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Syllabus

Counseling Methods

Fall 2019

**PSYC 4315 Counseling Methods**

Class: PSYC 4315 Counseling Methods

Professors: Elizabeth Malveaux-Hudson, Ph.D.

Dr. Hudson’s Office Hours: Mon. 5:30 pm – 8:00 pm, Wed. 5:30 pm – 8:00 pm

**Course Description:**

PSYC 4315 COUNSELING METHODS (3 hours) A study of counseling theory and techniques, including theoretical models used in both individual and group practice and emphasizing the therapeutic process and issues in working with different client populations. Class format includes both didactic and experiential learning methods. Prerequisites: PSYC 1320.

**MISSION STATEMENT**

Dallas Christian College educates and mentors students to be people of influence, engaging in their calling to the work of Christ in the Church and in the world.

**General Studies Program Objectives**

Students will:

1. Communicate effectively in writing, using coherent content and appropriate organization, style, and grammar for the subject and audience
2. Communicate clearly and persuasively in speaking, constructing and conveying their message using appropriate techniques for the subject and audience
3. Understand themselves within various social contexts as they integrate into their Christian worldview the basic knowledge of these General Studies areas: Bible, history, literature, mathematics, science, and social science
4. Employ interpretation, analysis, evaluation, inference, and explanation in order to conclude, solve problems, and interpret events

**Psychology Program Objectives**

Students will:

1. Know the fundamental history, concepts, and theories of psychology
2. Develop communication and helping skills suitable for service in secular and faith communities
3. Integrate psychological knowledge with biblical perspectives
4. Be adequately prepared for graduate and professional training

**Course Learning Objectives**

At the end of this course, students will be able to:

1. Outline the historical development of counseling theories
2. Distinguish between affective, behavioral, and cognitive theories
3. Apply theories to case studies
4. Articulate their developing model of counseling
5. Articulate an awareness of the cultural basis of the studied theories and the implications for counseling diverse populations.

# Required Text(s):

Corey, G. (2015). *Theory and practice of counseling and psychotherapy* (10th edition 2015). Pacific Grove, CA: Brooks/Cole.

ACA Code of Ethics: access www.counseling.org; click on “Ethics” at the bottom of the page. Near the middle of the Ethics page, you can access the 2014 ACA Code of Ethics (PDF).

**Coursework:**

**Attendance & Participation**

Due to the content covered in this class, your attendance is required. An absence will only be excused if there is a verifiable illness or emergency and in cases of dire need. The instructor must approve any student’s absence not due to an illness or emergency. Five points will be deducted from that student’s grade for every day he/she is absent from class. To earn these points back, the student may complete additional assignments as designated by the instructor. Any student with a record of unexcused absences will not be given a chance to earn the points back for those missed classes.

Exams = 150 Points Each

You will sit for 3 exams during this course. Exam questions will be a combination of true/false, multiple choice, fill in the blank, matching and short answer. Exams are to be taken in class on the scheduled date and time. There is no such thing as a Make-up Exam.

Self-Evaluation = 50 Points

A self-evaluation gives each student a chance to contemplate their basic belief structure, values and attitudes as it relates to providing counseling and psychotherapy to those seeking help. Students are required to actively discuss what they’ve learned about themselves and to see what they can learn about and from others.

Daily Journal = 25 Points

During this course, you will be required to maintain a journal with daily entries documenting how your day went in class, your experiences and the impact they had on you and your outlook. Write about the material you covered that day and your way of conceptualizing the theories that were presented. Write about what seems to ring true, what parts you find questionable and whether you see any congruence and/or dissonance in these theories based on your own personal observations, reflections and experiences. In this context, you can also discuss the interactions you’ve had with others in the class.

