CO 601 Counseling Theories and Techniques

Javier Sierra
Course Objectives:
In this course, we will be surveying classical and contemporary theories of counseling. We will review the major traditions within the psychodynamic, humanistic and behavioral fields because these three broad bases provide the fundamental frameworks from which most theories derive. We will also begin the process of appraising these traditions from a Christian perspective, with special emphasis on understanding how theology influences and determines our use of these secular theories of counseling. We 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, and ethical issues related to the practice of counseling.

Course Goals:
At the end of this course, you should be able to:

1. Describe the major theories of counseling within the various traditions, especially the psychodynamic, humanistic and behavioral traditions;

2. Identify the skills, attitudes, and techniques necessary to effective counseling according to the various psychological traditions;

3. Understand how a person's personal experiences, philosophy, personality, and culture shape theoretical perspectives;

4. Provide a Christian appraisal of the various psychological theories by being able to identify points of continuity and discontinuity between theology and psychological theory;

5. Articulate an "early version" of your own model of counseling based upon your theological assumptions and study of counseling theories.

Required Texts:
CO 601 Counseling Theories and Techniques


Recommended Texts:


Course Policies:

Attendance is required and essential for understanding and processing the material. Any absence or missed work due to an excused absence should be discussed with the instructor.

Written Papers should follow these guidelines:

All papers should have your name and your CPO number on them.

All written material should follow APA style. Use the Publication Manual for the American Psychological Association, 5th ed. for details. The basic standards of all written material include a standard 12-point font, typed, double-spaced with a one-inch margin.

As expected in any graduate-level course, quality of writing, clarity of thought, and logical development of the papers would be significantly considered for grading.

Written materials should be submitted in printed form by the due date. Although late papers will be accepted, they will receive fewer written comments and lower grades.

Because of the nature of this course some self-disclosure and personal examination should be expected. This information is confidential and must be treated as such.

Course grading:
**Course Requirements:**

1. **Participation (5% of final grade)**
   
   You are expected to attend all classes and actively participate in all class-related activities and discussions. If you miss 3 or more class sessions, you will not receive a passing grade. Poor participation will hurt your grade.

2. **Integrative Paper (15% of final grade) Due: September 28**
   
   An interaction/reflection paper of approximately 5 pages in length offering: a) a critical evaluation of one approach to counseling from a theological or biblical perspective, or b) a critic of a specific approach to Christian counseling from the various approaches studied in class. This paper is intended for you to think about and articulate your understanding of integration. Outside readings are expected.

3. **Group Presentation and Brief Demonstration of a “Christian/Spiritual” Counseling Approach (20% of final grade). Due: As Assigned**
   
   Student groups (3-4 students per group) will select one school of counseling from the following list:
   
   - **Christian approaches:** Biblical and Nouthetic Counseling - Jay Adams, Larry Crabb
   - **Behavior Therapy Models:** Behavior, Cognitive-Behavioral; REM; Reality Dynamic Psychologies: Classic psychoanalysis; Psychodynamic; Jungian Solution-Focused Approach: Insoo Kim Berg & Steve deShazer
   - **Humanistic Psychologies:** Berne; Carl Rogers; Victor Frankl
   - **Family Systems:** Bowen; Virginia Satir; Minuchin
   - **Narrative Therapy:** Michael White, David Epston
   
   The presentations will be approximately 35-40 minutes in length. 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.

The class presentation should incorporate the following items:

- A brief summary of the theory/approach
- View of personality, spirituality, health and abnormality, and change
- Counselor’s stance/role
- Technique(s) to be demonstrated and its purpose
- Demonstration of technique(s) in a brief role-play context (no more than 15 minutes)

4. Individual Theory Paper (25% of final grade) Due: November 16

Prepare a research paper of approximately 13-15 pages in length on a counseling theory of your choosing. The counseling theory chosen should be different from the one used in the group presentation.

The paper should incorporate the following items:

- Origin and a general description of the theory with its philosophical assumptions
- View of personality and human development
- View of health
- View of abnormality
- Understanding of counseling/psychotherapy, change, and the role of the counselor
- Strengths, weaknesses, and congruence with Christian faith

5. Reaction Paper (5% of final grade) Due: November 30

A three-page long paper with your personal reactions of the reading of “Therapeutic Mastery”. Please include thoughtful comments of every one of the five parts the book is divided.

6. Mid-Term and Final examination (30% of final grade) Due: October 19, December 14

Both exams will cover the readings and materials discussed in class. The mid-term exam will cover all material from the first week of class and will consist of
multiple-choice questions only. The final exam will cover all material presented since the mid-term and will include multiple-choice and essay questions, and a brief analysis of a vignette using one theoretical perspective.

Instructor reserves the right to change this schedule of class topics and assignments any time during the semester.

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<th>Readings</th>
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<tr>
<td>Sept. 7</td>
<td>Introduction; Definition of Counseling and Theory; Principles of Integration</td>
<td>Corsini &amp; Wedding, chapter 1; Jones &amp; Butman, chapters 1-2; “The Wounded Healer” due</td>
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<td>Psychoanalysis</td>
<td>Corsini &amp; Wedding, chapter 2; Jones &amp; Butman, chapters 3</td>
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<td>Sept. 21</td>
<td>Contemporary Psychodynamic Theories</td>
<td>Jones &amp; Butman, chapters 4; Reading on reserve</td>
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<td>Sept. 28</td>
<td>Analytic Psychotherapy</td>
<td>Corsini &amp; Wedding, chapter 4; Jones &amp; Butman, chapters 5</td>
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<td>Oct. 5</td>
<td>Person-Centered Psychotherapy</td>
<td>Corsini &amp; Wedding, chapter 5; Jones &amp; Butman, chapters 6</td>
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<td>Oct. 12</td>
<td>Existential Therapy; Gestalt Therapy</td>
<td>Corsini/Wedding, chapters 9-10; Jones &amp; Butman, chapters 11-12</td>
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<td>Oct. 19</td>
<td>Adlerian Therapy</td>
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<td>Oct. 26</td>
<td>Reality Therapy</td>
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<td>Nov. 2</td>
<td>Behavioral Therapy</td>
<td>Corsini &amp; Wedding, chapter 7; Jones &amp; Butman, chapters 10</td>
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<td>Nov. 9</td>
<td>Cognitive Therapy; Rational Emotive Behavior Therapy</td>
<td>Corsini &amp; Wedding, chapters 6-8; Jones &amp; Butman, chapters 7-8</td>
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<td>Nov. 16</td>
<td>Family Therapies</td>
<td>Corsini &amp; Wedding, chapters 12; Jones &amp; Butman, chapters 14</td>
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<td>Nov. 23</td>
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<td>Nov. 30</td>
<td>Solution Focused; Narrative Therapies</td>
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<td>Dec. 7</td>
<td>Eclectic Therapy; Multimodal Therapy</td>
<td>Corsini &amp; Wedding, chapters 11-15; Jones &amp; Butman, chapters 15-16</td>
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<td>Dec. 14</td>
<td>Final Exam</td>
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