COUNSELING THEORIES Psychology 6323

Instructor: Johnny Burkhalter PhD
Office Hours: Monday 3:00-4:00, Thursday 1:00-2:00
Class time and Location: Thursday 2:00-4:50 p.m. Academic 201A
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COURSE OVERVIEW AND OBJECTIVES:

The objective of this course is to introduce you to the major theoretical perspectives that are within the counseling profession. Its goal is to give you a framework from which you can grow within the counseling profession.

1) You will understand basic foundations in counseling
2) You will demonstrate understanding of the foundational theories in the field which will include your ability to clarify terminology and concepts
3) You will be able to demonstrate critical thinking regarding the application of theoretical orientations to various counseling scenarios
4) You will understand the value of understanding an individual’s cultural context as well as understanding how their value systems and personal histories influence not only you but others

REQUIRED TEXTS:

Additional readings as provided by the professor

COURSE EVALUATION:

Papers: 125 pts
You will be required to complete five papers on topics to be assigned in class. These papers are to be completed and to be brought to class on the date assigned. The length and scope of the papers will be discussed at the time of assignment.

Class Presentation and Facilitation: 50 pts
Each student will serve as presenter and facilitator for at least two class sessions. The presentations will cover the salient elements of a particular theoretical perspective. The student will be prepared to provide, not only essential elements, but also facilitate classroom discussion regarding that particular theoretical orientation.

Case Discussions: 50 pts
Each week we will discuss cases that will illuminate relevant aspects of a particular theory. These cases will be presented by the professor. This will be an open classroom discussion. Each student is expected to participate fully in order to receive their appropriate credits.
End of Year Presentation: 25 pts
At the end of the semester, the student will make a presentation to the class that will reflect what they have incorporated as a theoretical orientation for their counseling model. This may serve as one of the five papers mentioned above.

COURSE SCHEDULE:

January 18th
   General discussion on what is Psychotherapy and the role of personal characteristics on therapeutic effectiveness.

January 25th
   Psychoanalytic and Post and Neo-Freudian

February 1st
   Adlerian Psychotherapy and Interpersonal Psychotherapy

February 8th
   Person-Centered Therapy

February 15th
   Existential Therapy and Gestalt Therapy

February 22nd
   Cognitive Therapies

March 1st
   Behavior Therapies and Cognitive Behavior Therapies

March 8th
   Reality Therapies and Mindfulness Approaches

March 15th
   NO CLASS

March 22nd
   Multi-Cultural Theories

March 29th
   Narrative therapies and Solution Focused Therapy

April 5th and April 12th
   Review overall therapies and developing a model of your own

April 19th, 26th and May 3rd
   Presentations

The above schedule is subject to change depending on factors that relate to the flow of the course, any changes will be given to you in class as soon as possible.

Grades in this class will be based on the following scale:

89.6% to 100.00% of total points available equals an A
79.6% to 89.5% of total points available equals a B
69.6%-79.5% of total points available equals a C
69.4 or below of total points available equals an F

Attendance and Participation:
Attendance and participation are critical to success in this course. Students who have unexcused absences or arrive late on a consistent basis or fail to participate in a meaningful way will receive significant grade reductions. These reductions will be made clear to the student at the time of such reductions. Those reductions may be up to a full letter grade. With that said, I do understand that circumstances may dictate an absence or a late arrival; in such case please contact me prior to that if at all possible via e-mail or text.

ANGELO STATE UNIVERSITY SYLLABUS STATEMENTS

Disability Services

ASU is committed to the principle that no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefits of the services, programs or activities of the university, or be subjected to discrimination by the university, as provided by the Americans with Disabilities Act of 1990 (ADA), the Americans with Disabilities Act Amendments of 2008 (ADAAA), and subsequent legislation.

The Office of Student Affairs is the designated campus department charged with the responsibility of reviewing and authorizing requests for reasonable accommodations based on a disability, and it is the student’s responsibility to initiate such a request by contacting: Ms. Dallas A. Swafford (dallas.swafford@ange10.edu)

Title IX

Angelo State University is committed to the safety and security of all students. If you or someone you know experience sexual harassment, sexual assault, domestic or dating violence, stalking, or discrimination, you may contact ASU’s Title IX Coordinator: Michelle Nicole Boone (michelle.boone@angelo.edu)

Student Absence for Observance of Religious Holy Days

A student who intends to observe a religious holy day should make that intention known in writing to the instructor prior to the absence. See ASU Operating Policy 10.19 Student Absence for Observance of Religious Holy Day for more information.

Incomplete Grade Policy

It is policy that incomplete grades be reserved for student illness or personal misfortune. Please contact faculty if you have serious illness or a personal misfortune that would keep you from completing course work. Documentation may be required. See ASU Operating Policy 10.11 Grading Procedures for more information.

Conduct Policies

Academic Integrity

Students are expected to maintain complete honesty and integrity in all work. Any student found guilty of any form of dishonesty in academic work is subject of disciplinary action and possible expulsion from ASU.

The Department of Psychology, Sociology, and Social Work adheres to the academic honesty statement as set forth in the Angelo State University Student Handbook (2011-2012)

http://www.angelo.edu/content/files/17358-university-honor-code.

Plagiarism

Plagiarism is a serious topic covered in ASU’s Academic Integrity policy in the Student Handbook. Plagiarism is the action or practice of taking someone else’s work, idea, etc., and passing it off as one’s own. Plagiarism is literary theft.
In your discussions and/or your papers, it is unacceptable to copy word-for-word without quotation marks and the source of the quotation. It is expected that you will summarize or paraphrase ideas giving appropriate credit to the source both in the body of your paper and the reference list. Papers are subject to be evaluated for originality via Turnitin. Resources to help you understand this policy better are available at the ASU Writing Center.

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