Theory Presentation = 75 Points

Students are required to make a presentation about a specific theory of counseling, one that they will be assigned. Each student can decide for themselves how they would like to conduct their presentation, whether via white board, Prezi, Power Point, or etc. Each student will prepare handouts for the class that contain pertinent information on the following:

* Key concepts of the fundamentals of the theory
* Who first introduced this theory?
* Who were the main contributors and developers?
* Select a problem from your past and show how a counselor using this theory effectively could have therapeutically brought relief or improvement
* Specific therapeutic procedures, rituals and/or techniques

Each student will be given 20 minutes or longer to make their presentation, not to exceed 30 minutes. Students are allowed to show a video for a portion of their presentation. Each student is required to cover everything listed above without going over 30 minutes. It is highly suggested that students rehearse ahead of time.

Final Term Paper: Theory of Change = 100 Points

The term paper should explore your personal beliefs about the inherent nature of humans, their problems and how they might change through the counseling theory or theories that align with your belief system. Although this is basically an opinion piece, you need to demonstrate that you’ve put substantial effort into your submission.

Answer these questions in your paper:

What needs to take place before someone in counseling would be likely to change?

What are the most important factors that contribute to change? Would it be the type of techniques, rituals, procedures or interventions used? Or, would it be the quality of the therapeutic relationship? And why.

Instructions: Paper is to be double spaced, using 12 pt. font, correct grammar and spelling. You need to have a cover page and sheets are to be stapled, not in a binder or plastic covers, etc. Paper should be approximately 5 pages in length, written and formatted in APA 5th edition. It should also have a minimum of 3 sources and Corey, 2001 can be one of them.

What to Include:

Introduction: This should be a general overview of the subject matter covered in the paper

Inherent Nature of Humans: Explain your view of the inherent nature of humans and which theory best substantiates this view. The mental health of humans should be described in the context of effective functioning as well.

The Problems of Humans: Explain your view of how problems develop and grow in people, the challenges they face as a result and how it affects their everyday functioning. Then, go on to explain which theory seems to substantiate your view on this.

What Brings About Change: Explain your view on what it takes for people to undergo change in the context of counseling. Discuss your view of the counselor’s role and what constitutes a good therapeutic relationship conducive to bringing about change. Mention which theory seems most aligned with your views and why.

The Theory in Practice: Explain the strategies, methods, and tools that you think would help bring about change and the theory that is most aligned with these in practice.

Multicultural Issues: Briefly explain how cultural differences may contribute to your view of humans, their problems and what can best help them change.

Summary: Write a cohesive summary of the main points you’ve covered in your paper.

**Reading & Participation**

Each student is expected to actively participate and contribute to class discussions. There will be a reading assignment each week. The only way students can demonstrate that they’ve fulfilled the reading requirements is be actively participating in the class discussions. This will show that they understand the concepts covered in the reading material. Students are welcome to discuss what they’ve read in their daily journal entries to reflect upon.

**Grading:**

Evaluation will be based upon performance in 6 areas including:

Attendance and Participation = 25 pts

Self –Reflection = 25 pts

Journal Reflection = 25 pts

Theory Presentation = 75 pts

3 Exams (50 pts each) = 150 pts

Final Paper = 100 pts

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**Total Points = 400 pts**

**Grading Rubrics**

Final grades will be based on the following scale and there will be no curves, concessions, or

Extra credits:

**A** = 90%-100%

**B** = 80%-89%

**C** = 70%-79%

D = 60%-69%

**F** = 59% and Below

Note: All course work must be completed on time. If there are extenuating circumstances affecting performance in class, please negotiate with the instructor PRIOR to assignment deadlines. Otherwise, late course work will not be accepted. In accordance with DCC Policy, incomplete grades (“I”) are given only in circumstances that meet university criteria (i.e., death in the family, severe illness).

