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CO 601 Counseling Theories and Techniques

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CO 601
COUNSELING THEORIES AND TECHNIQUES
Summer Session III (August 12- August 23, 2002)
M, T, W, Th, F (8:00am-12:00pm)
3 Semester Units
Class Room: Stanger Hall # 408

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Purpose and Goals:

This course is a survey of classical and contemporary theories of counseling. 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. The course also aims to help students begin the process of appraising these traditions from a Christian perspective. Attention is given to the integration of theology and psychology, assumptions about human nature and theories of personality, the development of problems, techniques and application of each theory.

Upon completion of this course, the student will be able to:

- Describe the major theories of counseling within the various traditions, especially those within the psychodynamic, humanistic and behavioral traditions.
- Identify the skills and attitudes necessary to effective counseling and how to apply techniques associated with the various psychological traditions.
- Understand how one's personal experiences, philosophy and culture shape theoretical perspectives.
- Provide a Christian appraisal of the various psychological theories by being able to identify points of continuity and discontinuity between theology and psychological theory.

Required Course Texts:

Corsini, R. & Wedding, D. (2000). *Current Psychotherapies*. (6th Edition). Itasca: IL: Peacock Publishers.

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

Required Course Readings:

NOTE: All required course readings are on Electronic Reserve except the Powlison article which will be given as a class handout. To access Electronic Reserve:

- 1) Open First Class ATS E-mail
- 2) Double Click on “Intranet”
- 3) Double Click on “Resources”
- 4) Double Click on “Online Reserves”
- 5) Double Click on “Professor” wanted [Palmer]
- 6) Double Click on “Course #” [CO 601]
- 7) Double Click on “Article” wanted

Benner, D.G. & Palmer, S.L. (1986). Psychotherapy and Christian faith. In S.L.Jones (Ed.), *Psychology and the Christian faith: An introductory reader* (pp. 156-177). Downers Grove, IL: InterVarsity.

Jones, S. L. (2001). An apologetic apologia for the integration of psychology and theology. In M.R. McMinn & T.R. Phillips (Eds.). *Care for the soul: Exploring the intersection of psychology and theology* (pp. 62-77). Downers Grove, IL. InterVarsity.

van Deusen Hunsinger, D. (2001). An interdisciplinary map for Christian counselors: Theology and psychology in pastoral counseling. In M.R. McMinn & T.R. Phillips (Eds.), *Care for the soul: Exploring the intersection of psychology and theology* (pp. 218-240). Downers Grove, IL: InterVarsity.

Class Handout:

Powlison, D. (2001). Questions at the crossroads: The care of souls and modern psychotherapies. In M.R. McMinn & T.R. Phillips (Eds.). *Care for the soul: Exploring the intersection of psychology and theology* (pp. 23-61). Downers Grove, IL. InterVarsity.

Course Requirements:

You are expected to attend all classes and participate in all class related activities and discussions. You should only be absent in emergencies—illness, family death or similar unavoidable situations. Emergencies DO NOT include attending to church work or other employment. Poor attendance will negatively impact your final grade.

Course Policies—

- All written material should conform to style and form set forth in the Publication Manual for the American Psychological Association, 5th ed. Also, all written material should be produced with a standard 12-point font, typed, double-spaced with a one-inch margin.
- Students should submit written material on time; late papers will receive no written comments and the grade will be reduced.

- Incompletes denote that the work of a course has not been completed due to an unavoidable emergency, which does not include delinquency or attending church work or other employment. Please plan your time accordingly.

1. “Philosophy of Integration” Paper (15% of final grade) Due Date: August 15, 2002 by 5pm in SH # 409.

Prepare a reflection paper (not a research paper) of approximately 4-5 pages in length that attempts to describe your “philosophy of integration” (i.e., how do you see the Bible and Christian theology relating to therapeutic psychology and counseling). Since this is not primarily a research paper I do not expect a large array of citations or descriptions of other’s work. Use the required texts and readings as your framework for reflection. This paper is intended for you to think about and articulate your understanding of integration.

2. Group Presentation and Brief Demonstration of a “Christian/Spiritual” Counseling Approach (15% of final grade). Class presentations will begin on August 16, 2002.

