5) Understand the historical connections and themes which shape modern psychotherapy
6) Explain an overview of the counseling process from a cognitive behavioral perspective
7) Understand a model of cognitive behavioral therapy as it is integrated with a Christian worldview

Course requirements and grading:

1. Students will be required to successfully complete chapter, non-comprehensive quizzes covering the Corey text and course lecture content. Quiz scores will constitute 25% of the course grade. (See Course Schedule for content & dates.) Eighty percent of quiz content will come directly from distributed Corey questions; 20% will be short essay questions, e.g., “What is Roger’s general view of human nature?” Two lowest scores will be dropped in final averaging. Make-up quizzes will not be given.

These quizzes will be administered during the first 15-20 minutes of each class.

2. One comprehensive exam covering the Corey text and course lecture content will be administered/available Jan 5, 2010, 12:00 p.m. until Jan 26, 4:00 pm, constituting 25% of the course grade.

3. Students will be required to read and complete the cognitive therapy workbook by Greenberger & Padesky. (See Course Schedule for content & dates.) To document the completion of the assignment, students will hand-in written statements of completion signed by another student. Assessment of the timely completion of this assignment will constitute 25% of the course grade.
4. Students will be required to complete chapter summaries of the McMinn text, in sections, due as specified at the beginning of Spring Term. Assessment of the quality and timely completion of these outlines will constitute 25% of the course grade. (Seven classes will take place weekly during the last third of the Sp 2011 Semester; dates will be specified at the beginning of Sp. Semester.) Designated McMinn chapter summaries will be due at each class.

5. The material in items 3 and 4, above will be assessed as follows: each reading assignment (Greenberger & Padesky) and chapter (McMinn) assigned will be considered a ten-point quiz, each school day late will result in a ½ point deduction. For McMinn material quality will be assessed subjectively based on student demonstration of having read and mentally interacted with all of the assigned material (ten points are assumed unless unusually terse or vague content).

6. Additional assignments and readings may be required.

Texts:


## 562 COURSE SCHEDULE

### Fall 2010

<table>
<thead>
<tr>
<th>Class date</th>
<th>Professor</th>
<th>Class content</th>
<th>Quiz chapters</th>
<th>Mind/mood</th>
</tr>
</thead>
<tbody>
<tr>
<td>08-26-10</td>
<td>R</td>
<td>Intro &amp; Psychoanalytic</td>
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<tr>
<td>09-09</td>
<td>H</td>
<td>Person Centered</td>
<td>1,2**.7</td>
<td></td>
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<tr>
<td>09-23</td>
<td>R</td>
<td>Psychoan &amp; Gestalt</td>
<td>4,8</td>
<td>1,2</td>
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<tr>
<td>10-07</td>
<td>H</td>
<td>Behavior Therapy</td>
<td>9</td>
<td>3,4</td>
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<tr>
<td>10-21</td>
<td>R</td>
<td>Reality Therapy</td>
<td>11</td>
<td>5,6</td>
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<tr>
<td>11-04</td>
<td>H</td>
<td>Cognitive Behav Therapy</td>
<td>10</td>
<td>7,8</td>
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<tr>
<td>11-18</td>
<td>R</td>
<td>Feminist Therapy</td>
<td>12</td>
<td>9,10</td>
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End of term ppr period 11,12

* R - Richardson, H - Hight

** For chs 1&2, email statement of completion to Prof & HS

### Spring 2011

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<thead>
<tr>
<th>Class date</th>
<th>Professor</th>
<th>Class content</th>
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</thead>
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TBA