

**CP5201 Theories of Counselling and Psychotherapy  
Providence Theological Seminary  
Fall 2010**

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**SYLLABUS**

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**Course Description**

This course is an overview of the major theories of psychotherapy and counselling. This course offers an evaluative and critical look at how theories are applied. Another goal is to help identify ways in which integration of theory can be done through the lens of a theological-psychological perspective.

**Course Objectives**

The course will consist of lectures, videos, in-class exercises, and group work/discussion. The course will seek to achieve the following objectives;

1. Explore the major theories of counselling and psychotherapy from a Christian perspective.
2. Examine the history of the major theories, including; major issues and terminology used.
3. Explore the application of theories to individual therapy or group therapy.
4. Evaluate the effectiveness of psychotherapeutic approaches in order to be able to critique and evaluate their effectiveness.
5. Encourage the student to explore ones' own identity as a Christian Psychotherapist.
6. Identify preferred theories of theoretical approach for own personal practice.

**Required Text**

Seligman, Linda, Reichenberg, W. Lourie. (2010). *Theories of Counselling and Psychotherapy- Systems, Strategies and Skills*. New Jersey: Pearson Education.

**Recommended Texts**

Murdock, Nancy L. (2004). *Theories of Counselling and Psychotherapy- A Case Approach*. New Jersey: Pearson Education.

Ramsey, Nancy. (1998). *Pastoral Diagnosis: A Resource for Ministries of Care and Counselling*. Minneapolis: Augsburg Fortress Publishers.

Richards, P. Scott, Bergen, Allen E. (2005). *A Spiritual Strategy for Counselling and Psychotherapy*. Washington: APA Books.

Scharf, Richard. (2008). *Theories of Psychotherapy and Counselling- Concepts and Cases*. (4<sup>th</sup> ed) California: Brooks Cole.

## Course Requirements

### 1. Class Attendance and Participation (5%)

Students should actively participate in class discussion/group work as this enhances the learning process.

### 2. Reading Requirements

Read the assigned chapters for the week before coming to class.

### 3. Papers

#### a. Paper One (Two part assignment) Due: September 21<sup>st</sup> & 28<sup>th</sup>/10. (15%)

Research the integration of theology/psychology. Identify differences/similarities with integration models. As you research, consider how you will integrate your own faith into your counselling. Compile a bibliography of research material. Be ready to discuss research findings within a group context on September 21<sup>st</sup>/10.

From your research and discussion, Compile a 3-4 page paper discussing your ideas of how integration will look for you as a Christian doing Psychotherapy, using models or rejecting models found in your research.

#### b. Paper Two Due: November 2<sup>nd</sup>/10. (25%)

Write a 10-12 page in-depth research paper, comparing and contrasting two theories. Critique and appraise them from a theological-psychological view.

#### c. Paper Three Due: November 23<sup>rd</sup>/10. (35%)

Write an 8-10 page paper articulating your own evolving theoretical approach to Counselling. The following areas need to be considered as you research;

- Theory of Personality: What are your basic assumptions about human nature?
- Theory of Psychopathology: Etiology-How do symptoms develop?
- Theory of Therapeutic Process: What are the most important therapeutic goals?
- What interventions will you use with clients to achieve these goals?
- What do you see as your role in the lives of your clients?
- What will you expect of your clients?
- What makes your theoretical approach Christian?

#### d. Quizzes (20%)

Four quizzes will be given randomly throughout the semester. The quizzes will be based on the required weekly reading. Each quiz is worth 5%. If a quiz is missed due to an absence not discussed with professor, there will be no make-up quiz available.

\*\*\*\*\*Weekly itinerary will be available on the first day of class\*\*\*\*\*

**Please Note:**

- +Students who miss more than two classes risk failing the course
- +Citations of Sources must be in APA format.
- +Papers are due on the date they are due. 2pt. deduction per day late.
- +Please turn cell phones off.
- +Put mailbox number on assignments.

If you have questions at any time, the best way to reach me is at my Providence E-mail [daina.funk@prov.ca](mailto:daina.funk@prov.ca) My office hours are Monday-Wednesday 8:30am-4:30pm. Please feel free to contact me anytime.