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CO 601: Counseling Theories and Techniques

Stuart L. Palmer

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CO 601
COUNSELING THEORIES AND TECHNIQUES
Summer Session III (August 11- August 29, 2003)
M, T, W, Th, F (8:30am-11:15am)
3 Semester Units
Class Room: Stanger Hall # 408

Stuart L. Palmer, Psy.D., Instructor
Associate Professor of Pastoral Counseling
Office: Stanger Hall # 409
Office Hours: 4-5pm Tuesday and Thursday
Phone: 858-2358
E-mail: Stuart_Palmer@asburyseminary.edu

Purpose and Goals:

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.

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 Course 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.

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 14, 2003 by 5pm in SH # 409.

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.

2. Group Presentation and Brief Demonstration of a “Christian/Spiritual” Counseling Approach (20% of final grade). Class presentations will begin on August 19, 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.

3. Individual Theory Paper (30% of final grade) Due Date: August 29, 2003 by 5pm in SH # 409.

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

4. Final Examination (35% of final grade) Date: August 29, 2003 at 9:15am in SH # 408.

A final exam will be given. The examination will cover the reading and materials 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.

August 14

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

August 15

Person-Centered Psychotherapy—Rogers (2)
Gestalt Therapy (1)

READ:

C/W Ch. 5, 10

J/B Ch. 10, 12

M/P Ch. 7

Week Two

August 18

Gestalt Therapy (2)
Existential Psychotherapy

READ:

C/W Ch. 10, 9

J/B 12, 11

M/P Ch. 9, 14

August 19

Adlerian Therapy
Reality Therapy (1)

READ:

C/W Ch. 3

J/B Ch. 9

M/P Ch. 9, 14

Group Presentations/Demonstrations

August 20

Reality Therapy (2)
Behavior Therapy (1)

READ:

C/W Ch. 7

J/B Ch. 9, 6

Group Presentations/Demonstrations

August 21

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

August 22

Cognitive Therapy—Beck (2)
Rational Emotive Behavior Therapy—Ellis
READ:
C/W Ch. 8, 6
J/B Ch. 8, 7
Group Presentations/Demonstrations

Week Three

August 25

Family Therapy
READ:
C/W Ch. 12
J/B Ch. 14
M/P Ch. 3, 17
VIDEO:
Family Therapy
Group Presentation/Demonstrations

August 26

Solution-Focused Therapy
Narrative Therapy
READ:
Readings on Reserve
Group Presentation/Demonstrations

August 27

Multimodal Therapy—Lazarus
Eclectic Therapy
READ:
C/W Ch. 11
J/B Ch. 15
Group Presentation/Demonstrations

August 28

Current Issues in Psychotherapy/Counseling
READ:
C/W Ch. 14
J/B Ch. 16
Group Presentation/Demonstrations

August 29

Group Presentation/Demonstrations
FINAL EXAM

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

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