

# ***Theory & Practice of Counseling & Psychotherapy***

PSY 560  
Reformed Theological Seminary

3 hours

## **Instructor**

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## **Course Description & Purpose**

This course surveys the current theoretical approaches to counseling and demonstrates how they related to the practice on counseling. The historical development of the major counseling theories is examined for their continuing impact on counseling models.

## **Objectives**

When the semester is complete a successful student should be able to...

- 1) Examine the historical connections and themes which shape current thinking and research in the field of counseling
- 2) Recognize limitations and strengths within each theoretical orientation discussed including affective, behavioral, cognitive, existential, object relations.
- 3) Apply the major theoretical orientations to case studies and clinical experiences
- 4) Identify major research and practices in the field as they relate to the various theoretical orientations
- 5) Develop a personal model of counseling
- 6) Examine personal qualities that support or hinder the therapeutic relationship
- 7) Develop basic diagnostic skills that would help to conceptualize client presentation and select appropriate counseling interventions.

## **Requirements**

|                                    |      |
|------------------------------------|------|
| Attendance and participation       | 10%  |
| Reading and weekly reaction papers | 25 % |
| Final exam                         | 25%  |
| Case study paper                   | 20%  |
| Theology of change paper           | 20%  |

Note: Lab Day may be substituted for the final exam

## **Texts**

**Theory and Practice of Counseling and Psychotherapy** **ISBN-10:** 0534536050  
By Gerald Corey Wadsworth Publishing; 7 edition

**Love's Executioner: and Other Tales of Psychotherapy** **ISBN-10:** 0060958340  
By Yalom

**Object Relations Therapy: Using the Relationship** **ISBN-10:** 0393700593  
By Cashdan

## **Format**

Lectures, small group activities and presentations will all be utilized. The instructor reserves the right to change the class plan, schedule and strategies if the class goals are not being met.

## **Academic policies**

- Computers are a welcome educational tool and your use of a lap top computer during our class time is encouraged. However, please do not distract yourself or others by using wireless internet to check e-mail or surf the net during our class time. Do not play games on personal computers during class time.
- Late papers lose a half letter grade.
- This class has been designed to meet the CACREP guidelines for counseling theory.
- Do not put sensitive communication in reaction papers or other assignments. Any communication which is timely or needs immediate action should be communicated to me directly.
- Please keep a personal copy of all of your class work.

## **Grading Scale**

|            |              |            |            |
|------------|--------------|------------|------------|
| A (100-95) | A- ( 94-93)  | B+ (92-91) | B (90-85)  |
| B- (84-83) | C+(82-81)    | C (80-77)  | C- (76-75) |
| D (74-70)  | F (Below 70) |            |            |

## Tentative Schedule

| <b>Date</b> | <b>Topics</b>                 | <b>Assignments</b>               |
|-------------|-------------------------------|----------------------------------|
| Week 1      | Introduction<br>Why a theory? |                                  |
| Week 2      | Psychoanalytic Theory         | Chap 1-4 Corey<br>Movie reaction |
| Week 3      | Adlerian, Existential         | Chapters 5 & 6                   |
| Week 4/5    | Discussion of Yallom          | Entire book Yallam               |
| Week 6      | Object Relations              | Chap 1 -3 Cashdan                |
| Week 7      | Object relations              | 4-9 Cashdan                      |
| Week 8      | Person-centered<br>Gestalt    | 7 & 8 Corey                      |
| Week 9      | Reality Therapy               | 9 Corey                          |
| Week 10     | Behavioral & cognitive        | 10 & 11 Corey                    |
| Week 11     | Feminist & Family             | 12 & 13 Corey                    |
| Week 12     | Family Systems                | Chapter 14 Corey                 |
| Week 13     | Biblical model                | Theology of<br>Change paper due  |
| Week 14     | Biblical model                | Reading packet                   |
| Week 15     | Final exam due                |                                  |