

CPSY 590-01 Brief Solution Focused Therapies

Catalogue description:

Solution Focused Therapy is a creative, strength-based model that develops brief therapeutic interventions in collaboration with clients and their families. These interventions are intentional, goal-oriented, artistic and even playful in nature, designed to elicit hope and enhance creativity. Solution Focused Therapy invites us all to experience different points of view, encourages clients to try new things, and to think and behave in new ways. The Solution Focused therapist values emotions, is constantly seeking resolutions, not problem definition, and recognizes that change itself is not only constant, but inevitable. When applied in counseling sessions, Solution Focused Therapy encourages counselors and their clients to be involved and remain active, to utilize natural resources and tap supports that we inherently possess, and is presented within an effective and time-efficient evidence-based treatment model.

Instructors:

James Gurule, MA LPC phone: 503-645-3581 ext. 2310 email: jamesg@lifeworksnw.org
Sally Rasmussen, MA LPC phone: 503-645-3581 ext. 2314 email: sallyr@lifeworksnw.org

Mondays, Rogers Hall, Room 218, 5:30 to 8:30 pm

September 12, 2011 through November 14, 2011

Textbook: Beyond Brief Counseling and Therapy: An Integrative Approach
Jack H. Presbury, Lennis G. Echterling, J. Edson McKee, 2008

Sept. 12: Introduction and Chapters 1-3

Sept. 19 Continuing with Chapters 1-3

Sept. 26 Framing Goals, Ch. 4 and Facilitating Change, Ch. 5

Oct. 3 Constructivist Counseling, Ch. 6

Oct. 10 Narrative Counseling, Ch. 7 and Meaningful Stories, Ch. 8

Oct. 17 Brains, Emotions, Thoughts, & Counseling, Ch. 9

Oct. 24 The Reflecting Team, Consulting Break and Offering Suggestions, Ch. 11

Oct. 31 The “Brief Attitudes” & Consolidating Change, Ch. 12

Nov. 7 Counseling People in Crisis Ch. 10 & Humanistic Counseling...Ch. 13

Nov. 14 Other Brief Approaches...Ch. 14

Our class is comprised of lecture, conversation, skills building, role plays, presentations, developing resources and journaling. Points will be given for participation in each activity.

Points:

During the semester, we will select 30 Reflecting Questions over the term from our text book (3 per week). Students will write answers to those questions, and can earn up to 2 points for each written answer, for a total of 60 points; Students can earn up to 2 points per week for participation in class discussions and role plays, for a total of 20 points; Students can earn up to 10 points for their class presentations on selected websites; Students can earn up to 10 points for completion of your Gratitude Journals. This equals 100 points for the entire semester.

Final Semester Grades will be based on the following point totals:

A = 93 to 100 points A- = 90 to 92 points

B+ = 87 to 89 points B = 83 to 86 points B- = 80 to 82 points

C+ = 77 to 79 points C = 73 to 76 points C- = 70 to 72 points

Class attendance is expected and required. If you are going to miss a class, you will be given a make-up assignment at the discretion of the instructors. Please inform us as soon as possible if you anticipate missing any classes. More than one missed class (3 hours) will be considered by the Counseling Psychology Department as a failure to complete our class.

Of course, as a courtesy to your classmates and instructors, please minimize the use of computers and other electronic devices in our class. We can make exceptions if you have informed us of a pending critical incoming communication, or if you require an educational accommodation based on ADA standards and you provide evidence of written approval by the Counseling Psychology Department.

Class Goals:

Understand principles of several theories and approaches to Brief Therapy

Become familiar with the application of Brief Therapy principles with a variety of treatment populations

Experience supervised practice in the use of Brief Therapy strategies and interventions

Develop in-depth knowledge in a selected area of brief therapy research or application

Develop awareness and understanding of the impact of brief therapy approaches on diverse and marginalized populations/groups.

Deepen the understanding of the concept of change. To develop more skill in being an agent of change in the therapeutic setting

James Gurule is a Humanistic licensed professional counselor with over 25 years of clinical experience in community mental health settings. He works daily with children, families, therapy groups and in clinical supervision with staff and graduate student trainees.

Sally Rasmussen is a licensed professional counselor with 20 years of community mental health clinical experience, who utilizes strength-based and creative therapeutic approaches with her clients, staff, and supervisees. As a program director and adjunct faculty member, Sally has expertise in systems-oriented perspectives and views respect as a foundation for change. Both Sally and James have taught counseling psychology courses as adjunct faculty members at Lewis & Clark College since 1998.