Course Syllabus

PCO 6057
Counseling Theories and their Implications for Practice and Research
FALL, 2012

INSTRUCTOR: Marshall Knudson, Ph.D., Licensed Psychologist
Office: 264-6792 Home: 378-1600
E-mail: mlk@alachuacounty.us

REQUIRED TEXTS:

COURSE DESCRIPTION

The goals of this counseling theories course are to: familiarize you with the prevalent counseling theories and psychotherapy research, how these models compare, overlap and contrast from one another, and how these therapeutic models appear congruent (or incongruent) with your own beliefs and model of therapy.

The relatively small class size will allow us to engage in a primarily interactive learning style, focused more toward discussion than didactic presentation of the weekly assignments.

Course Requirements
1. Weekly class attendance/Participation/Reaction Questions and Observations
2. Exam I
3. Exam II
4. Individual paper and presentation of another theory
5. A personal theory of counseling paper

ATTENDANCE/PARTICIPATION/REACTION QUESTIONS AND OBSERVATIONS

Your active involvement in the classroom presentations and discussions will be vital. When readings are assigned, you will also be asked to develop three questions or observations that can be shared with the class to help stimulate discussion of the assigned counseling theory. These discussion questions should focus upon theoretical or applied issues posed by each counseling model that are especially confusing, intriguing, and/or relevant to your view of the model. (What made the most sense about this model; what didn’t make sense, what offered you a new insight into the counseling process, etc.) Then, please attach a one or two paragraph reaction to each question/observation explaining why it is confusing, intriguing or relevant to you. Plan to be ready to discuss these questions, and to hand them in each class.

EXAMINATIONS I AND II

Two exams may be administered as indicated on the class calendar.

These exams (non-cumulative) will consist of True/False, multiple choice, brief answer, and short essay questions.

INDIVIDUAL PRESENTATIONS PAPER

You will select another theorist or theory of counseling and develop an APA format paper highlighting any relevant background information on the theory (theorist), the basic philosophy of the theory (theorist), primary techniques used by the counseling theory, research findings to support the theory, and your assessment of the strengths and weaknesses of the theory. Please provide your classmates (and the
instructor) with a 7-10 page paper which includes the above mentioned information, along with references and suggested readings. You will then have the “opportunity” to briefly discuss the highlights of your model and provide the class with some type of simulation or experience with your theory.

PERSONAL THEORY OF COUNSELING PAPER

A goal of this course is to assist students in beginning to identify their personal theories of counseling in relation to the models of counseling studied over the semester. You will be asked to write a paper on your theory which will include (but not be limited to) the following thoughts:

Your view of human nature, how you define counseling, how people become emotionally “unhealthy”, how does counseling assist people to become emotionally healthy (what are the relevant qualities in the therapeutic relationship and what are the therapeutic forces that an effective counselor must possess), how you measures effectiveness of your theory. Please discuss how your theory is congruent (and incongruent) with your personal values and life experiences. Why are you in this field? Why do you want to be a counseling psychologist? Also, what are your strengths in your model, and what do you need to work on most to be effective (weaknesses).

GENERAL COMMENTS

You are expected to attend and participate in each class and to complete all assignments on time. Should you have questions or concerns about this course, please discuss them with me as soon as possible. You may reach me at work, home, or e-mail. Appointments can be made as desired or needed.

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MAJOR THEORIES

1. Freudian (psychoanalytic) 6. Reality
2. Client-centered (Rogers) 7. Existential
3. Adlerian 8. Family
5. REBT
OTHER THEORISTS AND THEORIES of historical relevance

1. Jung
2. Karen Horney
3. Harry Stack Sullivan
4. Pierre Janet
5. Milton Erickson
6. Wilhelm Reich
7. B.F. Skinner
8. Lazarus(Multi-modal)
9. Joseph Wolpe
10. George Kelly
11. Fred Thorne
12. Thomas Szasz
13. Eric Berne
14. J.L. Moreno (psychodrama)
15. Janov (primal scream)
16. S. Jourard
17. Don Meichenbaum
18. A. Maslow
19. EMDR—Eye Movement Desensitization Reprocessing
20. NLP—NeuroLinguistic Programming
21. Object Relations Therapy
22. Solution Focused Therapy
23. R.D. Laing
24. Narrative Therapy
25. Morita Therapy
26. Feminist Therapy
27. Dialectical Behavior Therapy (Linehan)
28. Motivational Interviewing (MI)
29. Coherence Therapy—Depth Oriented Brief Therapy (DOBT)
30. Compassion Focused Therapy

GRADES

EXAM I .................................................................100 PTS
EXAM II ...............................................................100 PTS
Individual Paper/Presentation ........................................100 PTS
Personal Theory Paper .................................................***
Attendance/Participation/Reaction Papers .........................200 PTS

A = 450-500
B = 400-449
*** Personal theory papers must be successfully completed in order to receive a grade for this course***
<table>
<thead>
<tr>
<th>Dates</th>
<th>Topic/ Focus</th>
<th>Assignment for Following Week</th>
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<tbody>
<tr>
<td>Aug. 28</td>
<td>Introduction, Overview and History</td>
<td>Chapter 2(C&amp;W), and Chapter 1(W&amp;C)</td>
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<tr>
<td>Sept. 4</td>
<td>Freud (psychoanalysis)</td>
<td>Handouts &amp; Chapter 5, Chapter 4 and videos</td>
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<td>Sept. 11</td>
<td>Facilitative Model &amp; Rogers</td>
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<td>Sept. 18</td>
<td>Rogers (person-centered) &amp; Facilitative</td>
<td>Chapter 10, Chapter 9 and videos</td>
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<td>Sept. 25</td>
<td>Gestalt</td>
<td>Chapter 3, Chapter 2 and videos</td>
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<td>Oct. 2</td>
<td>Adler</td>
<td>Chapter 6, Chapter 5 and videos</td>
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<td>Oct. 9</td>
<td>REBT</td>
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<td>Oct. 16</td>
<td>First Exam</td>
<td>Chapter 9, Chapter 8 and videos</td>
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<td>Oct. 23</td>
<td>Existentialism</td>
<td>Reality Therapy handouts and videos</td>
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<td>Oct. 30</td>
<td>Reality Therapy</td>
<td>Chapter 12, Chapter 11 and videos</td>
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<td>Nov. 6</td>
<td>Family Therapy</td>
<td>Chapter 8, Chapter 7 and videos</td>
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<td>Nov. 13</td>
<td>Cognitive Therapy</td>
<td>Individual Theories Due</td>
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<td>Nov. 20</td>
<td>Thanksgiving/HOLIDAY</td>
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<td>Nov. 27</td>
<td>Individual Theories</td>
<td>Personal Papers due</td>
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<td>Dec 4</td>
<td>1 2nd Exam</td>
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