

Winter 2007
Psychology 540: Introduction to Counseling Psychology

Class Times/Location: M W, 1:00-3:05pm; Conard Hall Rm. 215

Professor: Blake Wagner, Ph.D.

Office: Bromfield #226

Office Hrs: M W 11-12:00

Telephone: (419)755-4303

Required Texts: Seligman, L. (2006). Theories of Counseling Psychotherapy (2nd ed.). Upper Saddle River, N.J.: Pearson Merrill Prentice Hall.

Course Description:

This course is intended to introduce students to the field of counseling and psychotherapy. An overview of different schools of thought, as well as basic concepts of psychotherapy, will be presented. The purpose is to provide both theoretical knowledge and a practical foundation of basic counseling skills and techniques. Emphasis will be placed on conditions for an effective helping relationship, attending and interviewing skills, basic theoretical assumptions, ethical principles, and professional orientation.

Course Objectives:

1. Introduce basic helping skills necessary in forming a therapeutic relationship
2. Provide an overview of psychotherapeutic theories and paradigms
3. Explore treatment methods and techniques specific to different therapeutic approaches
4. Familiarize students with the current theories and methodologies involved in assessment, evaluation, and treatment planning
5. Expose students to the importance of a multicultural perspective when working with clients.

Academic Expectations and Course Requirements:

Effort has been taken to design a grading system that is fair and provides students with the opportunity to do well in this course. There will be four exams, and a skill development exercise and paper. A brief description of these examinations, assignments, their point values, and their weights in relation to your overall semester grade follows.

Examinations:

There will be four exams (noncumulative) for the course. All exams will be multiple choice (50 questions) in format and will cover all assigned reading, lecture material, and DVDs. The first three exams will be held during regular class periods, and the time and location of the final exam will be announced later in the term. All four exams are weighted equally and only the highest three exam scores will be counted toward your final grade. Emergencies (i.e. verifiable death, verifiable illness) will be handled in a case-by-case manner and at my discretion. Personal commitments, vacations, travel etc. are not considered emergencies and exams missed without supporting documentation will receive a score of zero for that exam. This make-up policy will be strictly adhered to in an effort to treat all students fairly.

Frequency and Quality of Class Contributions:

A portion of your grade will depend on the degree to which you contribute to the class in a manner that demonstrates you have comprehended the material assigned and you enhance the whole class experience by adding new and relevant insight or by initiating or engaging in discussions that enhance exploration of the subject matter at deeper level. In addition to the quality of your contributions, the actual frequency will also be noted.

Role Play, Transcription and Evaluation:

Role plays and demonstrations are important to development of human relations and communication skills in this course. In this course students will have the opportunity to participate in a role-play simulating a counseling technique. This role play will involve hypothetical case scenarios. Students will transcribe their session and write a two page evaluation of their performance and thoughts during the session.

Students with Disabilities:

Students with disabilities are encouraged to make their needs are known to the instructor as soon as possible so that I may provide available assistance in a timely manner.

Academic History and Integrity:

Cheating or plagiarizing on exams or assignments will not be tolerated and will result in at least a score of “0” on the assignment or exam. In addition, the student may be referred to the appropriate disciplinary body for additional sanctions.

Important Points:

1. We will not be able to cover all the material in your textbook during classes, but this material will appear on exams. So, please read your textbook carefully.

Grading Breakdown by Course Requirement:

Frequency and Quality of Class Contributions	25 points
Role Play, Transcription, Evaluation	50 points
Exams (3 x 50)	150 points

Total possible points: 225 points

Grading Criteria:

The following criteria will be used to estimate your final grade:

94% ≥	A
90-93%	A-
87-89%	B+
84-86%	B
80-83%	B-
77-79%	C+
74-76%	C
70-73%	C-
67-69%	D+
60-66%	D+
< 60%	E

<u>Week</u>		<u>Lecture Topic</u>	<u>Reading</u>
1	1/3	Overview of the Course and text	Chapter 1
2	1/8	Contexts of Effective Treatment	Chapter 2
	1/10	Overview of Background Focused Treatment Systems	Chapter 3
3	1/15	Holiday, No Class	
	1/17	Brief Psychodynamic Theory	Chapter 8
4	1/22	Skill Presentations	
	1/24	<u>Exam 1</u>	Chapters 1,2,3,8
5	1/29	Overview of Emotion-Focused Treatment Systems	Chapter 9
	1/31	R. Levant's Psychoeducation of Emotions	Video
6	2/5	S. Johnson's Emotion Focused Therapy	Video
	2/7	Carl Rogers' Person-Centered Counseling; Skill Presentations	Chapter 10
7	2/12	<u>Exam 2</u>	Chapters 9, 10,
	2/14	Overview of Thought-Focused Treatment Systems	Chapter 14
8	2/19	Beck's Cognitive Therapy	Chapter 15
	2/21	D. Meichenbaum's Cognitive Therapy; Skill Presentations	
9	2/26	<u>Exam 3</u>	Chapters 14, 15
	2/28	Overview of Action-Focused Treatment Systems	Chapter 18
10	3/5	Solution Focused Treatment; Couple Power Therapy, Peter Sheras; Skill Presentations	Chapter 21
Final Exam		Date and Time TBA	Chapters 18, 21