Course Calendar

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| --- | --- | --- | --- |
| Date | Topic | Reading | Assignment |
| 10/11/19 | Introductions to the Course; Review of Syllabus | Chapter 15 | Read Chapter 15 and Self-Inventory |
| 10/11/19 | Introduction and Overview | Chapter 1 | Read Chapter 1; Class Discussion, Journal Reflection and Exercise |
| 10/11/19 | The Counselor: Person and Professional | Chapter 2 | Read Chapter 2, Class Discussion, Journal Reflection and Exercise |
| 10/12/19 | Ethical Issues in Counseling Practice | Chapter 3 | Read Chapter 3, Class Discussion, Journal Reflection and Exercise |
| 10/12/19 | Psychoanalytic Therapy | Chapter 4 | Read Chapter 4, Class Discussion, Journal Reflection and Exercise |
| 10/12/19 | Psychoanalytic Therapy | Chapter 4 | Psychoanalytic Therapy Applied to the Case of Stan |
| 10/12/19 | Adlerian Therapy | Chapter 5 | Read Chapter 5, Class Discussion and Journal Reflection |
| 10/12/19 | Adlerian Therapy | Chapter 5 | Adlerian Therapy Applied to the Case of Stan |
| 10/12/13 | Existential Therapy | Chapter 6 | Read Chapter 6 and Class Discussion, Journal Reflection and Exercise |
| 10/12/19 | Existential Therapy | Chapter 6 | Existential Therapy Applied to the Case of Stan |
| 10/12/19 | Person-Centered Therapy | Chapter 7 | Read Chapter 7, Journal Reflection and Class Discussion |
| 10/12/19 | Peron-Centered Therapy | Chapter 7 | Person-Centered Therapy Applied to the Case of Stan |
| 10/12/19 | Quiz 1(Chs. 1-6) | Quiz 1(Chs. 1-6) | Exam 1(Chs. 1-6) |
| 10/12/19 | Gestalt Therapy | Chapter 8 | Read Chapter 8, Journal Reflection and Class Discussion |
| 10/12/19 | Gestalt Therapy | Chapter 8 | Gestalt Therapy Applied to the Case of Stan |
| 10/24/19 | Behavior Therapy | Chapter 9 | Read Chapter 9, Journal Reflection and Class Discussion |
| 10/24/19 | Behavior Therapy | Chapter 9 | Behavior Therapy Applied to the Case of Stan |
| 10/24/19 | Cognitive Behavior Therapy | Chapter 10 | Read Chapter 10, Journal Reflection and Class Discussion |
| 10/24/19 | Cognitive Behavior Therapy | Chapter 10 | Cognitive Behavior Therapy Applied to the Case of Stan |
| 10/24/19 | Choice Theory/Reality Therapy | Chapter 11 | Read Chapter 11, Journal Reflection and Class Discussion |
| 10/24/19 | Reality Therapy | Chapter 11 | Reality Therapy Applied to the Case of Stan |
| 10/24/19 | Feminist Therapy | Chapter 12 | Read Chapter 12, Journal Reflection and Class Discussion |
| 10/24/19 | Feminist Therapy | Chapter 12 | Feminist Therapy Applied to the Case of Stan |
| 10/24/19 | Quiz 2 (Chapters 7-11) | Quiz 2 (Chapters 7-11) | Exam 2 (Chapters 7-11) |
| 10/25/19 | Theory Presentation Due | Theory Presentation Due | Theory Presentation Due |
| 10/25/19 | Postmodern Approaches | Chapter 13 | Read Chapter 13, Journal Reflection and Class Discussion |
| 10/25/19 | Postmodern Approaches | Chapter 13 | Postmodern Approaches Applied to the Case of Stan |
| 10/25/19 | Family Systems Therapy | Chapter 14 | Read Chapter 14, Journal Reflection and Class Discussion |
| 10/25/19 | Family Systems Therapy | Chapter 14 | Family Systems Therapy Applied to the Case of Stan |
| 10/25/19 | An Integrative Perspective | Chapter 15 | Read Chapter 8, Journal Reflection and Class Discussion |
| 10/25/19 | An Integrative Perspective | Chapter 15 | An Integrative Approach Applied to the Case of Stan |
| 10/25/19 | Quiz 3 (Chapters 12-15) | Quiz 3 Chapters 12-15) | Exam 3 Chapters. 12-15) |
| 10/25/19 | Theory Change Paper Due | Theory Change Paper Due | Theory Change Paper Due |