CO 601 Counseling Theories and Techniques

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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, culture, (multicultural and feminist theories) 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.
Course Texts:


Requirements and Grading

- **Readings**

  Students are expected to completely read all course texts.

- **Integrative Paper - 15% of grade**

  Students will write a 4-5 page paper that lays out their understanding of how the Bible and theology is related to psychology and counseling. The suggested readings for this assignment are: Chapter 16 of Jones and Butman, *Modern Psychotherapies* and from an article by Hunsinger, Deborah, *The Master Key*, in *inSpire* Winter, 2001 (will be handed out in class). The integration paper is your own integration. These readings are just to help you have an idea of how others have done it. Thus, I do not expect many citations or summarization of other sources in this paper. The purpose of the paper is for you to work out how you integrate the scripture, theology and psychology in counseling. **Due Sept 26th, 2002**

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

  A final exam will be given. The examination will cover the material discussed in the class and will include multiple choice and matching, and a number of short answer questions.

- **Construction of a theory – (Group) 20% of grade - Due Oct 17th 2002**

  **Select Counseling Theory**

  You will select one school of counseling that you will explore from the following list. Several students will investigate the same school of counseling. This list may be shortened depending on the size of our class.

  Christian approaches: Biblical and Nouthetic Counseling - Jay Adams, Larry Crabb
  Family of Origin Therapies - Murray Bowen, James Framo, Monica McGoldrick
  Multimodal Therapy - Arnold Lazarus
  Narrative Therapy - Michael White
  Reality Therapy - William Glasser, Robert Wubbolding
  Psychodynamic/psychotherapy

  You will work collaboratively with other students who are investigating the same theory to develop a deeper understanding of the theory by searching:
> Books, journal articles, and web-sites
~ Primary source material (i.e., stuff written by Adams, Crabb, Glasser, Lazarus, etc.)
in addition to secondary source material (i.e., stuff written about nouthetic
counseling, Biblical counseling, reality therapy, & multimodal counseling).
~ Web sites should include full web-address
~ Every person must contribute one book or three journal articles (i.e., one book
= three journal articles)
~ The writer for each entry signs his/her initials at the end of the piece.

The product will be 3-4 pages, double spaced covering the following elements and
areas of the theory you as a researched, and a 30 minute class presentation.

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, that is the theory's understanding of counseling & the
   role of the counselor

• **Theories Paper - 25% of grade**

You will write a 12-15 page paper about the theory you are investigating. All papers will adhere
to APA publication style, double-spaced, using 10-12 point font, with 1 inch margins all around.
Your paper should address:
~ General description of the theory, how/why it came about etc.
~ The theory's model of health
~ The theory's model of illness
~ The theory's understanding of counseling & the role of the counselor
~ Recommended techniques
~ Your evaluation of its strengths, weaknesses, and congruence with Christian faith [or if
   you are doing Christian theories its strength and weaknesses as articulated by feminist and
   multicultural perspectives].
Grading Ranges
A  94  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.

Week 1  Sept 3 and 5

- Introduction
- Principles for integration
- Definition of counseling and theory

Reading Assignments
Jones and Butman, chapters 1-2,
Corsini and Wedding, chapter 1.

Week 2  Sept 10 and 12

- Psychoanalysis - Freud

Reading Assignments
Corsini and Wedding, chapter 2
Jones and Butman, chapters 3

Videos
The Hidden Nature of Man
The Greatest Thinkers: Freud

Week 3  Sept 17 and 19

Reading Assignments
Contemporary Psychodynamic Psychotherapies theories
Jones & Butman, Chapter 4

Video Short Dynamic Therapy
Week 4  Sept 24 and 26

- Analytical Psychology of Jung

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

Reading Assignments
Corsini and Wedding, chapters 4
Jones and Butman, chapters 5

Week 5  Oct 1 and 3

Rogers

Reading Assignment
Corsini and Wedding, chapters 5
Jones and Butman, chapters 10

Week 6  Oct 8 and 10

- Gestalt Counseling

Reading Assignments
Corsini and Wedding, chapters 10
Jones and Butman, chapters 12

Week 7  Oct 15 and 17

Existentialism

Reading Assignments
Corsini and Wedding, chapters 9
Jones and Butman, chapters 11

Week 8  Oct 22 and 24

Adler and Reality Therapy

Reading Assignments
Corsini and Wedding, chapters 3
Jones and Butman, chapters 9
**Week 9**  
*Oct 29 and 31st*  
Behavior Therapy

**Reading Assignments**  
Corsini and Wedding, chapters 7  
Jones and Butman, chapters 6

**Week 10**  
*Nov 5 and 7*  
Cognitive Therapy and REBT

**Reading Assignments**  
Corsini and Wedding, chapters 6, 8  
Jones and Butman, chapters 7, 8

**Week 11**  
*Nov 12 and 14*  
Family Therapy

**Reading Assignments**  
Corsini and Wedding, chapters 12  
Jones and Butman, chapters 14

**Week 12**  
*Reading Week*

**Week 13**  
*Nov 26 and 28*  
Solution Focused Therapy/ Narrative Therapy  
Current issues in Psychotherapy  
**Readings (On reserve)**

**Week 14**  
*Dec 3 and 5*  
Eclectic/ Multimodal

**Reading Assignments**  
Corsini and Wedding, chapters 11, 14  
Jones and Butman, chapters 15

**Week 15**  
*Dec 9th*  
9:00 – 11:00 am  
**Final Exam**

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


