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CO 601 Counseling Theories and Techniques

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COUNSELING THEORIES AND TECHNIQUES

CO 601 (3 hours)
Summer III Term, Aug. 4 - 18, 2008
Professor: Stephen P. Stratton, Ph.D.
Licensed Psychologist

Office: Stanger 413, 859-858-2289
Office Hours: Tu/Th 2:30-4:00 PM
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REQUIRED TEXTS:

Note: Due to the heavy reading load in a two week class, students should secure and begin reading the following texts prior to the beginning of class. Check the class schedule for the order of readings.

- Corsini, R. J. & Wedding, D. (2008). *Current psychotherapies, 8th Ed.*, Belmont, CA: Brooks Cole.
- Jones, S.L. & Butman, R.E. (1991). *Modern psychotherapies*. Downer's Grove, IL: Intersivity Press.
- Johnson, E.L. & Jones, S.L. (2000). *Psychology and Christianity: Four views*. Downers Grove, IL: Intersivity Press

AIMS AND OBJECTIVES:

In this course, we will be surveying classical theories of counseling. We will cover the major traditions within the psychodynamic, humanistic and behavioral fields because these three broad bases provide the fundamental frameworks from which most theories derive. We will also begin the process of appraising these traditions from a Christian perspective. How does our understanding of theology influence and determine our use of these secular theories of counseling? We will consider several topics -- the integration of theology and psychology, assumptions about human nature and theories of personality, the development of dysfunction and other problems, the nature of change, techniques and application of each theory.

COURSE GOALS:

At the end of this course, you should be able to do the following:

1. Describe the major theories of counseling within the various traditions, especially the psychodynamic, humanistic and behavioral traditions.
2. Identify the skills, attitudes, and techniques necessary to effective counseling according to the various psychological traditions.
3. Understand how a person's personal experiences, philosophy, personality, and culture shape theoretical perspectives.
4. Provide a Christian appraisal of the various psychological theories by being able to identify points of continuity and discontinuity between theology and psychological theory.
5. Articulate an "early version" of your own model of counseling based upon your theological assumptions and study of counseling theories.

6. Begin to consider the integration of counseling, theology, and spiritual formation in a manner that unites faith and practice.

COURSE REQUIREMENTS:

Readings Assignments - Each student is expected to complete the reading assignments as outlined in the class schedule. If possible, students will find an advantage to reading prior to the class. Students are also responsible for any and all additional assigned readings and workbook assignments. These assignments will be minimal if used at all. *Informed* participation regarding the readings is expected and considered in the final grade.

Examinations (240 points total) - Four exams (60 points each) will be given during the semester on Aug. 5, 7, 12, and 14. All exams are required, and no make-up exams will be given unless previously arranged. Exams will consist of any and all types of objective and subjective questions.

Group Theoretical Critique (60 points total) - Six group papers (10 points each) that weigh the pros and cons of six major counseling theory from a Wesleyan perspective are to be developed during class. Groups will work as teams to develop their critique of each theory from a Christian perspective. Each group member must contribute to each discussion. In order for a member to participate in this exercise, readings must be done prior to coming to class. In class, two groups will be randomly selected to present their critique. *No papers are accepted after the class period in which they are due.*

Reflection/Formation Papers (100 points) - Three papers (three-pager, 25 points; three pager, 25 points; four pager, 50 points) will be completed by Aug. 8, Aug. 15, and Aug. 18. All papers are to be submitted electronically. Please email the professor with your paper attached as a Microsoft Word document. It will be returned electronically as well.

The first three-page paper is a *reflection paper* that should be constructed by choosing one of the four integrative positions presented in Psychology and Christianity: Four Views (Myers, Collins, Roberts, or Powlison) that is closest to your way of thinking now. You are to describe the advantages of your choice and critique the other perspectives from this point of view. In essence, explain what it is that makes sense to you about your choice and then tell why it is better than the other views. Be sure to defend your choice both psychologically and scripturally.

The second paper is a *formation paper* on your "rule of life." This paper will be discussed more fully in class, but basically you are to give systematic consideration to what God is doing in your life and how you are participating with him in this transformative process. In many ways, this paper will take the form of a spiritual "treatment plan." This paper relates specifically to one of the Foundations for Christian Formation, that being Personal and Social Holiness. As stated on page 11 of the document, *Christian Formation of Students at Asbury Theological Seminary*, holiness is related to "the abandonment of vices" and "the embrace of virtues." Your learning in this class should prompt you to consider how to you create space for God to move in your personal and professional vocations.

The third paper is another potential *formation paper* that may be discussed with your Formation Guide. After being in dialogue with past and present psychological theoreticians, you should be constructed to provide your own introductory theoretical “roadmap.” In the paper you should plan to define Christian counseling from your perspective. Your paper should explain (1) who human beings are, (2) what is the human problem, (3) what creates the opportunity for human change, (4) the counselor role in the change process, and (5) the counseling techniques that promote change. In the conclusion of your paper, you will need to identify what therapeutic perspective (psychodynamic, humanistic, or behavioral/ cognitive) is closest to your developing “road map” and why. You should also include a section that identifies the reasons for your rejection of the other theories.

This third paper relates specifically to one of the Foundations for Christian Formation, that being Church and Academy. As stated on page 21 of the document, *Christian Formation of Students at Asbury Theological Seminary*, “an essential step in holistic formation is for individuals and faith communities to become aware of the self-referenced tendencies inherent to our individual and corporate human condition.” Your learning in this class should contribute to a growing awareness of how to engage the human condition – emotionally, cognitively, spiritually, and physically. This paper can become part of your Formation Portfolio but it is not required for that purpose

No late papers are accepted for these assignments. They will be returned without grading.

