

SYLLABUS

Psychology 452
 Introduction to Counseling and Psychotherapy
 Fall 2009
 PS 130 MWF 9-9:50
 Prerequisite: Psychology 350 or 351

Instructor: Jeannine Feldman, Ph.D.
 Office Hours: By appointment only M 10-10:30 AM or 6:15- 6:45 PM LS118D
 Telephone: (619)733-9549 (cell phone for messages)
 (619)594-5403 (in office - no message capability)
 E-mail: murraybf@n2.net

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 the techniques that derive from those theories. Because of the required "furlough days" this semester, it will be important to read your text for information that may not be presented in class. However, there will be material presented in class that is not in your text, so attending lectures will be important to doing well on the exams. You are assigned the following textbook:

Corey, G. (2009). Theory and Practice of Counseling and Psychotherapy (6th Edition). Belmont, Ca: Brooks/Cole.

Feldman, J. (2008). Student packet

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. **THERE WILL BE NO MAKE-UP EXAMS.** Your grade will be based solely on those exams you have completed in class. 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

Week	Reading
1 8/31	Introduction and class requirements Who is a counselor/therapist? Chap. 1 What is counseling/therapy? Chap. 2
9/2	Where are counselors/therapists? Human diversity Why a theory? When does treatment begin?
9/4	Biological correlates of abnormal behavior
2 9/7	HOLIDAY
9/9-11	Ethics Chap. 3
3 9/14-16	Assessment
9/18	Treatment effectiveness Client-centered therapy Chap. 7
4 9/21	Video - Rogers
9/23	Video - Client centered therapy Role play
9/25	Review
5 9/28	Midterm #1
9/30-10/2	Psychoanalytic therapy Chap. 4
6 10/5	Video - Psychoanalytic therapy
10/7	Psychodynamic therapy Chap. 5
10/8	Video - Psychodynamic therapy
7 10/12	Existential and Gestalt therapy Chap. 6,8,11
10/14	Video - Perls
10/16	No class - furlough day
8 10/19	Reality therapy
10/21	Video - Experiential therapy

- 10/23 Review
- 9 10/26 Midterm #2
- 10/28-30 Behavior therapy Chap. 9
- 10 11/2 Cognitive therapy - Ellis, Meichenbaum Chap. 10
- 11/4 Video - Ellis
- 11/6 Cognitive therapy - Beck
- 11 11/9 Video - Cognitive therapy
- 11/11 **HOLIDAY**
- 11/13 No class - furlough day
- 12 11/16 Case study
- 11/18 Other treatment modalities - couples Chap. 12-15
- 11/20 Other treatment modalities - family
- 13 11/23 Other treatment modalities - child
- 11/25 No class - furlough day
- 11/27 **THANKSGIVING HOLIDAY**
- 14 11/30 Other treatment modalities - group, post-modern
- 12/2-4 Other treatment modalities - feminist
- 15 12/7 Video - Feminist therapy
- 12/9 Case study
- 12/11 Review

FINAL 12/16/09 8:00-10:00