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CO 601 XL Counseling Theories and Techniques

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COUNSELING THEORIES AND TECHNIQUES

CO601x1 (3 hours)
2008 Spring Semester February 11 – May 23       Professor: Fred Van Tatenhove, Ph.D.
Personal Email – fvantate@juno.com                    Mobil Phone – (859) 983-6388

REQUIRED TEXTS:

Corsini, R.J. & Wedding, D. Current Psychotherapies, 7th Ed., Belmont,
CA: Brooks Cole.
  This is the primary text that describes and discusses the basic theories that are
studied in this course. Using a set format each theory is defined and salient features are
discussed.

Jones, Stanton L. & Richard E. Butman. Modern Psychotherapies. Downers Grove, Ill,
  Based upon the assumption that Christian faith has within its teaching the
ultimate understanding of the source of truth, each theory is discussed and critiqued
from an “evangelical Christian” perspective.

REQUIRED SUPPLEMENTAL READINGS:

Corey, Gerald. Theory and Practice of Counseling and Psychotherapy. 5th Edition,
  This is a supplemental text that surveys the basic counseling theories. It is to be
read as a companion to the first text listed.

AIMS AND OBJECTIVES:

In this course classical theories of counseling will be surveyed. Focus will be upon the
major traditions within the psychodynamic, humanistic and behavioral fields. These
three traditions provide the foundational framework from which most theories derive. In
addition, attention will be given to the beginning process of appraising these traditions
from a Christian perspective. How does our understanding of theology influence and
determine our use of these secular theories of counseling? This study will consider
several topics – the integration of theology and psychology, assumptions about human
nature and theories of personality, the development of dysfunction and other problems,
the nature of change, techniques and application of each theory.

LEARNING OBJECTIVES:

After completing this course you will be able to:
  1.   Describe the differences and similarities of the theories studied.
  2.   Identify techniques that are compatible with the different theories.
  3.   Analyze and apply theories of counseling to practical situations.
4. Compare, analyze and evaluate the salient concepts of selected theories of counseling with basic values of a Christian worldview.

5. Develop an initial personal counseling model.

COURSE REQUIREMENTS:

Collegial Discussion Groups – Each student will be assigned by the end of the second week to a group of 3-5 persons. The required written assignments will be sent only to your group and the professor. Group members are to respond to their colleagues’ papers one week after each due date.

Reading Assignments – Each student will be expected to read the four texts and supplemental readings assigned. A suggested schedule for reading each text is outlined in the module schedule.

Non Graded papers:
1. An Introductory Paper will be prepared by each student at the beginning of the semester. This is to be no more than one page maximum, introducing themselves to their colleagues. Some information that could be shared is what the person is doing, where they live, family information, hobbies, jobs, special interests, etc. This paper will be read by all members in the course. (Due February 18)

2. A final Reflection Paper will be prepared by each student at the conclusion of this semester. This is to be no more than one page maximum responding to “What I gained from this course.” Identify what you learned, what you can use, and the overall value of this course for you and your future work/ministry. (Due May 19)

Graded Course Requirements: The five graded assignments are the major requirements of this course. These assignments are described in the “Course Schedule” section (also see the appendix) as part of each module. Due dates are firm. Your success in completing this course will be partially linked to your consistent work with these due dates. Obviously any of us may experience some unexpected “emergency” (sickness, death, personal crisis, and other disasters). Negotiated adjustments will be available. So let’s stay in touch on these important dates. You are to respond to the graded papers sent to you by your group members one week from the due dates.

Following are the descriptions of the graded assignments. Due dates will be listed in the modules in the Course Schedule. Reading and studying the texts are the primary sources for completing the graded assignments. The assignments will draw from the texts as indicated.

1. A “Values Position” paper will be prepared containing 1) the discussion of your basic belief about human nature and 2) your personal values that shape the way you will approach clients. This paper will be developed in relationship with two other members in the class. You and those members are expected to respond to each other’s values and beliefs. This is a collegial learning exercise. You are expected to read and respond to
your group members’ papers. Group members will be assigned after enrollment is final. (See Appendix A for the details and structure of this paper.) This paper will be **worth fifty (50) points** toward the final grade.

2. Critiques of three different theories will be assigned. These critiques will be presented to two other learning partners. You will have a different learning group assigned for each of the three critiques required. This will give you the opportunity to network with other members in this course. (Appendix B contains the instructions for these critiques.) These three critiques will be **worth fifty (50) points each** toward the final grade.