Student groups (5-7 students per group) will make a class presentation and mini-demonstration of a technique(s) of a particular “Christian/Spiritual” counseling approach of their choosing. The presentations will be approximately 30-40 minutes in length. The presentations must include both a teaching component and a demonstration of a particular technique(s) in a role-play context. The group should prepare a handout outlining the critical points of the presentation and the technique(s) demonstrated. Class interaction will follow presentation and demonstration. Groups may choose from the following theories/approaches:

- Biblical Counseling (e.g., pre- 1990 Larry Crabb)
- Nouthetic/Biblical Counseling (e.g., Jay Adams, David Powlison)
- Healing of Memories Approach (e.g., David Seamands)
- Inner Healing Approach (e.g., Leann Payne)
- Theophostic Approach (e.g., Wayne Smith)
- Tell Yourself/Others the Truth Approach (e.g., William Backus)
- Clinical Theology (e.g., Frank Lake)
- Christotherapy (e.g., Bernard Tyrrell)
- Spiritual Warfare/Oppression Approach (e.g., Neal Anderson)

The class presentation should incorporate the following items:

- a. A brief summary of the theory/approach
- b. View of personality, spirituality, health and abnormality
- c. Counselor’s stance/role
- d. Technique(s) to be demonstrated
- e. Demonstration of technique(s) in a brief role-play context (no more than 15 minutes)
- f. Therapeutic purpose of the technique(s)
- g. Critique of the theory/approach from both psychological and Christian faith perspectives.

3. Individual Theory Paper (25% of final grade) Due Date: August 28, 2002 by 5pm in SH # 409.

Prepare a research paper of approximately 12-14 pages in length on a counseling theory of your choosing. The counseling theory must not be one of the “Christian/Spiritual” theories/approaches. The paper should incorporate the following items:

- a. Origin of the theory and a general description of the theory
- b. Philosophical assumptions
- c. View of personality
- d. View of health
- e. View of abnormality
- f. Model of counseling/psychotherapy
- g. Strengths, weaknesses, and congruence with Christian faith

4. Final Examination (35% of final grade) Date: August 23, 2002 at 10am in SH # 408.

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.

5. Readings (10% of final grade). Due Date: August 28, 2002 by 5pm in SH # 409.

Students are expected to read all required course texts and required course readings. Given other assignments and class demands it would be wise to get the reading done prior to the final report date of August 28, 2002. Students will include in their final reading report the texts and articles read and the number of pages completed. It is not necessary to document reading clock hours.

Grading 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

Course Schedule*

Week of Study/Date Units of Class Sessions and Assignments

Week One

August 12

Introduction
Principles of Integration
Definition of Counseling and Theory
Psychoanalysis—Freud
READ:
Corsini & Wedding (C/W) Ch. 1-2
Jones & Butman (J/B) Intro., Ch. 1-3
VIDEOS:
The Hidden Nature of Man
Greatest Thinkers: Freud

August 13

Contemporary Psychodynamic Theories
Analytical Psychotherapy—Jung
READ:
J/B Ch. 4-5
C/W Ch. 4
VIDEOS:
Short-term Dynamic Therapy
The World Within: Carl Jung
The Story of Carl Gustav Jung

August 14

Person-Centered Psychotherapy—Rogers
Gestalt Therapy
READ:
C/W Ch. 5, 10
J/B Ch. 10, 12

August 15

Existential Psychotherapy
Adlerian Therapy & Reality Therapy
READ:
C/W Ch. 9, 3
J/B Ch. 11, 9

August 16

Behavior Therapy

READ:

C/W Ch. 7

J/B Ch. 6

Group Presentations/Demonstrations

Week Two

August 19

Cognitive Therapy—Beck

Rational Emotive Behavior Therapy—Ellis

READ:

C/W Ch. 8, 6

J/B Ch. 8, 7

VIDEO:

Cognitive Treatment of Depression

Group Presentations/Demonstrations

August 20

Family Therapy

READ:

C/W Ch. 12

J/B Ch. 14

VIDEO:

Family Therapy

Group Presentation/Demonstrations

August 21

Solution-Focused Therapy

Narrative Therapy

READ:

Readings on Reserve

Group Presentation/Demonstrations

August 22

Multimodal Therapy—Lazarus

Eclectic Therapy

READ:

C/W Ch. 11

J/B Ch. 15

Group Presentation/Demonstrations

August 23

Current Issues in Psychotherapy/Counseling

READ:

C/W 14

Group Presentation/Demonstrations

FINAL EXAM

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

Bibliography

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Blazer, D. *Freud vs. God: How Psychiatry Lost Its Soul and Christianity Lost Its Mind*. Downers Grove, IL: InterVarsity Press.

Boyd-Franklin, N. 0 *Black Families in Therapy: A Multisystems Approach*. New York: Guilford.

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