

**Lewis & Clark College
Graduate School of Education and Counseling
Theory and Philosophy of Counseling
CPSY 513 -- Fall 2008**

Professor: Tod Sloan, Ph.D.
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Office Hours: by appt.
Meets Mondays – September 8th – December 8th – Rogers 220
1:00 – 4:15 pm

Catalogue Description:

Overview of counseling theories such as psychoanalytic, Adlerian, client-centered, cognitive-behavioral, multi-modal, Gestalt, feminist, existential, solution-focused, and brief therapy, as well as integrative approaches. Examines a wide range of theoretical perspectives and advocates professional knowledge of best practices. Students acquire knowledge of various counseling theories and critique their relevance to diverse populations and clinical situations. Students clarify their personal assumptions and learn how to explain their own theoretical stance. Issues of diversity and client matching are addressed throughout.

Textbooks:

S. Mitchell and M. Black (1995). *Freud and Beyond*. NY: Basic.

B. Keeney (1983). *Aesthetics of Change*. NY: Guilford.

K. Wilber (2000). *Integral Psychology*. Boston: Shambala.

... and a counseling theories textbook of your choice.

Learning Objectives:

- Develop a strong foundation and awareness of major theoretical and philosophical perspectives on counseling and psychotherapy.
- Demonstrate knowledge of the links between theoretical orientations and particular counseling interventions.

- Demonstrate the ability to conceptualize a client's issues within a systematically derived theoretical model(s).
- Demonstrate an understanding of issues and considerations associated with human diversity as they emerge in theoretical work.
- Understand one's own value systems and their impact on counseling and therapeutic work.
- Begin to formulate one's own theoretical orientation and be able apply it in framing client issues and choosing interventions.

Course requirements:

1. Timeliness, attendance and active participation are critical to learning. Come to class with notes containing your questions, confusions, and issues that arose in relation to the week's readings. Tardiness and lack of preparation/participation will be reflected in total points available. One absence from class per semester with justification is allowed, but make up activities, arranged with the instructor, will be expected. More than one absence will be reflected in your grade and may lead to a failure to complete requirements for course credit. (20 pts)
2. Theory paper (40 points total for 3 parts). The paper is a combination of a reflective paper and a theory overview paper. This paper should follow the format described at the end of the syllabus.
3. Theory presentation (40 points). Includes presenting the basics of the theory to the class, presentation of a fictional client's issues, treatment plan, etc as described at the end of the syllabus.

Attendance and Learning Support:

Notification of absence required. Any absence of more than an hour requires a make-up assignment. More than 3 hours of absence is failure to complete the class. Email notification is preferred, but you may also call the professor's office phone.

Please notify instructor of any special learning considerations that need to be taken into consideration in accordance with the Americans with Disabilities Act.

Course Schedule

<u>Date</u>	<u>Topic and Readings</u>
Sept 8	Introductions and Overview of Course Design First Part of Theory Paper The Role of Theory and Critical Theory
Sept 15	Psychoanalysis – Mitchell, Chs. 1-3
22	Object Relations and Identity– Mitchell, Chs. 4-6 Theory Paper, Part I due in class.
29	Object Relations Theory and Technique – Mitchell, Chs. 7-9
Oct 6	Systems Theory – Keeney, Chs. 1-3
13	Systems Theory – Keeney, Chs. 4-6
20	Integral Psychology – Wilber, Chs. 1-4
27	Integral Psychology – Wilber, Chs. 5-9
Nov 3	Integral Psychology – Wilber, Chs. 10-15
10	Interlude and Planning
17	Theory Presentations
24	(Thanksgiving Break)
Dec 1	Theory Presentations
8	Theory Presentations
Final Paper (Parts II and III) due in Sloan Email inbox – Dec 12 before noon.	

Your Mission This Semester (should you choose to accept it)

Your primary project for this semester is to become an expert in one of the major approaches to counseling and psychotherapy. You may choose any approach other than the main ones focused on in our readings (object-relations, systems, and transpersonal). That leaves Adlerian, Person-Centered, Solution-focused, Cultural-Relational, Cognitive-Behavioral, Gestalt, Existential, narrative, and a few others. The fruits of your efforts will be shared in your theory paper and your theory presentation during the last weeks of the semester.

To become an expert, you will need to consult the following sorts of materials:

case studies in journals, textbook coverage of the theory, critiques of the theory from other points of view, writings by leading proponents of the theory, biographical materials on the leading proponents, techniques associated with the theory and evidence that they work (if any), philosophical and cultural origins of the theory and related practices.

The above materials will help you become familiar with these aspects of the theoretical approach:

- The theory's assumptions about human nature
- Basic concepts of the model
- Its idea about development, pathology, and optimal psychological health
- Related practices and techniques and how they are supposed to work
- Empirical evidence for theories and interventions
- Cultural and biographical origins of the theory
- Personal resonance, relevance; appropriateness for various groups

The Theory Paper

Part I:

5 points: This is an exploration of your own worldview and belief systems about counseling and psychotherapy. We will do the outline of this in our first class. On the basis of your outline, you are to write with depth and detail, what you currently think in connection with the issues below. Include an explanation of the reasons why you think what you think. Paper should be 4-5 pages, double-spaced. Please include your thoughts about:

1. Self/personality/self-structure: What is a self/personality? How is a self/personality created? Does the self exist as an autonomous individual? What is the role of context/community/others in relation to the self? Is the structure or nature of the self pre-determined or not? What are values, and how do they relate to who one is? How can we best conceptualize psychological and emotional problems?
2. Why does counseling work, or how does it help? What is a therapist's role in making counseling work? What do you think "changes" enough that things get better with counseling (i.e., thoughts, feelings, self-structure, behaviors)?

Part II:

30 points: Research a counseling theory and write a research paper covering the major points of this theory. The theory may be one that we cover during the course or may

be a theory you have been interesting in exploring for yourself. Aim for 8-10 pages, double-spaced. Paper must be in APA format and include at least 8 references other than the course text/readings. Internet references should be from peer-reviewed journals. Please include headings/subheadings (introduction, body of paper, worldview integration, conclusion).

Part III:

5 points: Revisit the worldview you described in Part I. Integrate the viewpoint of the theory you wrote about in Part II with your own beliefs about self, other, causes of distress, and why counseling works. If your thoughts have changed since you originally wrote Part I, describe the changes. Remember to integrate the theory you wrote about with your own belief (i.e., is your belief consistent with the theory? If not, what is different?)

The Theory Presentation

40 points: The following information should be incorporated into your presentation of about 45 minutes:

- 10 points: Overview of theory including influential theorists, historical overview, main tenets, beliefs on health and pathology, criticisms, etc. This should include all the key concepts that might appear on a licensing exam. Include brief psychoeducational video of theorist or therapist discussing theory.
- 15 points: Construct a 'client' on the basis of some famous person or other about whom we can gain a lot of biographical detail. Hand out a one-page single-spaced summary description of the person's life and issues. Create a detailed assessment of the client issues as viewed through the lens of the theory, therapist's use of theoretical tenets, etc. Optional: write a script for a brief role play to enact in class.
- 5 points: Detailed treatment plan that uses the theory as a primary guide, how this was effective or ineffective in treatment with client, client's response to treatment plan, flexibility within the treatment plan, therapist's personal experience with treatment plan using theory as the guide, etc.
- 5points: Specific details and examples of possible interventions that would be used with the client.
- 5points: Discuss issues of diversity, societal influences, oppression and marginalized individuals and how these important issues are addressed within the framework of the theory.