

SYLLABUS

Psychology 452
Introduction to Counseling and Psychotherapy
Fall 2008
AL 105 M 4:00-6:40
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 (8th 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	9/8	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	9/15	Ethics	Chap. 3
3	9/22	Assessment	
4	9/29	Treatment effectiveness Person-centered therapy Video - Rogers	Chap. 7
5	10/6	Video - Person-Centered Therapy Role play Review	
6	10/13	Midterm #1 Psychoanalytic therapy	Chap. 4
7	10/20	Psychoanalytic therapy Video	
8	10/27	Psychoanalytic therapy Video	Chap. 5
9	11/3	Existential & Gestalt therapy Video - Perls Reality therapy	Chap. 6, 8, & 11
10	11/10	Video - Experiential therapy Review	
11	11/17	Midterm #2 Behavior therapy	Chap. 9
12	11/24	Cognitive therapy Video - Ellis	Chap. 10
13	12/1	Other treatment modalities Post-modern approaches	Chap. 12 - 15

14 12/8 Video - Feminist theory
Case study
Review

FINAL 12/15/08 4:00-6:00