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CO 601 Counseling Theories and Techniques

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Corrected Final Version

August 5, 2004

CO 601

COUNSELING THEORIES AND TECHNIQUES

Summer Session III ** Stanger Hall 404

8:30-11:30 Aug. 9, 10, 12; 17, 18, 19, 20, 23

1:00-4:00 Aug. 10, 11, 12; 16, 17, 19

3 Semester Units

Students should secure texts and begin reading PRIOR to the beginning of class.

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Purpose and Goals:

This course is a survey of classical and contemporary theories of counseling. Specifically, we shall cover the major traditions within the psychodynamic, humanistic and behavioral fields. These three broad bases provide the fundamental frameworks from which most theories derive. The course also aims to help students begin the process of appraising these traditions from a Christian perspective. Attention is given to the integration of theology and psychology, assumptions about human nature and theories of personality, the development of problems, the nature of change, techniques and application of each theory.

Upon completion of this course, the student will be able to:

- Describe the major theories of counseling within the various traditions, especially the psychodynamic, humanistic and behavioral traditions.
- Identify the skills and attitudes necessary to effective counseling and how to apply techniques associated with the various psychological traditions.
- Understand how personal experiences, philosophy and culture shape theoretical perspectives.
- Provide a Christian appraisal of the various psychological theories by being able to identify points of continuity and discontinuity between theology and psychological theory.

Required Course Texts:

Corsini, R. & Wedding, D. (2004). *Current psychotherapies*. (6th OR 7th edition). Itasca, IL: Peacock Publishers.

Note: Both editions will most likely show up in class, where possible, please use the 6th edition, but if you have obtained the 7th edition, don't worry! We can adjust as needed.

Jones, S. L. & Butman, R. E. (1991). *Modern psychotherapies: A comprehensive Christian appraisal*. Downers Grove, IL: Intervarsity Press.

Electronic Reserve Articles:

Two items are housed in electronic reserve. You will need to have your ATS First Class Client account (ATS e-mail platform) up and running. Open First Class Client. On your Desktop, you will find a folder entitled "CO601." Open this folder. Next open the icon labeled "Course Center." Finally, open the folder, "Supplemental Readings." The documents are listed by title:

- Patrick Miller, "What is a Human Being"
- Duncan/Anderson, "Postmodern Social Construction Therapies"
- Virginia T. Holeman, "The Neuroscience of Christian Counseling"

Course Requirements:

You are expected to attend all classes and participate in all class related activities and discussions. You should only be absent in emergencies—illness, family death or similar unavoidable situations. Emergencies DO NOT include attending to church work or other employment.

Students who miss **more** than the equivalent of 3 sessions will not receive a passing grade. **However, those who attend all class sessions by arriving promptly, returning promptly from breaks, and remaining for the entire class session will have 1 extra point added to their final course grade.**

Course Policies—

- All written material should conform to style and form set forth in the Publication Manual for the American Psychological Association, 5th ed. Also, all written material should be produced with a standard 12-point font, typed, double-spaced with a one-inch margin.
- Students should submit written material on time; late papers will receive no written comments and the grade will be reduced. **However, students who submit all written assignments on time (excluding in-class exams) will have one point added to their final grade.**
- Incompletes denote that the work of a course has not been completed due to an **unavoidable emergency**, which does not include delinquency or attending church work or other employment. Please plan your time accordingly.

Grading Ranges

A	95	C	73
A-	90	C-	70
B+	87	D+	67
B	83	D	63
B-	80	D-	60
C+	77	F	below 60

Course Assignments

1. “Philosophy of Integration” Paper 25% of your grade

Due: Monday, August 30, 2004 by Noon.

See the grading rubric in the Course Center

Prepare an interaction/reflection paper (not a strict research paper) of approximately 5 pages in length that attempts to describe your “philosophy of integration” (i.e., how do you see the Bible, Christian theology and spirituality relating to therapeutic psychology and counseling).

Appropriate sections in the required course texts should provide you with the framework and sources for interaction and reflection. READ THE RUBRIC that is posted in the Course Center within the CO601-A Folder on First Class Client. My expectations for the paper are stipulated here.

This paper is intended for you to think about and articulate your understanding of integration. Bring your typed, double-spaced paper to the Counseling and Pastoral Care Office. You may also submit your paper electronically as an attachment to and send it to my First Class Client account. Do **NOT** SPO your paper to me.

2. Evaluation of a “Christian/Spiritual” Counseling Approach (15% of final grade).

Due: Thursday, August 19, 2004.

See the grading rubric in the course center

Bring your paper with you to class.

