

Counseling Theories (PSY 452)
Winter 2021

Instructor: Luke Galen, Ph.D.

Office: 2220 ASH

Virtual Office Hours: Bb collaborate. Tues/ Thurs: 11:00 – 11:30 a.m.; Mon/ Wed 3 – 4:00 p.m.
or email to schedule apt.

Phone: 331-2904

Email: galenl@gvsu.edu

Class Format: Online only.

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.

<https://www.pearson.com/store/p/theories-of-counseling-and-psychotherapy-systems-strategies-and-skills/P100001429663>

Pearson tech support: <https://support.pearson.com/getsupport/s/>

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

Prerequisites: PSY 101

Grading: Grades will be based on quizzes and assignments, 2 online exams, and a short paper. The exams and quizzes will consist of multiple choice type questions drawn from online modules and the book. The final exam is **non-cumulative**.

	<u>Points</u>	<u>Percentage</u>
Midterm	55	27.5%
Final	55	27.5%
Quiz/ Assgnmts (12 x 5 pts)	50 (drop lowest 2)	25%
Paper	40	20%
Total	200 points	100%

Tentative Class Schedule:

(I'm putting in Tues dates for familiarity even though we do not meet in person)

<u>Week</u>	<u>Topic</u>	<u>Text*</u>
Week 1: Jan 19	Syllabus, introduction, Background approaches, Freud	33-58

Wk 2: Jan 26 Psychoanalysis

Jan 29th Last day for credit/ no credit

Wk 3: Feb 2 Adler, Object relations, and attachment 62-81 106-112

Wk 4 Feb 9 Emo. focused, Client centered, Mot. Interview 136-159; 10-11; 20-22; 162-170
Feb 12th (Friday) 5:00pm drop deadline for 75% tuition refund.

Wk 5 Feb 16 Existential 174-198
Terror Management Theory Video Flight from Death

Wk 6 Feb 23 Tues: Gestalt 201-214; 220-227. Thurs: Process Group Handout/ video

Wk 7 Mar 2 Tues: Group/ Process Handout/ video

Midterm exam: online Thurs Mar 4th – Sun March 7th

Wk 8 Mar 9 Family systems therapy (Bowen, structural, strategic) Bb chapters x

Wk 9 Mar 16 Behavioral 321-343

Wk 10 Mar 23 Exposure text: 347-349 Chapters on Bb from Abramowitz;

Wk 11 Mar 30 Cognitive (Ellis then Beck) 272-288; 266-270; 292-317
Third wave CBT 350-364

Wk 12 Apr 6 outcome research Abramowitz ch. 2

Last day to withdraw (grade of 'W'): April 9th, 5:00

Papers due Sat Apr 10

Wk 13 Apr 13 effectiveness, ethics, eclecticism 4-17; 429-434; 455-456

Wk 14 Apr 20 Science and therapy video and Tavris course docs

Final available online: Tuesday, April 27 – Thursday Apr. 29th

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

This course is subject to the policies listed at www.gvsu.edu/coursepolicies.

Weekly assignments and quizzes: There will be 12 weekly 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 recorded class /lecture and are specifically designed so that the student keeps up in the reading and viewing class/ lecture. They are also important because some of the material on the quizzes will be used on the exams. 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.** Missed assignments are equivalent and also count as drops.

DEADLINES: Do not email me after the due dates/ deadlines and ask for make up and do overs. It is the students’ responsibility to keep up with Bb announcements by checking in on a daily basis for upcoming assignments. The weekly quizzes and two tests will all appear on Bb within a window of time announced through Bb announcements and email messages. Students are presumed to know that they will have regular quizzes appearing on the same day every week. Together with the previously mentioned “drop two lowest quiz” policy (see above section), this means that you will not be allowed to “make up” quizzes after the deadline has passed, which would be unfair to other students. It is common for me to receive such requests with very legitimate sounding reasons (e.g., loss of internet connection, illness, travel, legal entanglements) that resulted in the student being unable to access the quiz or assignment on the date of the deadline. However, almost all of these could have been prevented, had the student initiated the work as soon as the assignment appeared earlier in the time window. Therefore, **DO NOT PROCRASTINATE AND BEGIN ASSIGNMENTS AT THE LAST MINUTE.** The student will assume the responsibility of planning, taking into account that issues could very well appear unexpectedly and disrupt plans to do the assignment immediately prior to the deadline.

Paper: This will be described in detail later in a handout. This assignment will be worth 40 points, or 20% of total grade. Word docx or pdf files will be uploaded to Bb assignment.

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).

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/>.