

## **SYLLABUS**

Psychology 452  
Introduction to Counseling and Psychotherapy  
Fall 2008  
EBA 343 Th 3:30-6:10  
Prerequisite: Psychology 350 or 351

Instructor: Jeannine Feldman, Ph.D.  
Office Hours: By appointment  
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Course Description: The goal of this course is to acquaint you with the major theories of counseling and psychotherapy, including some modern approaches. I will present a series of lectures providing an overview of these theories, methods, and research in the practice of counseling and psychotherapy. I will also show several videotapes of counseling sessions (part of an APA series) as examples of various theoretical orientations. This course is not meant to be all-inclusive or to make any one of you able to practice as a counselor or therapist. Rather, it is meant to introduce you to a variety of basic theories and techniques. Class will include lectures and in-class exercises, such as role-play. In addition to attending class, you are assigned the following textbook:

Corey, G. (2009). Theory and Practice of Counseling and Psychotherapy (8<sup>th</sup> Edition). Belmont, Ca: Brooks/Cole.

Feldman, J. (2001). Student packet (optional)

Grades will be computed as follows: There will be three in-class exams. The first two, each worth 100 points, will cover the first and second thirds of the class, respectively. These exams will include a combination of true/false, multiple choice, and short-answer questions. The third exam, worth 200 points, will include a similar combination test covering the final third of the course, plus a case vignette that is to be discussed from different theoretical viewpoints. All exams will include material from both lectures and the assigned text. Grading is as follows:

370-400 = A  
360-369 = A-  
350-359 = B+  
330-349 = B  
320-329 = B-  
305-319 = C+  
285-304 = C  
270-284 = C-  
250-269 = D  
<250 = F

Class		Reading
1	9/4 Introduction and class requirements Who is a counselor/therapist? What is counseling/therapy? Where are counselors/therapists? Human diversity Why a theory? When does treatment begin?	Chap. 1 Chap. 2
2	9/11 Ethics	Chap. 3
3	9/18 Assessment	
4	9/25 Treatment effectiveness Person-centered therapy Video - Rogers	Chap. 7
5	10/2 Video - Person-Centered Therapy Role play Review	
6	10/9 Midterm #1 Psychoanalytic therapy	Chap. 4
7	10/16 Psychoanalytic therapy Video	
8	10/23 Psychoanalytic therapy Video	Chap. 5
9	10/30 Existential & Gestalt therapy Video - Perls Reality therapy	Chap. 6, 8, & 11
10	11/6 Video - Experiential therapy Review	
11	11/13 Midterm #2 Behavior therapy	Chap. 9
12	11/20 Cognitive therapy Video - Ellis	Chap. 10
	11/27 <b>THANKSGIVING</b>	
14	12/4 Other treatment modalities Post-modern approaches	Chap. 12 - 15

15 12/11 Video - Feminist theory  
Case study  
Review

**FINAL 12/18/08 4:00-6:00**