

Introduction to Counseling and Psychotherapy

EDP 367

#10377

Spring 2014

T-Th 2-3:15pm

SZB 432

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Office: SZB 244D Office hours: Tues. 1-2pm or by appt.

Texts (required): Corey, G. Theory and Practice of Counseling and Psychotherapy (8th edition, or earlier)

Rogers, A. G. (1995) A Shining Affliction, NY: Penguin Group

The course is a brief, broad overview of the major theories of counseling and psychotherapy along with ethical and professional issues. Realities of current psychotherapy practice will be considered and opportunities to practice basic counseling skills are provided. The format includes lecture, discussion, reading and writing assignments, large and small group exercises and exams.

Objectives:

1. An understanding of the major models of individual therapy.
2. An appreciation of how therapy facilitates change and growth.
3. An identification of factors that impact the counseling process.
4. Improved listening, communication and basic counseling skills.
5. Student self assessment of their abilities and interest in the field of psychotherapy.

Requirements: Grades are based on a total number of points earned.

1. Exam I: Covers lecture and reading assignments in the first half of the class. (50 points).
2. Exam II: Covers material from Spring Break on. (50 points).
3. Counseling Skill Labs: Seven classes that are participatory in nature, focusing on basic counseling skills. Attendance and participation earn 5 points per class. (35 points).
4. Reaction Papers: Four short (2 page average) subjective papers on assigned topics and can earn up to 12 points. (48 points).
5. Paper on A Shining Affliction: A paper addressing a set of questions and issues on this text. (30 points)
6. Extra Credit writing assignments will be made available.

Total potential points: 213

Grades by points earned:

A=180-200 B=160-179 C=140-159 D=120-139

Class Schedule

January

14	Introduction	
16	Nature of therapy	Corey 1&2
21	nature of therapy/Ethics	Corey 2&3
23	Ethics/Professional Issues	Corey 3 Reaction Paper 1 due.
28	CSL I	
30	Person Centered Therapy	Corey 7

February

4	Person Centered Therapy	Corey 7
6	Gestalt	Corey 8
11	Gestalt	Corey 8
13	CSL II	Reaction Paper 2 due.
18	Cognitive Behavior Therapy	Corey 10
20	CBT	Corey 10
25	CSL III	
27	Review	The above
4	Exam I	Study
6	Exam return and discussion	
10-15	Spring Break!	A time for somber reflection and quiet meditation.
18	Psychoanalytic Psychotherapy	Corey 4
20	"	"
25	"	"
27	CSL IV	Reaction Paper 3 due.

April

1	Adlerian Therapy	Corey 5
3	Adlerian Therapy	Corey 5
8	CSL V	
10	Behavior Therapy	Corey 9
15	Existential Therapy	Corey 6
17	CSL VI	Shining Affliction Paper due.
22	CSL VII: Discuss A Shining Affliction	
24	Integration/Review	Corey 15/4,5,6,9 RP 4 due.
29	Exam II	Study

May

1	Exam return and discussion	
	Have a great summer!	One Flew Over the Cuckoo's Nest