PM 642 Counseling Theories and Techniques

Anthony J. Headley

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Purpose and Goals

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.

On completion of the course, students should have gained knowledge in the following areas:

- 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.

- An understanding of how one’s personal experiences, philosophy, culture etc., shapes theory development.

- The ability to provide a Christian appraisal of the various psychological theories. Students should also be able to identify points of continuity and discontinuity between Christian theology and psychological theory.

- The ability to apply psychological theories in his/her work within the church and in other helping institutions.

- Knowledge of how to identify the skills and attitudes necessary to effective counseling and how to apply techniques associated with the various psychological traditions.

- Beginning formulation of a personal orientation to counseling that incorporates his/her Christian philosophy.
Course Texts


Prior Assignments

- Students should begin the construction of their own theory prior to class. An overview of this assignment can be found in Requirements #4.

- Students should also read as much of the texts prior to class. Do the theory construction assignment prior to the readings.

Requirements and Grading

- **Readings**

  Students are expected to completely read all course texts.

- **Final examination - 50% 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.

  The final section will focus on application and involve the analysis of a case from one theoretical perspective.

- **Theories Paper - 40% of grade**

  Students will write an eight to ten page paper on their personal orientation to counseling. In this paper, students should ensure that the following elements are included in their papers.

  1. Demonstration of a clear understanding of the theoretical model. By demonstration of a clear understanding, I do not mean that students should devote pages to explaining a lot of theoretical concepts. Rather, their understanding of the theory should come through in paper by how well they discuss the various elements necessary for the paper.
2. Personal reasons for choosing such a model. Are there points at which the theory makes sense based on your own personal experience, philosophy etc?

3. Discussion of any potential problems with the theory as it relates to them as persons, and also as it relates to Biblical and theological thought. Students should also suggest how such problems could be resolved 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 30**

- *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.

Using these categories and your biblical and theological knowledge, what would your theory look like? *Each student should construct their 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.

**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

Class Schedule

- Discussion of each theory will conclude with Christian critique and other integration issues. 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
Day 7

- Rational Emotive Behavior Therapy

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

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.

Bibliography


