Counseling Theories (PSY 452)

Winter 2023

**Tues/ Thurs 11:30 – 12:45 Lake Huron Hall 102**

**Instructor:** Luke Galen, Ph.D. **Office:**  2220 ASH

**Office Hours**: Tues/ Thurs: 10:00 – 11:00 a.m.; or 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:** Kress, V. E., Seligman, L., Reichenberg, L.W. (2021). *Theories of Counseling and Psychotherapy*: *Systems, Strategies, and Skills*. 5th ed. Pearson.

GVSU save instructions are on Bb.

This is also available as a printed book, Kindle, or eText. ISBN-13: 978-0134460864

<https://www.pearson.com/en-us/subject-catalog/p/theories-of-counseling-and-psychotherapy-systems-strategies-and-skills/P200000001814?view=educator>

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**.

**Points Percentage**

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:**

**Week Topic Text\***

Wk 1 Jan 10 12 Syllabus, introduction, Background approaches, Freud 51-62

**Credit/ no credit deadline Fri. Jan. 13th**

Wk 2 Jan 17 19 Psychoanalysis / psychodynamic 63-76

Wk 3 Jan 24 26 Adler, Object relations, and attachment 77-97; 125-131

Wk 4 Jan 31 Feb 2 Emo. focused, Client centered, Mot. Interview 307-332; 39-41

Wk 5 Feb 7 9 Existential and Gestalt 278-305; 334-359

Wk 6 Feb 14 16 Process/ experiential group Handouts/ video

Wk 7 Feb 21 23 Process Group and family

Family: Bowenian 425-437; Structural and strategic 441 – 449; Genograms 457 – 459;

**Wk 8: Midterm exam Tues feb 28**

Wk 8 Mar 2 Go over exam, midpoint review, behaviorism review 149-165

#### Wk 9 Spring break Mar 6th – Sun March 12th.

#### Last date to withdraw with a grade of W Fri. Mar. 10th

Wk 10 Mar 14 16 Behavior therapy, skills and exposure 166-178; Abramowitz 3, 4, 6

Wk 11 Mar 21 23 Exposure and REBT 179 - 195

Wk 12 Mar 28 30 Cognitive (Beck) 195 – 209

Third wave DBT/ ACT/ Mindfulness 246 - 263

Wk 13 Apr 4 6 outcome research Abramowitz ch. 2

**Papers due Sat Apr 8th**

Wk 14 Apr 11 13 effectiveness, ethics, eclecticism

Common factors 5-6, Client/ therapist char. 7-12; Ethics 28-37, Eclecticism 467 - 471

Wk 15 Apr 18 20 Science and therapy video and Tavris course docs

EMDR box 15.2 p. 481, Myers Briggs 484

#### Final Tuesday, April 25, 10:00 am - 11:50 am

\*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](https://t.e2ma.net/click/us9p6e/mycaqy/2qx9yu).

**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, do not request make-up quizzes.** Missedassignments 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 2023

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).