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CO 601: Counseling Theories and Techniques

Janet B. Dean

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CO 601: Counseling Theories and Techniques Autumn 2003

Tuesdays, 6:15-9:00 pm

Stanger Hall 404

3 credits

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Affiliate Faculty in Counseling and Pastoral Care

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Course Objectives:

This course is a survey of classical and contemporary theories of counseling. Specifically, we shall cover the major traditions within the psychodynamic, 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, the nature of change, techniques and application of each theory.

Course Goals:

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

- Describe the major theories of counseling within the various traditions, especially 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 Texts:

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

Jones, S. L. & Butman, R. E. (1991). *Modern psychotherapies: A comprehensive Christian appraisal*. Downers Grove, IL: Intervarsity Press.

McMinn, M. R. & Phillips, T. R. (2001). *Care for the soul: Exploring the intersection of psychology and theology*. Downers Grove, IL: Intervarsity Press.

Recommended Texts:

Publication Manual of the American Psychological Association (5th ed.).

Lecture outlines from ATS intranet. [Print them with room to take notes.]

Prerequisite / Enrollment Limits: Some experience with psychological theories / No more than 30 students

Course Requirements:

1. 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. Therefore, if you miss 2 or more class sessions, you will not receive a passing grade. Poor participation will hurt your grade.

2. "Philosophy of Integration" Paper (15% of final grade)**Due: September 23 by 6:15 pm.**

Prepare an interaction/reflection paper (not a research paper) of approximately 5 pages in length that attempts to describe your "philosophy of integration" (i.e., how do you see the Bible, Christian theology, and spirituality relating to therapeutic psychology and counseling?). Appropriate sections in the required course texts should provide you with the framework and sources for interaction and reflection. This paper is intended for you to think about and articulate your understanding of integration.

3. Group Presentation and Brief Demonstration of a "Christian/Spiritual" Counseling Approach (20% of final grade). Class presentations will begin on October 14, 2003.

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 35-45 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 (e.g., David Seamands)
 Inner Healing (e.g., Leann Payne)
 Theophostic (e.g., Ed Smith)
 Tell Yourself/Others the Truth (e.g., William Backus)
 Clinical Theology (e.g., Frank Lake)
 Christotherapy (e.g., Bernard Tyrrell)
 Freedom in Christ/Spiritual Warfare/Oppression (e.g., Neil 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.

4. Individual Theory Paper (30% of final grade)**Due: November 18 by 6:15 pm.**

Prepare a research paper of approximately 12-14 pages in length on a counseling theory of your choosing. The paper should conform to the style and form set forth in the Publication Manual for the American Psychological Association, 5th ed. 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

5. Final Examination (35% of final grade)**Date: December 9, 2003 at 6:15pm.**

The final examination will cover the reading and materials discussed in the class. It will be comprehensive, covering material from the entire semester. The examination 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.

Course Evaluation:

The grading guidelines found in the 2002-2003 catalog will be used for grade assignment.

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 Policies

- All papers should have your name and your SPO number on them.
- 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.
- Grades for written material will be partially based on quality of writing, clarity of thought, and logical development.
- All written material is to be submitted in printed form. Any materials submitted email will receive no written comments, but will not result in grade reduction.
- Students should submit written material on time; late papers will receive no written comments and the grade will be reduced.
- An "incomplete" denotes 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.
- You are responsible for signing the attendance sheet regularly. If you fail to sign, it will count as an absence.
- If you are having difficulty in this course for ANY reason, please speak to me as soon as possible.
- All materials can be made available in alternate formats. Please inform me of any special needs you may have.
- The instructor reserves the right to make modifications to the course schedule as necessary.

Course Schedule

<u>Week of Study/Date</u>	<u>Units of Class Sessions and Assignments</u>
September 2	Introduction; Definition of Counseling and Theory; Principles of Integration READ: Corsini & Wedding (C/W) Ch. 1 Jones & Butman (J/B) Intro, Ch. 1-2 McMinn & Phillips (M/P) Intro, Ch. 1-2, 10, 13
September 9	Psychoanalysis—Freud; Contemporary Psychodynamic Theories (1) READ: C/W Ch. 2 J/B Ch.3-4 M/P Ch. 8 VIDEOS: The Hidden Nature of Man Greatest Thinkers: Freud
September 16	Contemporary Psychodynamic Theories (2); Analytical Psychotherapy—Jung (1) READ: C/W Ch. 4 J/B Ch. 4-5 VIDEO: Short-term Dynamic Therapy
September 23	Analytical Psychotherapy—Jung (2) Person-Centered Psychotherapy—Rogers (1) READ: C/W Ch. 4-5 J/B Ch. 5, 10 M/P Ch. 7 VIDEOS: The World Within: Carl Jung The Story of Carl Gustav Jung

September 30	Person-Centered Psychotherapy—Rogers (2) Gestalt Therapy (1) READ: C/W Ch. 5, 10 J/B Ch. 10, 12 M/P Ch. 7
October 7	Gestalt Therapy (2) Existential Psychotherapy READ: C/W Ch. 10, 9 J/B 12, 11 M/P Ch. 9, 14
October 14	Adlerian Therapy Reality Therapy (1) READ: C/W Ch. 3 J/B Ch. 9 M/P Ch. 9, 14 Group Presentations/Demonstrations
October 21	Reality Therapy (2) Behavior Therapy (1) READ: C/W Ch. 7 J/B Ch. 9, 6 Group Presentations/Demonstrations
October 28	Behavior Therapy (2) Cognitive Therapy—Beck (1) READ: C/W Ch. 7-8 J/B Ch. 6, 8 M/P Ch. 6 VIDEO: Cognitive Treatment of Depression Group Presentations/Demonstrations
November 4	Cognitive Therapy—Beck (2) Rational Emotive Behavior Therapy—Ellis READ: C/W Ch. 8, 6 J/B Ch. 8, 7 Group Presentations/Demonstrations
November 11	Family Therapy Solution-Focused Therapy READ: C/W Ch. 12 J/B Ch. 14 M/P Ch. 3, 17 Readings on Reserve VIDEO: Family Therapy Group Presentation/Demonstrations
November 18	Narrative Therapy Multimodal Therapy—Lazarus Eclectic Therapy READ: C/W Ch. 11 J/B Ch. 15 Readings on Reserve
December 2	Current Issues in Psychotherapy/Counseling READ: C/W Ch. 14 J/B Ch. 16 Group Presentation/Demonstrations
December 9	Group Presentation/Demonstrations FINAL EXAM