

Counseling Theories (PSY 452)  
Fall 2015

Section A: Tues/ Thurs 2:30-3:45 2302 ASH

**Instructor:** Luke Galen, Ph.D.

**Office:** 2220 ASH

**Office Hours:** Tues/ Thurs: 10 – 11, some Mon/ Wed times by appointment.

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**Course Objectives:**

- 1) Knowledge of the psychological theories and principles involved in counseling.
- 2) The ability to apply these theories and principles in practical ways to one's own profession and life.
- 3) The ability to competently refer others to the appropriate professionals and settings and inform others of the differences involved in different types of psychological counseling.

**Text:** Seligman, L., Reichenberg, L.W. (2014). *Theories of Counseling and Psychotherapy: Systems, Strategies, and Skills*. 4<sup>th</sup> ed. Upper Saddle River, NJ: Prentice-Hall, Inc.

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

**Class Format:** Lecture/Discussion.

**Prerequisites:** PSY 101 and PSY 303

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

	<u>Points</u>	<u>Percentage</u>
Midterm	55	27.5%
Final	65	32.5%
In class assignments and quizzes (5 pts each x 10)	40 (drop the lowest 2)	20%
<u>Paper</u>	<u>40</u>	<u>20%</u>
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>
Aug 30 Sept 1	Syllabus, introduction, Background approaches, Freud	33-58
<b>No class tues Sept 6</b>		
Sept 8	Psychoanalysis,/ Adler	62-75; 103-112
Sept 13 15	Object relations/ Emotion focused therapy:	136-159; 10-11; 20-22; 165-170
Sept 20	PCT/ Existential	174-198
Sept 22 Thursday	TMT: Video assignment Flight from Death	No class
Sep 27 29	TMT/ Gestalt	201-214; 220-227
Oct 4 6	Process/ group	Handout/ video
Oct 11 13	group	Handout/ video
<b>Midterm exam: Tues oct 18</b>		
Oct 20	Family therapy	390-401; 420-422
Oct 25 27	Behavioral	321-343; 347-349
<b>Last day to withdraw (grade of ‘W’): October 28, 5:00</b>		
Nov 1 3	Exposure	Library: Abramowitz; text: 359-363
Nov 8 10	Cognitive (Ellis then Beck)	272-288; 266-270; 292-317
Nov 15 17	outcome research	Course Reserve
Nov 22	outcome research	
<b>Papers due on Nov 22</b>		
<b>No class Thurs Nov 24 Thanksgiving</b>		
Nov 29 Dec 1	effectiveness, ethics, eclecticism	4-17; 429-434; 455-456
Dec 6 8	Science and therapy	course reserve
<b>Finals: Tuesday Dec 13<sup>th</sup> 4:00- 5:50</b>		

**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. In the case of a take-home assignment and the student was absent during class, that will 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 will be difficult for students to perform well on the exams without good attendance. 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 information they may have missed due to being absent or tardy.

**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 Office of Academic Support (240 Student Services; 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 cell phones.

**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.

Theories of counseling

Fall 2016

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?