3. A position paper will be completed at the end of the course. This paper reflects the culmination of your study of the theories and your description of your counseling model. It is assumed that this model is in process, that it is your initial conceptualization of how you view yourself functioning as a therapist, based upon some theoretical assumptions. (Appendix C contains the instructions and guidelines for this paper.) This paper will be **worth one hundred (100) points** toward the final grade.

**COURSE POLICIES:**

**Self-Disclosure.** The requirements and objectives of this class assumes that some self-disclosure and personal examination will be shared. These personal interchanges should be kept appropriate for an electronic classroom situation. These interactions fall under the umbrella of confidentiality. Members can share about themselves with others, but are expected not to share information learned from colleagues with others. All members will be expected to abide by this ethical standard.

**Academic Honesty and Student Integrity:** Students are expected to follow ATS policy with regards to issues of academic dishonesty (e.g. cheating, plagiarism). Any confirmed incident of cheating is grounds for failure in this course.

**Problems:** If you are having difficulty in this course for any reason, please inform me as soon as possible. Use my personal email or phone number.

**Incomplete Work:** “A grade of ‘I’ denotes that the work of a course has not been completed due to an unavoidable emergency, which does not include delinquency or attending to church work or other employment. If the work of the course is incomplete at the end of a term without an emergency, a letter grade will be given based on the grades of work done, with incomplete work counted as ‘F’.” (See ATS 2007-08 Catalog)

**Format of the Five Graded Papers:** Each of the five graded papers will be prepared as following:

1. Title the paper to represent which one it represents.
2. Place your name on the first page.
3. Single space paragraphs with double spaces between the paragraphs.
4. Where applicable, points awarded will reflect following the format suggested in the appendix that describes the paper.
5. Points awarded to each paper will be partially based on the quality of the writing, clarity of thought, and logical development.

**Due Dates:** The graded written materials should be submitted by the due dates. Failure to meet due dates may result in reduction of points awarded.

**GRADING:**

Your final grade will be computed from the point totals associated with the class requirements. There are 300 total points possible. On the basis of this cumulative total, your final letter grade will be assigned as follows:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>100-95%</td>
<td>300-285 points</td>
</tr>
<tr>
<td>A-</td>
<td>94-92%</td>
<td>284-276 points</td>
</tr>
<tr>
<td>B+</td>
<td>91-89%</td>
<td>275-267 points</td>
</tr>
<tr>
<td>B</td>
<td>88-85%</td>
<td>266-255 points</td>
</tr>
<tr>
<td>B-</td>
<td>84-82%</td>
<td>254-246 points</td>
</tr>
<tr>
<td>C+</td>
<td>81-80%</td>
<td>245-240 points</td>
</tr>
<tr>
<td>C</td>
<td>79-75%</td>
<td>239-225 points</td>
</tr>
<tr>
<td>C-</td>
<td>74-70%</td>
<td>224-210 points</td>
</tr>
<tr>
<td>D</td>
<td>69-60%</td>
<td>209-180 points</td>
</tr>
<tr>
<td>F</td>
<td>59% and below</td>
<td>179 &amp; less</td>
</tr>
</tbody>
</table>

Asbury Theological Seminary defines grades using the following criteria (see ATS 2007-08 Catalog):
A = Exceptional work: surpassing, markedly outstanding achievement of course objectives.
B = Good work, strong, significant achievement of course objectives
C = Acceptable work: basic, essential achievement of course objectives.
D = Marginal work: inadequate, minimal achievement of course objectives.
F = Unacceptable work: failure to achieve course objectives.

A plus(+) or minus (-) indicates positions between categories (for example: B+ = very good; C- = slightly below acceptable, etc.)

**COURSE SCHEDULE:**

The course assignments are linked to the texts and are scheduled in blocks of time. It is important to complete each of the modules by the due date. Like any self-directed course, any of us can put off the study in face of the many other aspects of our daily life.
I recognize you have other things to do. Here’s my suggestion: schedule an adequate amount of hours each week dedicated to this course, set a regular time, and negotiate with others to help protect it. Treat it like you were going to a classroom setting. In a sense you will be in an “electronic” classroom. (You may want to print a hard copy of the Module assignments.)

**MODULE I  -  Introduction and Get Acquainted**
Read Texts: Current Psychotherapies Ch. 1 & 2.
Modern Psychotherapies Ch. 1 & 2.

