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# CO 601 Counseling Theories and Techniques

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## **PM 642 COUNSELING THEORIES AND TECHNIQUES**

Area of Counseling and Pastoral Care  
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Summer 2001

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Maximum Enrollment: 35

### **Introduction**

This course serves as a major orientation to the primary theories of counseling. As such, the course shall include exposure to the various traditions within psychological theory. Specifically, we shall cover the major traditions within the psycho-dynamic, humanistic and behavioral fields. These three broad bases provide the fundamental frameworks from which most theories derive. As time permits, we shall try to include exposure to newer approaches to counseling. The course also aims to help students begin the process of appraising these traditions from a Christian perspective.

### **Goals**

As a result of completing this course, students shall:

- Gain an acquaintance and more in-depth knowledge of the major theories of counseling within the various traditions, especially those within the psychodynamic, humanistic and behavioral traditions.
- Develop an understanding of how one's personal experiences, philosophy, culture etc., shapes theory development.
- Develop the ability to provide a Christian appraisal of the various psychological theories, including the ability to identify points of continuity and discontinuity between Christian theology and psychological theory.
- Learn how to apply psychological theories to work counseling work within the church and in other helping institutions.
- Know how to identify the skills and attitudes necessary to effective counseling and how to apply techniques associated with the various psychological traditions.

- Begin to formulate a personal orientation to counseling that incorporates his/her Christian philosophy.

### Course Texts

Corsini, R. & Wedding, D. (2000). *Current Psychotherapies*.

Jones, S. L. & Butman, R. E. (1991). *Modern Psycho-therapies*. Downers Grove, IL: Intervarsity Press.

### Prior Assignments

- Construction of a personal theory. Details on this assignment can be found under the requirements section that deals with the construction of a theory.
- Read as much of the texts prior to the beginning of the class. You should do the theory construction assignment prior to the readings.

### Requirements

- ***Readings***

You are required to completely read all course texts. The final exam will include a place for you to report on your reading. In cases where the readings are not completed, the overall grade will be reduced to the next grade level.

- ***Integrative Paper - 20% of grade***

Write a 4-5 page paper that lays out your understanding of how the Bible and theology is related to psychology and counseling. Do you see points of agreement or disagreement? Can Christian legitimately use the insights of psychology in their work or should they avoid such secular espoused views. These are but a few of the questions you may wish to address in this paper. **This paper is due on the first Friday of the Class - August 17.**

- ***Final examination - 40% of grade***

A final exam will be given. The examination will cover the material discussed in the class and will be divided into the following parts:

Part One will essentially be objective and will include multiple choice and matching.

Part Two will be a number of short answer questions.

Part Three will focus on application and involve the analysis of a case from one theoretical perspective.

- ***Theories Paper - 30% of grade***

Write an eight to ten page paper on your personal orientation to counseling. Ensure that the following elements are included in the paper.

1. Demonstration of a clear understanding of the theoretical model. By demonstration of a clear understanding, I do not mean that you should devote pages to explaining theoretical concepts. Rather, your understanding of the theory should come through in paper by how well you discuss the various elements necessary for the paper.
2. Discuss any personal reasons for choosing the model. For example, you may wish to discuss the points at which the theory makes sense based on your own personal experience or philosophy?
3. Discuss of any potential problems you see in the theory. Be sure to discuss problems that arise from conflict with Biblical and theological thought. Also discuss how you would resolve such problems in practice.

Papers will be graded on the overall quality and how well and completely the issues cited above are addressed.

**Papers are due on the Wednesday following the completion of the course – August 29.**

- ***Construction of a theory - 10% of grade***

Most theories have the following elements:

1. Assumptions about the nature of humans.
2. Personality development - notions about how such persons develop.
3. Some structure of personality, that is, elements that make up personality (for example, Freud speaks about id, ego and superego).
4. A perspective on the causes of maladaptive behavior.
5. Some theory about what constitutes optimal functioning.
6. Mechanisms for promoting change.

Usually the parts are held together by a central thought that permeates each of the six elements. You may wish to spend some time thinking about your central thought and how it shows itself in each of the six areas.

Using these categories and your biblical and theological knowledge, what would your theory look like? *Please construct your theory prior to the beginning of class.* This individual work, done in outline form, will be collected at the first class session.

Following this, each student will be assigned to a group where formation of a group theory will be done. Students should keep copies of their individual work to contribute to the group theory. The product will be a 1-2 page outline addressing these categories and a 20 minute class presentation. This assignment will be done in the very early stages of the class.

## **Evaluation**

Course assignments and final grade will be based on the following grade ranges:

A	93	C	73
A-	90	C-	70
B+	87	D+	67
B	83	D	63
B-	80	D-	60
C+	77	F	below 60

## **Class Schedule**

Discussion of each theory will conclude with Christian critique and other integration issues. You are advised to read in the Jones and Butman text so that you can contribute to such discussions.

The class will utilize lecture, discussion, videos highlighting several of the theorists and their perspectives, and relationship of theory with contemporary issues.

### **Day 1**

- Introduction
- Principles for integration

### **Reading Assignments**

Jones and Butman, chapters 1-2, 15-16

### **Day 2**

- Definition of counseling and theory
- Class presentations on constructed theories

## **Reading Assignments**

Corsini and Wedding, chapter 1, 14  
Jones and Butman, chapters 1-2; 15-16

### **Day 3**

- Overview - Psychodynamic theories

### **Videos**

The Hidden Nature of Man  
The Greatest Thinkers: Freud

- Psychoanalysis

## **Reading Assignments**

Corsini and Wedding, chapter 2  
Jones and Butman, chapters 3-4

### **Day 4**

- Individual Psychology
- Analytical Psychology of Jung

### **Videos**

The World Within: Carl Jung  
The Story of Carl Gustav Jung

## **Reading Assignments**

Corsini and Wedding, chapters 3-4  
Jones and Butman, chapters 5 and 9

### **Day 5**

- Transactional Analysis

### **Video**

Gazda on groups – Introduction

- Overview - Humanistic/Phenomenological theories

## **Reading Assignments**

Jones and Butman, chapters 11 and 13  
Corsini and Wedding, chapter 9

### **Day 6**

- Self-theory of Rogers
- Gestalt Counseling

## **Reading Assignments**

Corsini and Wedding, chapter 5, 10  
Jones and Butman, chapters 10 and 12

### **Day 7**

- Rational Emotive Behavior Therapy

## **Videos**

Actualization Therapy: An Integration of Rogers, Perls and Ellis – Shostrom  
Conversations with Albert Ellis

- Overview of Behavioral/Cognitive-behavioral Approaches

## **Reading Assignments**

Corsini and Wedding, chapters 6, 8  
Jones and Butman, chapters 7-8

### **Day 8**

- Behavioral Counseling

## **Videos**

Classical and Operant Conditioning  
Pavlov: The Conditioned Reflex  
Depression: A Cognitive Therapy Approach

## **Reading Assignments**

Corsini and Wedding, chapter 7

Jones and Butman, chapter 9

## Day 9

- Multimodal Therapy

### Videos

The Assessment Therapy Connection  
Using Bridging and Tracking to Overcome Resistance

- Other therapies as time allows: e.g. Solution Focused Brief Counseling.

### Videos

Brief Therapy: A Demonstration or  
Bill O'Hanlon: Brief Solution Oriented Counseling

### Reading Assignments

Corsini and Wedding, chapter 11-13

## Day 10

Final Exam

**The professor reserves the right to make modifications in the schedule as necessary.**

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