Several approaches to Christian counseling have risen to prominence during the last few decades. Such approaches include:

- Biblical Counseling (e.g., pre- 1990 Larry Crabb)
- Nouthetic/Biblical Counseling (e.g., Jay Adams, David Powlison)
- Healing of Memories (e.g., David Seamands)
- Inner Healing (e.g., Leann Payne)
- Theophostic (e.g., Ed Smith)
- Tell Yourself/Others the Truth (e.g., William Backus)
- Clinical Theology (e.g., Frank Lake)
- Christotherapy (e.g., Bernard Tyrrell)
- Freedom in Christ/Spiritual Warfare/Oppression (e.g., Neil Anderson)

This assignment asks you to investigate one approach to Christian counseling and evaluate it against the criteria that we have been using for all other approaches and against the Holeman & Palmer (distributed in class) articles.

You will develop a 5-6 page paper [typed, double-spaced, 1” margins all around] that deals with the following:

- a. A brief summary of the theory/approach
- b. View of personality, spirituality, health and abnormality

- c. Theory of how healing happens
- d. Counselor's stance/role
- e. Proposed Technique(s)
- f. Critique of the theory/approach from both psychological and Christian faith perspectives.

On Aug 19 and 20 we will spend some class time discussing the approaches that you have investigated.

3. **Mid-Term and Final Examination – 60%**

The mid-term exam will be administered during the first half of the session **Monday, Aug. 16.**

The final exam will be administered during the first half of the session on **Monday, Aug. 23.**

Each exam counts 25% of your grades. Exams will include objective questions (multiple-choice, true/false, matching) and short answer essays that evaluate your comprehension of the theories that we studied preceding the examinations. Questions will come from texts and class presentation.

CO601 Mid-Term Examination Guidelines

The CO601 mid-term and final will be a combination of objective items and short answer essay. The mid-term exam will cover all material from the first week of class. The final exam will cover all material presented during the second week of class.

To prepare for these exams, let me suggest that you create a chart by which you can compare and contrast the major theories that we have studied. The Corsini text provides you with the skeleton of an outline at the beginning of the book. If you can fill in the blanks of this chart, then you are well on your way to a strong grade in this class.

In addition, you should know such things as the name of the theory, the major theorists who developed each theory, each theory's buzz words and what they mean, each theory's model of health, illness, and treatment approach, **and** where the theory is consistent or inconsistent with Christianity (Jones and Butman). You should be able to compare and contrast the models.

Objective items will include multiple-choice and matching. I will also give you several short answer options. The mid-term will happen during the first half of class, with class resuming after all tests are collected.

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Date/Time	Focus	Reading	Assignment Due
Mon Aug 9 8:30-11:30 am	Introduction	Corsini, 1; Jones, 1, 2, 15, 16 Miller, on electronic reserve	
Tues Aug 10 8:30-11:30 am	Psychoanalysis & Analytic Therapy	Corsini, 2 and 4; Jones, 3, 5	
Tues Aug 10 1-4 pm	Person-Centered Therapy	Corsini, 5; Jones, 10	
Wed August 11 1-4 pm	Gestalt	Corsini, 10; Jones, 12	
Thu Aug 12 8:30-11:30 am	Adler	Corsini, 4; Jones, 9	
Thu Aug 12 1-4 pm	Contemporary Psychodynamic	Jones, 4 Dr. Steve Stratton, presenter	
Mon Aug. 16 1-4 pm	Exam Multimodal Therapy	Corsini, 11; Jones 15	Mid-Term Exam Exam: 1:00-2:15 pm. Class: 2:30-4:00 pm.
Tues Aug 17 8:30-11:30 am	Cognitive & Therapies	Corsini, 6, 7, 8; Jones 7, 8	
Tues Aug 17 1-4 pm	Behavioral Therapies	Corsini, Jones Ch. 6	
Wed Aug 18 8:30-11:30 am	Systemic Therapies	Corsini, 12; Jones, 14	
Thu Aug 19 8:30-11:30 am	Solution Focused & Narrative Therapies	Duncan and Anderson material on reserve in library	
Thu Aug 19 1-4 pm	Current Issues in Therapy	Holeman essay on electronic reserve; Feminist therapy reading in packet	Christian Approach Evaluation
Fri Aug 20 8:30-11:30 am	Current Issues con't	Corsini 14 for 6 th or 15 for 7 th ; Jones 16	What is your preferred style of helping?
Mon Aug 23 8:30-11:30 am	Final Exam		Final Exam
Aug 30, 2004			Integration Paper

Integration Paper Due: August 30, 2004. Bring your paper to the CPC office by 12:00 NOON. Do not put your paper in the SPO. Electronic versions submitted to my First Class Client e-mail account are also acceptable.