Assignment: Prepare the one page introduction for your colleagues. Post it to the appropriate forum. **Due date: February 18** posted before midnight

**MODULE II  –  Values Paper**
Assignment: Complete the “Values Position” paper. (See Appendix A)
**Due date: March 3**, posted before midnight.

**MODULE III  –  Psychoanalysis Theory**
Read Texts: Current Psychotherapies Ch. 2, 3, & 4.
Modern Psychotherapies Ch. 3, 4, & 5.

Assignment: Prepare a two to three page critique of Freud’s Classical Psychoanalytic theory. (See Appendix B for instructions).
**Due date: March 17**, posted before midnight.

**MODULE IV  –  Person-Centered Theory.**
Read Texts: Current Psychotherapy Ch. 5 & 6.
Modern Psychotherapy Ch. 10, 11, 12 & 13

Assignment: Prepare a two to three page critique of Person-Centered Therapy (See Appendix B for instructions.)
**Due date: March 31**, posted before midnight.

**MODULE V  –  Behavioral Theories**
Read Texts: Current Psychotherapy Ch. 7, 8, 9, & 10
Modern Psychotherapy Ch. 6, 7, 8, & 9

Assignment: Prepare a two to three page critique of Behavioral Therapy (Focus on Skinner See appendix B for instructions.)
**Due date: April 14**, posted before midnight.

**MODULE VI  -  Integration/Position Paper**
Read Texts: Read the other chapters and the supplemental texts.
Assignment: Complete a “Position Paper” describing your developing model of counseling. (See appendix D for instructions and outline)

Due date: May 5, posted before midnight

MODULE VII - Concluding Reflections
Read Texts: Complete reading all required readings

Assignment: Complete a “Reflection paper” responding to “What I gained from this study.” Maximum one page.

Due date: May 19

ONLINE SECTION DESCRIPTIONS AND COMMUNICATION GUIDELINES

The Virtual Classroom is built upon the open-source Moodle platform. By logging into http://virtual.asburyseminary.edu you will have access to this course and be able to collaborate with participant-colleagues and me throughout the course. The following are functions with which you should familiarize yourself:

1. The Course Information Center, in the center of your screen, contains many features to be used throughout the semester:

   a) Course News and Announcements, where I will post items important for the entire class;

   b) Syllabus, where a copy of the syllabus is provided;

   c) To Professor, which is a way for you to post a message directly to me and we can discuss an issue privately;

   d) Course Questions, which is a public forum where you can publicly post any questions you have regarding the course so others may see your message and respond. Anytime you have a question or comment about the course, the schedule, the assignments, or anything else that may be of interest to other participants and me you should post it to the Course Questions Forum;

   e) Prayer Forum, which is a public forum where you can post prayer concerns and praises for all to see. This is a way for us to build community;

   f) Open Forum, which is a public forum where you can post anything that is not course-related for all to see. Examples include someone getting married, an upcoming birthday, discussions on topics not course-related, etc. This is a way for us to build community.
2. **Modules**, which are located below the Course Information Center, will contain forums where group discussions will take place, documents or other files to download or view online, and assignment links where you will post your assignments to me. Modules will be clearly labeled so you can follow along during the semester.

3. **Resources**, a section located on the left side, provides links to items you may want to use often in the semester.

**VIRTUAL SUPPORT CONTACT INFORMATION**

For technical support, library research support, library loans and virtual media contact Information Commons: [Info_Commons@asburyseminary.edu](mailto:Info_Commons@asburyseminary.edu)  Phone: (859) 858-2233; Toll-free: (866) 454-2733

For general questions and administrative assistance regarding the Virtual program, contact Dale Hale: [ExL_Office@asburyseminary.edu](mailto:ExL_Office@asburyseminary.edu)  Phone: (859) 858-2393

**ACCESSING INFORMATION COMMONS MATERIALS**

1. General Questions:

   a. The Information Commons is a "one-stop shop" for all student research, circulation and technical needs. The Information Commons hours are posted here: [http://www.asburyseminary.edu/information/hours.htm](http://www.asburyseminary.edu/information/hours.htm)

2. Materials Requests:

   a. To search the library catalog for available materials, click here: [http://www.asburyseminary.edu/information/index.htm](http://www.asburyseminary.edu/information/index.htm)

   b. Virtual Students may request books, photocopies or emailed attachments of journal articles/portions of reference books from Asbury Seminary's Library. Please allow 3-10 business days for all requests to be filled. Contact the Information Commons for costs and instructions on how to make requests.

   c. Virtual students are encouraged to make use of local library resources. Students who live within a 50 mile radius of either the Florida or the Kentucky campus should come to campus to obtain their materials.

