

Providence Theological Seminary

CP 5201 *Theories of Counseling and Psychotherapy*

Professors: Dr. Rolf R. Nolasco, Jr. & Rev. Rob MacDonald
CALGARY: November 14-18, 2011

Somewhere we know that without silence words lose their meaning, that without listening speaking no longer heals, that without distance closeness cannot cure—Henri Nouwen

œ Course Syllabus œ

COURSE DESCRIPTION

This course is an introduction to secular and Christian approaches to, and theories and practices of psychotherapy and counseling. The student will develop a framework for critiquing Christian and secular psychotherapies and learn skills associated with the process of case conceptualization. The analytic appraisal of the presuppositions underlying the therapies will also be emphasized.

COURSE OBJECTIVES

- ❑ To provide students with an overview of major streams of counseling and psychotherapy that are currently in use in clinical and church settings.
- ❑ To acquaint students with the major theories from which contemporary psychotherapies are derive, their theory of personality, theory of psychopathology, therapeutic process, goals and outcomes.
- ❑ To help students acquire critical skills for using and evaluating these approaches and methodologies theologically and clinically.
- ❑ To introduce students to the broad array of psychotherapeutic approaches and procedure, and to provide sufficient information to facilitate further study and/or training should students desire professional levels of competence needed to utilize these in their clinical work with clients.

REQUIRED TEXTS:

- Cozolino Louis. (2002). *The Neuroscience of Psychotherapy: Healing the Social Brain*. New York:W.W. Norton
- Jones-Smith, Elsie. (2011). *Theories of Counseling and Psychotherapy: An Integrative Approach*. California:Sage Publications
- Tan, Siang-Yan. (2010). *Counseling and Psychotherapy: A Christian Perspective*. Michigan: Baker Academic.

*Note: Start reading these books in preparation for the class. Since this is an intensive course prior knowledge of various theories of psychotherapy will help enhance understanding of concepts that will be introduced in class.

COURSE REQUIREMENTS:

- A. Attend all class sessions and be ready to participate in all class exercises.
- B. **In Class Presentation** of a particular counseling model
 1. Provide a summary of the model assigned to the group (theorist, theory of personality, theory of psychopathology, theory of change--techniques)
 2. Provide a Christian appraisal of the model.
 3. Present a simulated counseling using the above approach to psychotherapy.

Models of Psychotherapy

- Object Relations Therapy
- Solution-Focused Therapy
- Eye Movement Desensitization Reprocessing (EMDR)
- Acceptance Commitment Therapy
- Dialectical Behavior Therapy

In Class presentation will start on Wednesday, **November 15, 2011**

C. Take Home Final Exam:

Part One: (25 points) Respond clearly and succinctly to the following questions (1-2 pages).

- How is anxiety explained from a psychoanalytic view? Compare/Contrast this view of anxiety with the existential view?
- What role does neuroscience play in expanding our view of psychotherapy?
- In what way is Gestalt therapy a form of existential therapy? How is the approach experiential? What is the primary focus of this approach?
- Discuss some of the main differences between REBT and Beck's Cognitive Therapy?
- Compare and contrast two Christian approaches to counseling and psychotherapy. Identify which secular theories are explicitly or implicitly used.

DUE: January 9, 2012

Part Two: (25 points) Using a case history of a fictitious client, students will be asked to conceptualize the vignette using THREE theoretical perspectives covered in class. Use Jones-Smith, Tan, and Cozolino as primary resources for this essay. Describe and compare how each theoretical perspective would conceptualize the client's difficulties, key issues would likely to be addressed in therapy from each perspective, accompanying therapeutic goals and intervention strategies.

- Discuss strengths and weaknesses of each theory in addressing the client's problems
- Choose which theoretical frame you believe would best fit the client and support your choice

DUE: January 9, 2012

D. Integrative Essay: (30 points)

Articulate your own evolving theoretical orientation to counseling (8-10 pages). Consider the following:

- ❑ Theory of Personality: What are your basic assumptions about human nature?
- ❑ Theory of Psychopathology: How do symptoms or problematic behavior develop?
- ❑ Theory of Therapeutic Process: What do you consider to be the most important therapeutic goals? What procedures will you use with clients to achieve these therapeutic goals? Which theories of psychotherapy and counseling would most guide you in formulating your goals? As a helping agent, how might you facilitate change in client's life? What would you expect of your clients? How do you view the relationship between you and your clients?

Be sure to integrate THREE theories of counseling and psychotherapy learned in class into the paper. Explain why this approach best "fits" you as a counselor.

DUE: January 16, 2012

GRADE

In Class Presentation	20 marks
Take Home Exam Part I	25 marks
Take Home Exam Part II	25 marks
Integrative Essay	<u>30 marks</u>
Total	100 marks

PLEASE NOTE:

- ❑ Students who miss more than two classes will risk failing the course.
- ❑ All counseling students must use the APA format for citing resources. (<http://www.liu.edu/CWIS/CWP/library/workshop/citapa.htm>). Other students should follow the guidelines of Kate Turabian's A Manual for Writers of Terms Papers, Theses, and Dissertation, 6th Edition, or those set forth by the seminary.
- ❑ **Papers are due on the DATE they are DUE.** Any paper submitted after the due date will incur a *1 pt deduction* for every single day it is turned in late.
- ❑ All papers must be **e-mailed** as an attachment to Rodolfo.Nolasco@prov.ca & Rob.MacDonald@prov.ca

Reading Schedule

- November 14** Jones-Smith: Chapter 1-3
Tan: Chapter 1-3, 14
Cozolino: Part I-II
Psychoanalytic-Psychodynamic
- November 15** Jones-Smith: Chapter 4-6
Tan: Chapter 1-3, 15
Cozolino: Part III
Cognitive-Behavioral Therapy
- November 16** Jones-Smith: Chapter 7-9
Tan: Chapter 1-3, 16
Cozolino: Part IV
Person-Centered Therapy
- November 17** Jones-Smith: Chapter 10, 14, 16
Tan: Chapter 1-3, 17
Cozolino: Part V
Mindfulness-Based Psychotherapy
- November 18** Jones-Smith: Chapter 15, 18, 19
Tan: Chapter 1-3, Appendix I
Cozolino: Part VI
Integrative Approach to Psychotherapy