Introduction to Counseling*
PSY 383; PSY 383.1
ID 01624

Spring 2015
Instructor: Dr. Mahinur Asanovna Mamatova
Office: Main Building of AUCA, 209, Psychology Department
Office phone: 663309 (ext. 238)
Email: makhinur@gmail.com
Prerequisites: Psy 391 or Psy 397 (Abnormal Psychology)
Course Language: English
Course Status: required
Number of credits: 3 (6)
Classes: T., Th. 2:30 pm
Office Hours: Th. 4:00 pm by previous appointment

Text

Nelson-Jones, R. (2000). The theory and practice of counseling and/or

Course Brief Description

Counseling is the one of most important fields of applied psychology. It refers to the sphere of mental health professions. Counseling is a type of helping professions aimed at personal well-being enhancement. The American Counseling Association’s Governing Council (1997) approved a definition of professional counseling as being “the application of mental health, psychological, and human development principles through cognitive, affective, behavioral and systemic intervention strategies, that address wellness, personal growth, and career development, as well as pathology” (Harold. L. Hackney, L. Sherilyn Cormier, 2001). This course will survey basic approaches to counseling and therapy in order to enable students’ awareness of diversity of professional counseling models.

Course Objectives

At the end of this course the student should be able to:
1. Define general principles of Counseling Psychology and mental health professionals functions
2. Recognize basic assumptions of classical counseling/psychotherapy models
3. Understand potential difficulties and pitfalls of counseling process from its first session to termination
4. Know about basic skills professional counselor needed

Course Requirements

1. Attendance – 60 points. Attendance is mandatory. To be in class on time is expected. Late students will NOT be admitted into the class. Please finish up your personal businesses before class begins. Student is expected to be on class during entire class - time with no early leaving. Class missed because of general medical condition or emergency case will not interfere with your attendance rate.
2. Case Study Analysis – 100 points. There will be 10 case studies (10 points each) in Clinical and Counseling Psychology to be discussed on class.
3. Presentation – 100 points. Each student will be required to present on topics listed below (see Class Schedule). This is your right to perform joint presentation. Creativity in performance of
original idea is strongly encouraged. Please see the instructor to discuss the topic, presentation plan, and other relevant items ahead of time.

Grading Criteria for Presentation

<table>
<thead>
<tr>
<th>Criteria</th>
<th>Points</th>
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<tbody>
<tr>
<td>Content</td>
<td>20</td>
</tr>
<tr>
<td>Understanding</td>
<td>30</td>
</tr>
<tr>
<td>Criticisms</td>
<td>20</td>
</tr>
<tr>
<td>Clarity</td>
<td>10</td>
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<tr>
<td>Accuracy</td>
<td>10</td>
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<tr>
<td>Performance</td>
<td>10</td>
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100 points possible

4. **Mid-term Exam – 100 points.** Mid-term will be held on March 3 at regular time. The exam involves all themes studied before. There will be multiple choice, true/false, fill-in-the blank, short essay questions.

5. **Final Exam – 150 points.** The final will be given during the session time. This exam will cover all factual materials of the course plus the information from class presentations. No excuse is necessary to miss a scheduled examination. If you miss a scheduled exam, you must hold an oral make up exam with the instructor within three (3) days of the exam. Failure to do so will result in a score of 0 on the missed exam. The exam will be multiple choice, analysis of study cases, short essay, true/false, and fill-in-the blank.

**Grading Scale**

<table>
<thead>
<tr>
<th>Component</th>
<th>Points Possible</th>
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<tbody>
<tr>
<td>Attendance</td>
<td>60</td>
</tr>
<tr>
<td>Case Study Analysis</td>
<td>100</td>
</tr>
<tr>
<td>Presentation</td>
<td>100</td>
</tr>
<tr>
<td>Mid-term Exam</td>
<td>100</td>
</tr>
<tr>
<td>Final Exam</td>
<td>150</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>510 points available</strong></td>
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<table>
<thead>
<tr>
<th>Grade</th>
<th>Points</th>
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<tbody>
<tr>
<td>A</td>
<td>= 459 -510</td>
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<tr>
<td>A-</td>
<td>= 408-458</td>
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<tr>
<td>B+</td>
<td>= 357-407</td>
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<tr>
<td>B</td>
<td>= 306-356</td>
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<tr>
<td>B-</td>
<td>= 255-305</td>
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<tr>
<td>C+</td>
<td>= 224-254</td>
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<tr>
<td>C</td>
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<td>C-</td>
<td>= 162-192</td>
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<td>D</td>
<td>= 131-161</td>
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<td>F</td>
<td>= below 130</td>
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Bonus will be given for the creativity and independence of thinking (up to 25 points).

**Course Cheating Policy**

The proven cases of academic dishonesty will be treated by AUCA Academic Dishonesty Policy.
Course Themes

January 20-22 Introductory section. The mental health professions. What is Counseling? Counseling within the system of helping professions.


Case Study Analysis 1: Unconscious Symbolism


Case Study Analysis 2: Obsessive Compulsive Disorder


Case Study Analysis 3: Conversion Disorder


February 24 Franz Alexander: Psychoanalytic approach to psychophysiological diseases

Case Study Analysis 4: Case of Asthma

February 26 Behavioral Approaches to Therapy: Principles of Learning. The development of abnormal or unwanted behavior.

Case Study Analysis 5: Classical Conditioning and Generalization of a Conditioned Reflex

March 3 Mid-term Exam


Case Study Analysis 6: Phobia


March 12 Social Learning Methods. Other Forms of Behavior Therapy
March 24  Cognitive Approaches to Psychopathology and Psychotherapy. Beck’s Cognitive Therapy: Cognitive Therapy for Depression

Case Study Analysis 7: Depression

March 26  Beck’s Cognitive Therapy for Anxiety

Case Study Analysis 8: Anxiety

March 31  Cognitive Approaches to Psychopathology and Psychotherapy. Albert Ellis and Rational Emotive Behavior Therapy

April 2  Client-Centered Therapy: Model of the Person. Psychopathology and Psychotherapy.

April 7  Existential Therapy: Philosophical Background. Theory of Personality and Psychopathology

April 9  Gestalt Therapy: Theory of Personality and Therapy

Case Study Analysis 9: Gestalt Therapy

April 14  Group Counseling and Psychotherapy

April 16  Transactional Analysis

April 21  Marital Counseling and Therapy. Behavioral Marital Therapy

April 23  Family Counseling and Therapy: Virginia Satir and Dysfunctional Communication

April 28  Psychodrama (Presentation)

Case Study Analysis 10: Psychodrama

April 30  Convergence of Approaches to Psychotherapy

May 7  Course Review

*The following materials were used in the syllabus:
1. Syllabi, materials and teaching thoughts of Dr. Robin Morgan and Dr. Diane Wille, Indiana University Southeast