

CPSY 513 Theory and Philosophy of Counseling
SPRING 07 - Section 01
Wednesday 5:30-8:45 p.m. (January 10 - April 18, 2006)

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You can communicate confidential matters via my voice mail or e-mail. If you attempt to reach me and I'm not immediately available, please leave a message. Include your phone numbers and the best times to reach you.

Non-urgent minor matters often can be handled through email. Sensitive or complex issues are best discussed in person. Also, please feel free to make an individual appointment with me early in the term to get better acquainted.

You can make appointments with me through department support staff. Appointments are usually scheduled for 30 minutes. If you'd like more time than that, please make that request to the support staff.

COURSE DESCRIPTION: An overview of major historical and current counseling theories, such as psychoanalytic, Adlerian, client-centered, existential, behavioral, cognitive, cognitive constructivist, multi-modal, gestalt, feminist, solution-focused, brief therapy, and integrative approaches. The course explores counseling theory in the context of human development as a means of understanding oneself, others, and the profession. Credit: 3 semester hours.

REQUIRED TEXTS

Day, Susan X. (2004). Theory and Design in Counseling and Psychotherapy. Boston: Lahaska Press, Houghton Mifflin Company.

NOTE: The 2006 online edition of this text is your primary text. Once you register for the online package, the publisher will also send you a hardcopy edition of the text.

Neither version is available in the bookstore. You purchase them via an online site.

Duran, Eduardo (2006). Healing the Soul Wound. New York: Teachers College Press.

This text is available in the bookstore.

RECOMMENDED TEXTS

Yalom, I.D. (2002). The Gift of Therapy. New York: HarperCollins Publishers, Inc.

This text is available in the bookstore.

ALSO RECOMMENDED...

Please consider the advantages of reading a primary source book detailing a selected theory. Students who choose this option will have the opportunity to share what they learned during the last class meeting. This option develops expertise in a theory of your choice, and experience conveying professional knowledge to colleagues. These presentations will not be graded, but will add bonus points for purposes of determining your final course grade.

MINIMUM COURSE REQUIREMENTS

⊇ Attendance at every class is required, as well as attentiveness, responsiveness, and participation. Prompt arrival at the start of class and prompt return after breaks facilitates learning and group cohesiveness.

The classroom atmosphere will be one of respect, where students demonstrate mutual collegiality, the ability to receive supervision, and the ability to give facilitative feedback. Understanding of theoretical and philosophical concepts will be reached through a cooperative exchange of ideas, not through a competitive process.

These conditions are necessary to the success of this course, and therefore are a requirement of passing the course. Deficiencies in attendance or in punctuality or in the appropriateness of classroom behavior will impact a student's grade.

⊘ Read the primary text (Day) and utilize the related online resources for each chapter. Study each theory prior to the class meeting designated for that chapter. Please write a reflective summary (2 pages) or a bulleted summary (1 page) of your experience with these outside learning resources. Submit two weeks before the last class meeting.

⊘ Read the supplemental required text (Duran) early in the term. Consider the concepts presented in this book when studying each theory. Make multicultural considerations part of your thinking as a professional. Please write a reflective summary (2 pages) or a bulleted summary (1 page) of your experience with this multicultural resource. Submit two weeks before the last class meeting.

⊇ Choose one of the following learning activities.

A. Participate in a study group with other members of this class. Meet weekly for 1 hour. Read each chapter and utilize related resources prior to meeting with the group. The group process can vary. The group will keep a record of meetings for submission to the instructor. The record each week should include the following: the date, the starting time and ending time of each meeting, a brief description of the group process, a summary of the topics covered, main discussion points, and signatures of members in attendance. The group will submit one record for each meeting, either weekly or one week prior to the end of the course.

B. Keep a reflective journal. Explore your thoughts and feelings about each theory, as well as your understanding of yourself as a developing therapist. Consider theoretical issues and personal issues that arise in relationship to self as a therapist. Write at least 1 hour per week. Submit your journal to the instructor periodically throughout the term, or one week prior to the end of the course.

C. Choose a discussion partner from the general population to discuss key issues from each week's designated theory. Discuss selected issues with your partner for 45 minutes, in terms that are free from psychological jargon. Pay close attention to your partner's views. Summarize what you learned from the discussion, in terms of: the theory, yourself and others. Your summary can be in bullets. Spend about 15 minutes preparing your summary and your reflections. Submit your summary to the instructor, either weekly or one week prior to the end of the course. NOTE: Use at least 5 different discussion partners throughout the term, and do not use any person more than 4 times.

