

Introduction to Counseling*

PSY 383; PSY 383.1

ID 01624

Spring 2015

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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

Corey, G. (2001). Theory and practice of counseling and psychotherapy

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

Content	20 points
Understanding	30 points
Criticisms	20 points
Clarity	10 points
Accuracy	10 points
Performance	<u>10 points</u>
	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

Attendance	60 points possible
Case Study Analysis	100 points possible
Presentation	100 points possible
Mid-term Exam	100 points possible
Final Exam	150 points possible
Total	510 points available

A = 459 -510 points; A- = 408-458 points B+ = 357-407 points B = 306-356 points
B- = 255-305 points C+ = 224-254 points C = 193-223 points C- = 162- 192 points
D = 131 - 161 points F = below 130

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.

January 27 - 29 The parameters of Counseling. Counseling conditions and their effects. Characteristics of effective counselor. Stages of Counseling. The client's experience in Counseling. Rapport and relationship. Assessing client problems

February 3 Sigmund Freud: Classical Psychoanalysis. Theory of Personality and Psychopathology. Hidden Meaning and the Concept of Repression. Metapsychology.

Case Study Analysis 1: Unconscious Symbolism

February 5 Sigmund Freud: Classical Psychoanalysis. Defense Mechanisms. Psychopathology and Anxiety. Developmental Stages and Psychopathology.

Case Study Analysis 2: Obsessive Compulsive Disorder

February 10 Sigmund Freud: Psychotherapy. Free Association. Interpretation of Dreams. Analysis of Resistance. Transference.

Case Study Analysis 3: Conversion Disorder

February 12 Sigmund Freud: Psychotherapy. Therapist Interventions. Therapeutic Conditions and Change. Mechanics of Psychoanalysis.

February 17 Carl Gustav Jung: Theory of Personality and Psychopathology. Psychotherapy.

February 19 Alfred Adler: Theory of Personality and Psychopathology. Psychotherapy.

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**

March 5 Behavior Therapy. Classical Conditioning Methods: Systematic Desensitization. Implosion (Extinction). Aversion Therapy. Covert Sensitization.

Case Study Analysis 6: Phobia

March 10 Behavior Therapy. Operant Conditioning Methods. Assertion Training. Contingency Management (Behavior Modification). Punishment.

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
2. Jill M. Scott, Russell E. Koch, Gregory M. Scott, Stephen M. Garrison (1999). *The Psychology Student Writer's Manual*. Prentice Hall, Inc.
3. Gerald C. Davison, John M. Neale (2001). *Abnormal Psychology Test Bank*, John Willey & Sons, Inc.
4. Thomas F. Oltman, John M. Neale, Gerald C. Davison (1991), *Case Studies in Abnormal Psychology*, John Willey & Sons, Inc.
5. Arthur C. Bohart, Judith Todd (1998), *Foundations of Clinical and Counseling Psychology*, Harper&Row, Publishers, New York
6. Susan Nolen-Hoeksema (1998). *Clashing Views on Abnormal Psychology A Taking Sides Custom Reader*, McGraw Hill/Dushkin and Brent Slife (2002), *Taking Sides Clashing Views on Controversial Psychological Issues*, 12 th edition McGraw Hill/Dushkin.
7. Cullari, S. (2001) *Counseling and Psychotherapy. A Practical Guidebook for Students, Trainees, and New Professionals*. Allyn and Bacon.