

## PSY 332: Counseling & Psychotherapy (Winter, 2012)

Dr. Stephen Dine Young  
Office: Science Center 156  
Class Times: M, W, F 12-1; Th 12-3 (practicum/lab)  
Office Hours: M,F 1-2; W 10-11 & by appointment  
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### Course Description and Goals

The primary purpose of this course is to introduce students to the theories and practices associated with the most prominent approaches of counseling and psychotherapy. While not all forms of therapy are covered, an effort is made to consider representative ideas and techniques from all of the major approaches. In the didactic portion of this course, students will learn how various approaches conceptualize the process of therapeutic change, and how this change can be facilitated through the use of particular psychological techniques. This goal will be achieved through a combination of lecturing, independent reading, classroom discussions, in-class demonstrations (live and recorded) and a field trip.

The practicum (“lab”) portion of this course will give students an opportunity to develop some of the basic “helping” skills that underlie most forms of psychotherapy and counseling. While students will not become experts in any particular psychotherapeutic modality, they will practice fundamental ways of interacting with other people that are the building blocks of effective therapeutic intervention. These skills will be useful to students: 1) who enter the helping professions (psychology, social work, medicine, etc.); 2) who enter professions where interpersonal interaction is important (business, teaching, etc.); and 3) who are interested improving their own interpersonal interactions.

The following goals of the Psychology Major are met in this course:

1. recognize and differentiate the major theories, principles, findings, and methods of the discipline of psychology as it is commonly defined and practiced in the current time period.
2. write and speak persuasively and clearly about the methods, findings, and implications of psychological research.
3. pursue a career of their choice, either inside or outside of psychology.

### Texts

James, R.K. & Gilliland, B.E. (2003). *Theories and Strategies in Counseling and Psychotherapy* (5<sup>th</sup> Ed.). Boston: Allyn & Bacon.

Okun, B. F. (2008). *Effective helping: Interviewing and counseling techniques* (7<sup>th</sup> Ed.). Monterey, CA: Brooks/Cole Publishing.

### On Reserve

Lambert, M.J. & Bergin, A.E. (1994). The effectiveness of psychotherapy. In A.E. Bergin & S.C. Garfield (Eds.) *Handbook of psychotherapy and behavior change* (4<sup>th</sup> Ed.). New York: John Wiley.

Nystul, M.S. (1999). Group counseling. *Introduction to counseling: An art and science perspective*. {Ch. 12, pp. 305-320} Boston: Allyn & Bacon.

Yalom, I.D. (1989). *Love's executioner*. New York: Harper Collins. {Chs. 4 & Ch. 6}

### **Exams**

There will be three in-class exams worth 100 points each. Exams will be primarily long answer/short essay. The exams will cover the didactic reading materials and classroom activities. In addition, some of the material from the practicum readings and exercises will be included as well; I will let you know what you are responsible for in this regard as we go along.

### **Reading Materials & Written Responses**

There will be a reading assignment for each week. I strongly encourage you to have these assignments read by Monday. On Wednesday of each week, you will submit 5 typed reflective/critical questions that you have about the reading material. Each submission will be worth 5 points. Late submissions will be subject to a 50% deduction.

### **Practicum ("Lab") Reports**

A practicum report will be due most Thursdays. There will be approximately 8 reports worth a total of 150 points. Each report will be worth 10-50 points. The content of these reports will usually be based on practicum exercises conducted the previous week. The primary purpose of these reports will be to summarize the practicum experiences and to induce reflection and self-evaluation of these experiences. Specific details will be provided for each report during practicum time. A 10% deduction will be made for each week day a report is late.

### **Attendance, Preparation & Participation**

Attendance will be taken for each class, although it will not be formally factored into your grade. In the seminar portion of the course, participation is expected. Participation will be worth 50 points and will be factored in based on the following scale:

Outstanding	95+ points
Excellent	90 points
Very Good	85 points
Good	80 points
Average	75 points
Below Average	????

In the practicum portion of the course, attendance and participation will be even more necessary; I consider it a responsibility to your class mates. It will often not be possible for you to complete your practicum report without these experiences.

### **Grading (Total of 500 points)**

540-600	A
480-539	B
420-479	C
360-419	D
359 & Below	F

Assignment of +'s & -'s will be made based the overall distribution of scores and other factors (e.g., participation and attendance).

## **Class Schedule**

<u>Date</u>	<u>Topic</u>	<u>Reading</u>
1/9-1/13	Introduction	J&G, Ch. 1; Yalom, Chs. 4 & 6
1/16-1/20	Psychoanalytic therapy	J&G, Ch. 4
1/23-1/27	Variations in psychodynamic therapy	J&G, Ch. 4 & 5
1/30-2/3	Person-centered therapy	J&G, Ch. 2
2/6-2/8	Gestalt therapy	J&G, Ch. 3
2/10	<b>Exam #1</b>	
2/13-2/17	Behavioral therapy	J&G, Ch. 7
2/20-2/24	RET/Cognitive Therapy	J&G, Ch. 9 & 10
<b>2/27</b>	<b>Fall Break</b>	
3/5-3/9	Solutions therapy	J&G, Ch. 11
3/12-3/14	Systems therapy	J&G, Ch. 12
3/16	<b>Exam #2</b>	
3/19-3/21	Play therapy	TBA
3/23-3/26	Eclectic therapy	J&G, Ch. 13
3/28-3/30	Group therapy	Nystul, Ch. 12
4/2-4/13	Diversity, Ethics and Outcome	Lambert and Bergin; Okun, Ch. 10; Class Handout
Week of 4/16	<b>Final Exam</b> (as per college schedule)	

## Practicum Schedule

<u>Date</u>	<u>Topic</u>	<u>Reading</u>
1/12	Introduction to lab	--
1/19	Intro to the Helping Relationship <b>Practicum Report #1 due</b>	Okun, Ch. 1
1/26	The Helping Relationship <b>Practicum Report #2 due</b>	Okun, Ch. 2
2/2	Communication Skills <b>Practicum Report #3 due</b>	Okun, Ch. 3
2/9	Building the Relationship <b>Practicum Report #4 due</b>	Okun, Ch. 4
2/16	Introduction to Strategies	Okun, Ch. 7
2/23	Applying Strategies <b>Practicum Report #5 due</b>	Okun, Ch. 8
3/6	<b>Field Trip to Cinci VA (?) (No class on 3/9)</b>	
3/16	No Class/Individual Supervision <b>Practicum Reports #6 due</b>	--
3/23	Student Interviews	--
3/30	Student Interviews <b>Practicum Report #7 due</b>	--
4/05	Counselor Interviews	--
4/12	Counselor Interviews <b>Practicum Report #8 due</b>	--

Week of 4/16 **No Lab/No Practicum Report**