COURSE POLICIES

Attendance. Attendance is essential for understanding and processing the material. Students are expected to attend all class meetings, however, one morning or afternoon excused absence will be permitted. Work that is missed due to any excused absence (hospitalization or serious illness, institutionally approved group event or travel, death or serious illness of a family member, or other unusual circumstance) will be permitted to be made up. Per ATS policy, appropriate written documentation should be provided.

Submitted Written Papers.

- *Paper Labeling.* All papers should have your name and your SPO number on them.
- *APA Format.* 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.
- *Writing Quality.* Grades for written material will be partially based on quality of writing (grammar and spelling), clarity of thought, and logical development.
- *Form.* Written materials must be submitted in electronic form by the due date. Electronic submissions should be Word documents attached to an email. A receipt will be sent via email; if you do not receive a receipt, check on your submission.
- *Timeliness.* Students should submit written material on time; late papers will not be graded.

Self-Disclosure. In class interactions, some self-disclosure and personal examination may occur; this should be kept appropriate to the classroom situation. These interactions fall under the umbrella of confidentiality and members will be expected to abide by this ethical standard.

Academic Dishonesty and Student Behavior. Students are expected to follow ATS policy with regards to issues of academic dishonesty (e.g. cheating, plagiarism) and proper conduct in the classroom are required. Any confirmed incident of cheating is grounds for failure in this course. Cheating includes passing off someone else's written work as one's own as well as looking at someone else's test answers to formulate one's own test answer(s).

Problems. If you are having difficulty in this course for ANY reason, please speak to me as soon as possible.

Special Needs. All materials can be made available in alternate formats. Please inform me of any special needs you may have.

Scheduling. The instructor reserves the right to make modifications to the course schedule as necessary.

Incomplete Work. "A grade of 'I' denotes that the work of a course has not been completed due to an unavoidable emergency, which does not include delinquency or attending to church work or other employment. If the work of the course is incomplete at the end of a term without an emergency, a letter grade will be given based on the grades of work done, with incomplete work counted as 'F.'" (See ATS 2005-06 Catalog)

GRADING:

Your final grade will be computed from the point totals associated with the above class requirements. There are **400 total points possible**. On the basis of this cumulative total, your final letter grade will be assigned as follows:

A:	100-95% = 400-380 points
A-:	94-92% = 379-368 points
B+:	91-89% = 367-356 points
B:	88-85% = 355-340 points
B-:	84-82% = 339-328 points
C+:	81-80% = 327-320 points
C:	79-75% = 319-300points
C-:	74-70% = 299-280 points
D:	69-60% = 379-240 points
F:	59% and below = 239 points and less

Asbury Seminary defines grades using the following criteria (see ATS 2005-06 Catalog):

A= Exceptional work: surpassing, markedly outstanding achievement of course objectives

B= Good work: strong, significant achievement of course objectives

C= Acceptable work: basic, essential achievement of course objectives

D= Marginal work: inadequate, minimal achievement of course objectives

F= Unacceptable work: failure to achieve course objectives

A plus (+) or minus (-) indicates positions between categories (for example, B+ = very good; C- = slightly below acceptable, etc.).

SCHEDULING

Aug 4 (8:30-11:30 AM)

Syllabus, E. Stanley Jones and Integration Issues
Jones and Butman (Chs. 1, 2)

(1:00-4:00 PM)

Counseling & Christianity (Johnson & Jones, Chs.
1-6)

Aug. 5 (8:30-11:30 AM)

Counseling as Spiritual Formation/"Rule of Life"
Legal and Ethical Issues (Corsini, Ch. 1 & 15)

(1:00-4:00 PM)

Exam I

Aug. 6 (8:30-11:30 AM)

Psychoanalysis (Corsini, Ch. 2; Jones & Butman,
Ch. 3)

Team Work

(1:00-4:00 PM)

Object Relations (Jones & Butman, Ch. 4)
Team Work

Aug. 7 (8:30-11:30 AM)

Adlerian (Corsini, Ch. 3; Jones & Butman, Ch. 9,
pp. 226-243)

(1:00-4:00 PM)

Exam II

Aug. 8 (by 5:00 PM)

Integration Paper Due

Aug. 11 (8:30-11:30 AM)

Existential /Person Centered (Corsini, Ch. 5; Jones
& Butman, Ch. 10)

(1:00-4:00 PM)

Person Centered
Team Work

(by midnight)

“Rule of Life” Formation Paper Due

Aug. 12 (8:30-11:30 AM)

Gestalt (Corsini, Ch. 10; Jones & Butman, Ch. 12)
Team Work

(1:00-4:00 PM)

Exam III

Aug. 13 (8:30-11:30 PM)

Behavioral (Corsini, Ch. 7; Jones & Butman, Ch. 6)
Team Work

(1:00-4:00 PM)

Cognitive (Corsini, Ch. 6 & 8; Jones & Butman, Ch.
7 & 8)
Team Work

Aug. 14 (8:30-11:30 AM)

Systemic (Corsini, Ch. 12; Jones & Butman, Ch. 14)

(1:00-4:00 PM)

Exam IV

Aug. 18 (by 5:00 PM)

Formation Project Due