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PSYX 491.01B: Counseling Theories and Techniques

Sidney L. Shaw

University of Montana - Missoula, sidney.shaw@mso.umt.edu

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SYLLABUS – UNIVERSITY OF MONTANA – Fall 2013
COUN 485 – PSYX 491
COUNSELING THEORIES & TECHNIQUES

INSTRUCTOR Sidney L. Shaw, Ed.D.
INFORMATION: Office: Schreiber Gymnasium, Room 203
Office Hours: Mon 1–2:00; Tues: 3:30-5:30; Wed 2-4; or by appt.
 Email: sidney.shaw@mso.umt.edu
Teaching Assistant: Sara Drake
 Email: sara1.drake@umontana.edu

SCHEDULED CLASS MEETINGS: Class meets on Mondays from 4:10pm to 7pm, beginning Monday, August 26, 2013. The final exam is scheduled for Thursday, December 12th from 1:10pm to 3:10pm and will be in our usual classroom.

DISABILITY ACCOMMODATIONS: If you are a student with a disability and wish to discuss reasonable accommodations for this course, contact me privately to discuss the specific modifications you wish to request. Please be advised I may request that you provide a letter from Disability Services for Students verifying your right to reasonable modifications. If you have not yet contacted Disability Services, located in Lommasson Center 154, please do so in order to verify your disability and to coordinate your reasonable modifications. For more information, visit the Disability Services website at <http://life.umt.edu/dss>.

ACADEMIC INTEGRITY: All students must practice academic honesty. Academic misconduct is subject to an academic penalty by the course instructor and/or disciplinary sanction by the University. All students need to be familiar with the Student Conduct Code. The Code is available for review online at <http://www.umt.edu/AS/APSA/index.cfm/page/1321>.

IN-CLASS BEHAVIOR STANDARDS AND LEARNING ENVIRONMENT: In the Department of Counselor Education and The University of Montana we strive to establish and maintain a positive learning environment. The expectation is that we will strive to treat one another with utmost respect . . . even when we disagree. This also means that students (and faculty) will turn off their cell phones and not engage in internet shopping during class. If calls and texting are necessary, you should either not attend class or take care of your calling and texting at class break.

COURSE CONTENT AND DESCRIPTION: This course is an overview of major theories of counseling and psychotherapy with a special focus on gender, culture, counselor preparation, and common theoretically-based assessment and case formulation strategies. Because the purpose of counseling and psychotherapy is to help individuals make personally meaningful changes in their lives, we will consistently examine the means through which traditional theories try to produce such changes. Students will read about historical and intellectual foundations of major counseling theories, while at the same time, observing skills and techniques employed by practitioners using those theoretical perspectives. There will be opportunities, through assignments and class discussions, for students to analyze film characters as well as themselves through the various lenses of psychological theories. Overall, students are encouraged not only to explore all the major theoretical orientations, but also to explore their personal beliefs and values in an effort to develop and deepen their understanding of

counseling and psychotherapy process and outcome.

PURPOSE AND OBJECTIVES: The overall purpose of this course is to introduce you to theories and techniques used by a variety of mental health professionals and human service providers. We will explore and discuss the major theories and their practical application.

TEACHING METHODS:

1. Lectures/class demonstrations.
2. Guest lectures/student presentations.
3. Video/DVD/Film presentations.
4. Class activities.
5. Class discussions.

TEXTBOOK: Sommers-Flanagan, J., & Sommers-Flanagan, R. (2012). *Counseling and Psychotherapy Theories in Context and Practice* (2nd ed). Hoboken: NJ: Wiley.

Recommended: Sommers-Flanagan, J., & Sommers-Flanagan, R. (2012). *Student manual for Counseling and Psychotherapy Theories in Context and Practice* (2nd ed). Hoboken: NJ: Wiley.

GRADING PROCEDURES AND COURSE ASSIGNMENTS: Grades are based on completion of class assignments, midterm and final examination scores, and class participation/attendance. **Course assignments for undergraduates** include: (1) Two Examinations (50 points each; 100 points total); (2) Three Feature Film Analyses (20 points each; 60 points total); (3) Final Examination (50 points); and (4) Attendance/Participation (30 points). There are 240 possible points for undergraduate students. Grades will be assigned on a percentage basis (see below; there may be modification or curving depending upon overall class performance).

