

CPSY 512/513-- Counseling Theory: Cognitive, Affective, and Behavior Change in Children & Adolescents /Theory and Philosophy of Counseling--Fall 2009

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Office hours:
Mon. 12:30-2:30; Wed: 10-12
before class or other times as needed.
Appointments must be scheduled in advance.

Please email me to make appointments for office hours! If I have no appointments scheduled during office hours, I may schedule meetings or other appointments during those times.

Catalog description(s): 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. Additionally, the course provides an introduction to the theories guiding mental health work with children and adolescents in school and clinical settings. Reviews learning theories (classical, operant, and social). Participants explore the design and implementation of contingency-management programs and various CBT strategies for educational and clinical settings. Also considers psychoanalytic, Adlerian, client-centered, Gestalt, play therapy, reality therapy, solution-focused, and brief therapy theories. Issues of diversity and client matching are addressed throughout. Prerequisite: None.

Objectives: Students will...

- Develop a strong foundation and awareness of diverse theoretical perspectives.
- Demonstrate knowledge of different theoretical counseling interventions.
- Demonstrate the ability to conceptualize a client within a systematically derived theoretical model (s) .
- Demonstrate an understanding of issues and considerations associated with human diversity as applied to theory
- Understand one's own value systems and the impact on therapeutic work.
- Begin to formulate one's own theoretical orientation and apply it to client issues.

Required texts: Corey, Gerald (2009). Theory and Practice of Counseling and Psychotherapy, 8th Edition. Belmont, CA: Thomson. ISBN-13: 978-0-495-10208-3.

Additional required reading will be posted to Moodle

Course requirements:

1. Attendance and active participation are critical to learning. One absence from class per semester for extenuating reasons is allowed, but make up activities will be expected as arranged with the instructor. More than one absence will invoke major additional requirements for makeup activities (i.e., 10 page paper) and may lead to a failure to complete requirements for credit. If you get the flu, please contact me for web-based make-up assignments.

3. One final paper will be required (44 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. **Part I of the paper will be due the second day of class, Parts II on the day of your presentation, and Part III on the last day of class.**

4. Client role-play (6 points). You will role-play a client for another student in the course. In designing your character, use a popular book, movie, poem, song, television show, painting, etc., which you know well and which might be known by several other students in the course. Your “therapist” will give you up to 6 points for your participation.

5. Creative intervention presentation -- (20 points). Each student will give a **20 minute** presentation that applies a theoretically consistent intervention to their assigned “client.” Students will present a theory-based assessment of their “client” followed by a theory-based intervention to the class.
 The presentation is worth 20 points:
 - 10 points for the quality in which a theoretically consistent assessment/analysis of the “client” and or client issues is communicated to the class,
 - 10 points for the quality in which a theoretically consistent description of your intervention is communicated to the class
 - 5 points for style/engagement/creativity during your presentation.

6. Theoretical case conceptualization & treatment overview– (30 points). Prior to the presentation, each presenter will give all members of the class a written case conceptualization and treatment overview which consists of **FIVE sections**:
 - a very brief overview of the chosen theory (about one page) —3 points,
 - a detailed description/assessment of the client issues as viewed through the lens of the theory (1-3 pages) --5 points,
 - a counseling plan/treatment plan that uses the theory as a primary guide (1 page; include both immediate/short term goals and longer term/theory-derived goals) --8 points,
 - specific/detailed examples of theoretically consistent possible interventions that might be used with the client (1-2 page description of your creative intervention plus other possible interventions) --5 points, and
 - a critique/commentary of how you might consider race/ethnic, class, gender, sexual orientation, and similar diversity/power/dominant culture vs. non-dominant cultural issues within your theoretical framework—5 points.

<u>Grading:</u>	A: 100–95 points
	A-: 94–90 points
	B: 89–85 points
	B-: 84–80 points
	C: 79–75 points
	C-: 74–70 points
	F: Below 70

Tentative Course Schedule (subject to change)

<u>Date or #</u>	<u>Topic</u>	<u>Readings--additional readings will be required and posted to Moodle by midnight on the Saturday prior to class</u>
Sept. 10	Introductions and expectations What is counseling/Need for theory	Chap. 2 & 3
#1	<u>Humanistic approaches</u>	Chap. 7, 2 + Moodle
#2	Person-centered Therapy	
#3	Existential Theory	Chap. 6 + Moodle
#4	Gestalt Therapy	Chap. 8, 3 + Moodle
#6	Behaviorism	Chap. 9 + Moodle
#7	REBT, CBT	Chap. 10 + Moodle
#8	Feminist, Multicultural (Critical) Counseling Theories	Chap. 12 + Moodle
#9	Postmodern	Chap. 13 + Moodle
#10	<u>Psychoanalytic/Psychodynamic approaches</u>	Chap. 5 + Moodle
#11	Adlerian, NeoFreudian	
#12	Object relations and Jungian	Chap. 4 + Moodle
Nov. 19	presentations (5 or 6)	
Dec. 3	presentations (5 or 6)	
Dec. 10	presentations (5 or 6)	

Dec. 17 presentations, (5 or 6), **Final Paper (Parts II and III) Due**

Description of Final Paper

Part I:

3 points: This is an exploration of your own worldview and belief systems about counseling. Write, **WITH DEPTH AND DETAIL**, what you believe about the following concepts. Include an explanation of WHY you believe what you believe (i.e., if you believe that God created the self, why do you believe that? If you believe that counseling works because the counselor is smarter than the client, why do you believe that?) Suggested length is 5 pages, double-spaced. Please include your beliefs about:

- 1) Self/personality/self-structure (i.e., What is a self/personality? How is a self/personality created? Does the self exist as an individual? What is the role of context/community/others to the self? Is it pre-determined or not? What are values, and how do they relate to who you are?)
- 2) Why do you believe people come to counseling (AKA: issues, problems in living, mental illness, DSM-IV diagnoses, life trauma, etc., etc.) and especially, what you believe causes or leads up to these problems, issues, etc.?
- 3) Why do you believe counseling works, 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:

35 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. Suggested length is 10 pages, double-spaced. **Paper must be in APA format** and include at least 10 references other than the course text/readings. Internet references should be from **peer reviewed** journals, but full-text is fine. Please include a table of contents and headings/subheadings. You are encouraged to turn in a detailed outline for review prior to writing the paper.

Part III:

6 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 beliefs have changes 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?)