

SYLLABUS

Psychology 452
Introduction to Counseling and Psychotherapy
Spring 2008
LS 244 T 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. (2004). Theory and Practice of Counseling and Psychotherapy (7th Edition). Pacific Grove, 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	1/22	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	1/29	Ethics	Chap. 3
3	2/5	Assessment	
4	2/12	Treatment effectiveness Person-centered therapy Video - Rogers	Chap. 7
5	2/19	Video - Person-Centered Therapy Role play Review	
6	2/26	Midterm #1 Psychoanalytic therapy	Chap. 4
7	3/4	Psychoanalytic therapy Video	
8	3/11	Psychoanalytic therapy Video	Chap. 5
9	3/18	Existential & Gestalt therapy Video - Perls Reality therapy	Chap. 6, 8, & 11
10	3/25	Video - Experiential therapy Review	
SPRING BREAK			
11	4/8	Midterm #2 Behavior therapy	Chap. 9
12	4/15	Cognitive therapy Video - Ellis	Chap. 10
13	4/22	Video - Cognitive therapy Other treatment modalities	Chap. 13
14	5/29	Other treatment modalities Post-modern approaches	Chap. 12, 14, & 15

15 5/6 Video - Feminist theory
Case study
Review

FINAL 5/13/08 4:00-6:00