⊇ Join with class members to create a hypothetical case study demonstrating one of the theories, and present this case study to the class. Limit your presentation and subsequent class discussion to 30

minutes. The sign-up list will be available at the first class meeting. Case studies should reflect clients that interns and beginning counselors are likely to work with, rather than exotic or anomalous scenarios. Your group can determine the style of your presentation (e.g., traditional, creative, etc.). This is an opportunity to gain expertise in a theory, to connect with colleagues, and to gain experience in presenting.

€ Successfully complete an oral exam on your personal philosophy and theory of counseling. Organize your theory under relevant headings (e.g., human nature, the therapeutic alliance, change, goals, techniques and strategies, multicultural competencies, special topics, etc.). Students will sign up for an exam time in groups of 3 or 4 students for a one-hour slot. Each student will have 10 minutes to present his or her theory orally. The remaining time will be a discussion about topics related to those theories (i.e., questions or comments from students or instructor). Students should prepare thoroughly and know that they have a friendly audience. It's normal to have some anxiety about this assignment, but most students in the past have found this experience to be especially meaningful (and far less intimidating than they had imagined).

∠ RECOMMENDED - NOT REQUIRED. Read The Gift of Therapy by Yalom. Feel free to share your favorite sections during relevant class discussions.

| RECOMMENDED - NOT REQUIRED. Read a primary source book focused on a specific theoretical orientation. Share this knowledge with the class, perhaps by summarizing primary concepts and the way the book has informed your learning re: philosophy and theory.

COURSE GRADE

40% Classwork (Requirement 1, based on your study of resources in requirements 2 & 3)
7.5% Summary of your experience with the online resources (Requirement 2)
2.5% Summary of your experience with the multicultural text (Requirement 3)
25% Outside learning activity (Requirement 4)
10% Case study presentation (Requirement 5)
15% Oral exam

NOTE: All requirements must be completed in order to pass this course.

NOTE: I recommend reading a primary source book and sharing what you learned with the class. Time will be provided during the last class meeting for student sharing of supplemental resources and learnings.

"As human beings, our greatness lies not so much in being able to remake the world -
that is the myth of the atomic age -
as in being able to remake ourselves."
Mahatma Gandhi

TENTATIVE COURSE SCHEDULE

Class 1

January 10

Chapters 1, (2), (3), 4

Introduction, orientation and acquaintance

The effectiveness of psychotherapy

Psychodynamic theories

Class 2

January 17

Chapter 5

Adlerian Psychotherapy (aka Individual Psychology)

Class 3

January 24

Chapter 6

Therapeutic alliance

Person-Centered Therapy

Class 4

January 31

Chapter 7

Gestalt Therapy

Class 5

February 7

Supplemental material

Client stage matching

Class 6

February 14

Supplemental material

Transtheoretical approach

Class 7
February 21
Chapter 8 & Supplemental Material

Behavioral therapies

Multi-modal Behavior Therapy

Class 8
February 28
Chapter 9

Cognitive-Behavioral therapies
REBT (Rational Emotive Behavior Therapy)
CBT (Cognitive Behavior Therapy)

Class 9
March 7
Chapter 10

Family systems therapies

Class 10
March 14
Chapter 11

Considerations of gender and culture

Culture-based and gender-based approaches

Class 11
March 21
Supplemental Material

Brief therapies

Solution-Focused Brief Therapy

Class 12
April 4
Chapter 12 & Supplemental Material

Transpersonal approaches

Logotherapy

Class 13
April 11
Chapter 13 & Supplemental Material

Converging themes

Integrative approaches

Putting it all together (i.e., theories, clients and YOU)...

Practice...

NOTE: ORAL EXAMS WILL BE SCHEDULED THIS WEEK

Your exam is scheduled on _____.

Your exam partners are _____

_____.

Class 14
Apr 18

The joy of learning and sharing...

...as colleagues and

...as human beings

PRIMARY SOURCE BOOKS YOU READ & KEY CONCEPTS TO SHARE WITH US

ADDITIONAL APPROACHES YOU STUDIED & MAIN POINTS TO SHARE WITH US

SPECIAL INSIGHTS YOU HAVE TO SHARE WITH US

about life, people, self, helping others, this profession & developing as a professional

Course Evaluation

“Man at his best, like water,
Serves as he goes along:
Like water he seeks his own level,
The common level of life,
Loves living close to the earth,
Living clear down in his heart,
Loves kinship with his neighbors,
The pick of words that tell the truth,
The even tenor of the well-loved state,
The fair profit of the able dealing,
The right timing of useful deeds,
And for blocking no one’s way.
No one blames him.”
Lao Tzu