

Psychology 4310
Introduction to Counseling Theories
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Textbook: Theory and Practice of Counseling and Psychotherapy, by Gerald Corey
(Eight Edition)

Grading Criteria:

70 % of the total possible points will come from your tests
30 % of the total possible points will come from Papers, presentation, and
other assignments

90 % - 100 % of possible points = A
80 % - 89 % of possible points = B
70 % - 79 % of possible points = C
51 % - 69 % of possible points = D
50 % and less of possible points = F

(Plus and minus grades are at the discretion of the instructor)

Tests:

You will have three to four unit tests in this course and a comprehensive final. It is possible you will have a test during dead week. (You will have a test about every 3 to 4 weeks)

Papers:

You are required to write one book summary for this class, plus one group presentation (You need to hand in a written copy of your part of the group presentation and a test question for your part of the group presentation). If you can't do a group presentation when talk to me about another alternative.

The approved book list is as follows.

Approved books are found at the end of each chapter and are identified by the * mark in front of the authors name.

All other books used to satisfy this particular requirement of the course require advance approval by the instructor.

Book selections are to be approved no later than the 2nd week of the Semester.

Paper outlines and group presentations outlines due the 5th and 11th week.

Book reviews are to be presented in small group discussion, and turned in the 7th week. Group presentation will occur the 13th and 14th week of the Semester.

There is no set length in terms of how long your papers need to be. (Hopeful not longer than five pages at most) Papers must be typed and spelling and punctuation will count.

Learning Objectives:

You will receive a set of learning objectives the first day of class. Use these objectives to direct your reading, help organize your notes, and help you prepare for exams.

Order of Reading:

At least for now plan on going through the book in the following order.

Psychoanalytic Therapy i.e. Freud Chapter 4
Individual Psychology i.e Adler Chapter 5
Person-Centered Therapy i.e. Rogers Chapter 7
Rational-Emotive Behavioral Therapy i.e. Ellis Chapter 10
Cognitive Therapy i.e Beck Chapter 10
The Silent Language of Psychotherapy i.e Beier
Reality Therapy i.e. Glasser Chapter 11
Gestalt Therapy i.e. Perls Chapter 8
Transactional Analysis
Existential Therapy Chapter 6
(Behavior Therapy Chapter 9 if we have time)
Ethical Issues in Counseling Chapter 3
Review, Integration, and Summary Chapter 15

Basic Approach to this Class:

In contrast to other courses that you may have taken from me, this course will be somewhat different. Yes I will lecture some and you are responsible for what is said in lectures plus the text when it comes to tests. However, a significant amount of your learning will come from your reading, classroom assignments, and what you learn from others.

Incompletes will only be given when they are legitimate and in keeping with University Policy.

Honors: If you wish to take this course for honors they the requirements are as follows. You need to complete a research project that includes data collection and data analysis. This class project requires instructor approval by the completion of the second week of class and must be presented to the class during the next to last week of the course.

Group Presentations for this Semester

Analytical Psychotherapy (Jung)
Treatment of Substance Abuse (to include AA, Rational Recovery, and Motivation Interviewing)
Family Therapy and Marital Therapy
Misc
Other topics mentioned in the book but not covered in class (This might include but isn't limited to PTSD, Borderline Personality Disorder and other Difficult Clients, Adolescents etc.)

(Group sign up sheets will passed around toward the start of the second week of class)