

Counseling Theories (PSY 452)
Winter 2022

Tues/ Thurs 2:30 – 3:45

Au Sable Hall 2120

Instructor: Luke Galen, Ph.D.

Office: 2220 ASH

Office Hours: Tues/ Thurs: 9:00 – 9:45 a.m.;

Online office hours Bb collaborate Mon/ Wed 4:00 – 4:30 p.m. email to schedule virtual appt.

Phone: 331-2904

Email: galenl@gvsu.edu

Class Format: In-person lecture / Discussion

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.

GVSU save instructions are on Bb.

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%

Class Schedule:

<u>Week</u>	<u>Topic</u>	<u>Text*</u>
Wk 1 Jan 11 13	Syllabus, introduction, Background approaches, Freud	33-58
Jan 14th Last day for credit/ no credit		
Wk 2 Jan 18 20	Psychoanalysis	
Friday Jan 21st: last day to opt out of GVSU SAVE textbook access.		
Wk 3 Jan 25 27	Adler, Object relations, and attachment	62-81 106-112
Wk 4 Feb 1 3	Emo. focused, Client centered, Mot. Interview	136-159; 10-11; 20-22; 162-170
Feb 4th (Friday) 5:00pm drop deadline for 75% tuition refund.		
Wk 5 Feb 8 10	Existential Terror Management Theory	174-198 Video Flight from Death
Wk 6 Feb 15 17	Gestalt 201-214; 220-227. Thurs: Process Group	Handout/ video
Wk 7 Feb 22 24	Group/ Process	Handout/ video
Wk 8: Midterm exam Tues March 1		
Wk 8 Mar 3	Family systems therapy (Bowen, structural, strategic)	Bb chapters x
Spring break Mar 6th – Sun March 13th		
Wk 9 Mar 15 17	Behavioral	321-343
Wk 10 Mar 22 24	Exposure text: 347-349	Chapters on Bb from Abramowitz;
Wk 11 Mar 29 31	Cognitive (Ellis then Beck) Third wave CBT	272-288; 266-270; 292-317 350-364
Wk 12 Apr 5 7	outcome research	Abramowitz ch. 2
Last day to withdraw (grade of ‘W’): April 9th, 5:00		
Papers due Sat Apr 9		
Wk 13 Apr 12 14	effectiveness, ethics, eclecticism	4-17; 429-434; 455-456
Wk 14 Apr 19 21	Science and therapy	video and Tavris course docs
Final Thursday Apr. 28th 2:00 – 3:50		

*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 except in cases of documented absence in accordance with GVSU guidelines (e.g., doctor's note, university activity). 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 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. 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 class time 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., illness, travel, legal entanglements) that resulted in the student being unable to access the quiz or assignment on the date of the deadlines such as for the paper. 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/>.

Theories of counseling

Winter 2022

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 or types of therapy you want to see covered other than those on the syllabus? (other than child therapy).