A = 93%+	B- = 80-82%	D+ = 67-69%
A- = 90-92%	C+ = 77-79%	D = 63-66%
B+ = 87-89%	C = 73-76%	D- = 60-62%
B = 83-86%	C- = 70-72%	F = Below 60%

APPROXIMATE SCHEDULE OF CLASS TOPICS AND ASSIGNMENTS

Week	Date	Assigned Reading	In-Class Topic	Assignments Due
1	8/26	Ch. 1 In future weeks, read chapters before class	Syllabus distribution and introduction. Note: There will be a moodle course supplement that appears in your moodle account sometime in the first week of class.	
2	9/2		Labor Day holiday – No class	
3	9/9	Ch. 2 & 3	Psychoanalytic theory & therapy and Individual Psychology	
4	9/16	Ch. 3 & 4	Individual psychology and existential theory and therapy.	
5	9/23	Ch. 5	The person-centered approach.	
6	9/30	Review chapters 1-5 and lectures	Exam #1 – 1st hour: Covers chapters 1-5. [There will be an optional Jungian lecture and visualization activity after the midterm]	Exam #1 (50 pts) Chapters 1-5 plus lecture material
7	10/7	Ch. 6	Gestalt theory and therapy.	Film analysis #1 is due (20 pts)
8	10/14	Ch. 7	Behavioral theory and therapy.	
9	10/21	Ch. 8	Cognitive approaches (or CBT).	
10	10/28	Ch. 9	Choice theory and reality therapy.	Film analysis #2 is due (20 pts)
11	11/4	Review readings and lectures.	Exam #2 – 1st hour. Covers chapters 6-9.	Exam #2 (50 pts). Chapters 6-9, plus lectures
12	11/11		Holiday – Veteran's Day	
13	11/18	Ch. 10 & 11	Feminist theory and therapy.	
14	11/25	Ch. 11 & 13	Constructive theory and therapy. Multicultural theory and therapy.	
15	12/2	Ch. 13 & 14	Multicultural and Counseling integration. Final exam preparation and course review.	Film analysis #3 is due (20 pts)
16	Thurs 12/12 from 1:10 - 3:10pm	Review readings and lectures.	Final examination. Covers chapters 10, 11; 13-15	Final exam (50 pts)

OFFICIAL ASSIGNMENT DESCRIPTIONS

1. **Two Examinations and the Final Examination:** These are standard multiple choice and short answer exams. They cover material from lectures and chapters as outlined in the syllabus (50 points each). [You'll be expected to take the exams at their scheduled times; if you have a time conflict, contact us in advance and we'll set up an alternative exam time. If you have a last minute crisis (e.g., an accident, illness, or emergency) contact us ASAP and we'll be flexible. In all cases, you'll need to arrange a special time and sit for the exam within one week of the original exam date or you'll get a zero. We will be flexible the first time. If a pattern of irresponsibility emerges, we'll become less flexible and you'll be required to take a much harder examination.]

2. **Film Assignments:** The film assignment helps you apply counseling and psychotherapy theory in your personal life and to use various established theoretical perspectives and gender/multicultural perspectives to analyze film content. During this course, you will view and write a reaction paper to three different classic, cult, or contemporary films.

You may view any or all of the assigned films on your own. You may also organize group showings. You will receive specific instructions for analyzing the upcoming films 2 weeks before the due date.

In some cases you will have already seen the assigned film. Nevertheless, I want you to view it again with fresh eyes and from a fresh perspective. There may be particular films that, for personal reasons, you do not wish to view and I will respect your choices. Consequently, if you don't wish to view a particular film, it's your responsibility to contact the teaching assistant sara1.drake@umontana.edu and discuss alternative film options with her.

Each written film analysis is worth 20 points and should be two pages, typed, double-spaced, 12 point font. We will use the following criteria for grading your papers.

- Writing skill and readability (this means complete sentences, correct spelling, a reasonable paper structure and organization, and coherence of thought are all required). – 6 points
- Accuracy and breadth of theoretical discussion (this means if you use theoretical terms, such as "dynamic sizing," "the person is political," "superego," or "quality world" the terms need to be used accurately or points will be taken off; it also means that you should articulate at least four theoretical concepts in each paper). – 10 points
- Punctuality (late papers will be accepted, but 5 points will be deducted each week; you can still turn the paper in after 3 weeks, but your maximum point total will be 5 points; in the case of illness or an urgent incident, you can ask for a one-time only grace period of 1 week, meaning 0 points taken off for the first week of a late paper. This will be granted at the Instructors discretion).
- Personal insight, originality of thought, and profound conclusions (we're interested in what you discover and learn and want you to impress us by what you're thinking and writing). – 4 points

3. **Attendance/Participation:** We'll take attendance at every class via group or individual learning activities. Perfect attendance is worth 30 points. You'll lose an increasing number of points for each class missed (even if you miss class for legitimate reasons). You lose 0 points for missing one class (everyone deserves a mental health day), 3 points for missing two classes, 6 more for the third, 9 more for the fourth, and 12 more for the fifth.