3. Research Questions:
a. Virtual students are encouraged to contact the Information Commons for research assistance including help determining the best sources to use for a paper, finding book reviews, or research questions about using the online databases or any other library materials.

4. Online Databases:

a. To access the online library resources including the library catalog and full-text journal databases, go to http://www.asburyseminary.edu/information/index.htm and enter your 10-digit student ID# number in the login box. Your student ID# is provided on the biographical information section of the student registration webpage. Add a 2 and enough 0's to the front to make a 10-digit number (20000XXXXX where XXXXX = your student id).

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APPENDIX A

A “Values Position” Paper

Purpose:
This paper is to be a discussion of: 1) what you consider to be important, personal values (beliefs) that you hold about people (human nature) and 2) how those values will shape and/or influence how you will function in the role of a counselor.

Suggested Reading Resources:

The following resources may help you reflect upon your personal values. You may also draw upon the Bible for what you believe are important values about people.

- Modern Psychotherapies - Ch. 2
- Theory and Practice …… - Ch. 2

Some Specific Requirements:

1. This is to be typed; **single spaced paragraphs, double-spaced between**.
2. Acceptable length is to be 2-3 pages.
3. Discussion with your collegial discussion group (Group will be assigned after enrollment is closed.)
4. References may be cited as you deem needed. If you use some, place in the text, i.e., *(Theories and Practice, p. 23)* If you reference the Bible; cite the book, chapter and verse(s).
5. Use the following outline as a guide. (You are encouraged to modify it to fit your creativity, but you will need to demonstrate that you covered what this outline is suggesting.)

I. Introduction (Brief paragraph)
II. Important Personal Values about People
III. Ways my values will influence me as a Counselor
IV. Closing Thoughts (Brief paragraph)

Evaluation Criteria:

1. Clarity of content/thought
2. Capacity to identify, describe and critique relevant values about people that will influence your role as a counselor
3. Use of correct grammar and sentence structure
4. Identifiable outline

**Due date: March 3**

APPENDIX B

Theories Critiques

**Purpose:**
A series of three papers, each critiquing one of three basic classical theories, which will provide a means to enhance your understanding of these theories.

**Suggested Reading:** See the course schedule modules

**Specific Requirements:**

1. This is to be typed; **single spaced paragraphs, double-spaced between.**
2. Acceptable length is 2-3 pages.
3. Discuss with your collegial group members. (Assignment after enrollment is Closed).
4. References are not needed for this paper. It is assumed you will draw from the chapters that discuss each of the three theories.
5. The format for each of the three critiques is:
   - About half of the paper will identify the **key components** of the theory.
   - Second half will discuss the strengths and weaknesses of the theory
6. Use a two part outline for each of the three critiques:
   - I. Key Component
   - II. Strengths and Weaknesses

**Evaluation Criteria:**

1. Clarity of the summary and critique of each theory
2. Capacity to identify, describe and critique relevant aspects of each theory

**Due Dates:**

- Psychoanalytic Theory Critique – **March 17**
- Person-Centered Therapy Critique – **March 31**
- Behavior Therapy Critique – **April 14**

Post to the appropriate forum for where your discussion group members and the professor will access it.

**APPENDIX C**

A Position Paper

**Purpose:**
The preparation of this position paper will provide you the task to begin to articulate your personal counseling theory preference. It is assumed that even when you complete this assignment, your personal counseling model/theory will still be in process.

**Suggested Readings:**

In preparing this paper you may use the two theory textbooks for your research sources. Other sources, like the Bible and other theory books, may also be used.

**Specific Requirements:**

1. This is to be typed; **single spaced paragraphs, double-spaced between**.
2. Maximum length is to no more than 5-6 pages.
3. Research and references are expected (place in the text, i.e., *Theories and Practice*, p. 23) If you reference the Bible; cite the book, chapter and verse(s).
4. Develop an outline that is evident in the paper. Use headings and sub-headings. Be creative.
5. The final copy of this paper needs to articulate the counseling model/theory that describes what your personal model will be like. You may use material from a number of the theories in the texts that shape your model.

**Due Date: May 5:**