

Counseling Theories (PSY 452)
Winter 2020

Tues/ Thurs 4:00-5:15 2119 ASH

Instructor: Luke Galen, Ph.D.

Office: 2220 ASH

Office Hours: Tues/ Thurs: 10 – 11, 2:15-3:45; some Mon/ Wed times by appointment.

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Course Objectives: Upon successful completion of this course students will be able to:

1. Identify and provide a clear, concise, meaningful, and coherent overview of well established, historical, and emerging approaches to psychotherapy.
2. Describe the scientific method as applied to psychology, including distinguishing between scientific and non-scientific approaches and recognizing the strengths and weaknesses of various approaches to psychotherapy.
3. Explain the relationship between theories of counseling and application of those theories in a clinical setting.
4. Discuss how a theoretical perspective on counseling translates into therapeutic techniques.

Required text: Seligman, L., Reichenberg, L.W. (2014). *Theories of Counseling and Psychotherapy: Systems, Strategies, and Skills*. 4th ed. Pearson.

This is also available packaged with the Enhanced Pearson eText. To order the Enhanced Pearson eText packaged with the bound book, use ISBN 0133388735. To order this title packaged with MyCounselingLab without Pearson eText, use ISBN 0134391055.

For more information on these options: <https://www.pearson.com/store/p/theories-of-counseling-and-psychotherapy-systems-strategies-and-skills/P100001429663>

Readings will also be posted on course blackboard or course reserve.

Class Format: Lecture/Discussion.

Prerequisites: PSY 101

Grading: Grades will be based on class assignments and quizzes, 2 in-class exams, and a short paper. The 2 exams will consist of multiple choice and short answer questions drawn from lecture and the book. The short paper assignment is described in more detail on pg. 3. The final exam is **non-cumulative**. Assignments can consist of exercises we do in class or that you bring to class. Quizzes cover material from readings and from class.

	<u>Points</u>	<u>Percentage</u>
Midterm	55	27.5%
Final	65	32.5%
Quiz/ Assgnmts (5 pts x 10)	40 (drop lowest 2)	20%
Paper	40	20%
Total	200 points	100%

Tentative Class Schedule:

**Although assigned pages may not extend to end of chapters, also read the “strengths and limitations” for each theory covered.

<u>Week</u>	<u>Topic</u>	<u>Text</u>
Jan 7 9	Syllabus, introduction, Background approaches, Freud	33-58
Jan 14 16	Psychoanalysis Adler	62-75
Jan 21 (Tues)	Object relations	103-112
Jan 23 (thurs) 28 (Tues)	Emotion focused / Person centered	136-159; 10-11; 20-22; 165-170
Jan 30 (thurs)	Existential	174-198
Jan 31st (Friday) 5:00pm drop deadline for 75% tuition refund.		
Feb 4 (Tues)	TMT:	174 – 198; Video Flight from Death
Feb 6 (Thurs)	Gestalt	201-214; 220-227
Feb 11 13	Gestalt/ Process/ group	Handout/ video
Feb 18 20	Group	Handout/ video

Midterm exam: Tues Feb 25th

Feb 27 Family therapy (Bowen & structural) course reserve 390-401; 420-422

Last day to withdraw (grade of ‘W’): March 7th, 5:00

March 2-9 Spring Break

No class

Mar 10 12	Behavioral	321-343; 347-349
Mar 17 19	Exposure	Library: Abramowitz; text: 359-363
Mar 24 26	Cognitive (Ellis then Beck)	272-288; 266-270; 292-317

Papers due on Thurs Mar 26

Mar 31 Apr 2	outcome research	Abramowitz ch. 2
Apr 7 9	effectiveness, ethics, eclecticism	4-17; 429-434; 455-456
Apr 14 16	Science and therapy	video and Tavris course docs

Finals: Tuesday, April 21, 4:00 pm - 5:50 pm

Assignments and Quizzes: There will be 10 class assignments/ quizzes throughout the semester (5 pts each). They will not be announced ahead of time, and as such, cannot be made up. The student may drop the lowest 2. They will cover the reading material and lecture and are specifically designed so that the student keeps up in the reading and attends lecture. They are also important because some of the material on the quizzes will be used on the exams. Quizzes are usually done in the first 5 minutes of class. To prevent students from walking in late and getting the answers to the quizzes, **no quizzes will be given to late-comers**, and the blank quizzes will be discarded after the class. Since the student can drop the lowest 2, no questions asked, **missed quizzes cannot be made up. Because of the “drop lowest 2 no questions asked” policy, please do not request make-up quizzes.** In the case of a take-home assignment and the student was absent during class, that will also count as one of their drops.

Short Paper: The student will be asked to choose from several topics that will be described in detail in a handout. This assignment will be worth 40 points, or 20% of total grade. **No electronic submission of the paper. The paper must be actually made out of paper.**

Attendance: Attendance will not be monitored. However, in-class assignments or quizzes will not be announced and cannot be made-up; therefore, poor attendance will result in loss of points. In addition, since the material covered in quizzes and in class will be used on the exams, it is not possible for students to receive a good grade without good attendance. **Please do not request point opportunities later in the semester after not having attended class regularly.** Students should read the assigned readings before they are scheduled to be covered in class. It is the student’s responsibility to keep current on material they may have missed.

Academic Dishonesty: Any evidence of cheating (e.g., notes during exam, looking at another student’s answers, plagiarism, copying portions of the paper from other sources) will result in a failing grade in the course and any other actions as allowed by GVSU policy (e.g., dismissal).

Disabilities: If you have a disability, it is up to you to determine if you wish to disclose that information and request classroom accommodations. If you wish to request educational accommodations due to a disability, you should register with the Disability Support Resources (4015 Zumberge; 331-2490), if you haven’t already done so. If you wish to request needed accommodations, please meet with me privately (e.g., during office hours) to discuss how to best meet your educational needs. This should occur early in the semester rather than later (e.g., after failing a test).

Class Courtesy: A respectful and friendly atmosphere in the classroom is important for all of us. Without it, it would be difficult for each of us to feel free to express our ideas and learn. Please limit your private comments and conversations to either before or after class. Talking should be limited to comments shared with the entire class rather than with only a subgroup. Respect classmates by listening to them as you would have them listen to you. Please be on time and turn off phones and social media during class time. These are distracting to others around you.

Make up exams: Any absence on the exam dates will result in total loss of points. Missed assignments due to emergency situations (illnesses, death in the family) will **require appropriate documentation.** It is the student’s responsibility to notify the instructor.

Missed Assignments: Any late assignments will result in 1 letter grade reduction from the original grade for each class past the due date. This course is subject to the GVSU policies listed at <http://www.gvsu.edu/coursepolicies/>.

Theories of counseling

Winter 2020

Name: _____

Year in School, Major: _____

Reason for taking this course (Psych major category, elective).

Previous coursework in psychology (e.g., behavior modification) or related coursework (e.g., social work) or outside clinical experience (e.g., volunteer work):

Any particular topics you want to see covered other than those on the syllabus?