

Theory & Practice of Counseling & Psychotherapy

PSY 560
Reformed Theological Seminary
Fall 2011

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%
DVD reviews	20%
Theology of change paper	20%

Note: Lab Day may be substituted for the final exam

Texts

Required:

Counseling and Psychotherapy

By Siang-Yang Tan

ISBN-10: 0-8010-2966-0

Baker Academic

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

By Yalom

Object Relations Therapy: Using the Relationship

By Cashdan

ISBN-10: 0393700593

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

Date	Topics	Assignments
8/25	Introduction Why a theory?	
9/1	How to evaluate a theory	Chap 1-3 Tan
9/8	Psychoanalytic Theory Jungian Theory	Chap 4 – 6
9/15	Adlerian, Existential	Chapters 5 & 7
9/16 & 9/23	Discussion of Yallom	Entire book Yallam
10/6*	Object Relations	Chap 1 -3 Cashdan
10/13	Fall Break	Read Cashdan
10/20	Object relations	4-9 Cashdan
10/27	Person-centered Reality Therapy	Chap 8 -10
11/4	Gestalt	Chap 9
11/11	Behavioral & cognitive	Chap 11
11/17	Behavioral & cognitive	Chap 12
11/24	Thanksgiving break	Chapter 14 & 15
12/1	Biblical model	Chap 16 & 17 Change paper due

* possible missed class for student trip to Rome

Theories Worksheet

Psychoanalytic
Jungian
Object relations
Existential Therapy
Adlerian Therapy
Person-Centered
Family System

Gestalt Therapy
Behavioral Therapy
Cognitive behavioral therapy
Reality Therapy
Narrative Therapy
Feminist Therapy

Who?

Concepts and ideas...

Basic nature of people

How people get in trouble (what causes problems?)

How people get better

Integration issues

