

# **Introduction to Counseling Psychology 450 Summer Session I 2008**

**Days:** Monday - Thursday

**Time:** 10:15 – 12:20

**Room:** Social and Behavioral Sciences Building, 220

**Instructor:** Richard Ogle, PhD

**Office:** SBSB 110E

**Office Hours:** Monday – Thursday 9-10, and by appointment

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## **Text**

Prochaska, J.O. & Norcross, J.C. (2006). *Systems of Psychotherapy: A Transtheoretical Analysis, 6<sup>th</sup> Edition*. Belmont, CA: Thomson Brooks/Cole.

## **Course Description**

The purpose of this course is to provide you with an introduction to the main systems of psychotherapy. This is a course more of history and theory than practicality. In participating, I hope that you gain an understanding of what psychotherapy is and is not, how psychotherapy has developed as a technology, and the importance of theory in the practice of psychotherapy. Content will be presented through text reading, lecture and video. Class discussion makes this course more interesting and will be encouraged and respected.

## **Course Requirements**

Requirements for this course include:

1. Reading the assigned chapters (hopefully before the lecture)
2. Three exams. Two essay and one multiple choice.
3. A paper.
4. Five to ten random in-class written reaction papers

## **Exams**

The three exams will be a combination of multiple choice and essay. More than likely, your first test will be all essay while the other two will be a combination. The final is cumulative.

## **Paper**

You will write a term paper in APA format. Posted on the class website are six articles from a recent copy of *Psychotherapy: Theory, Research, Practice, Training*. For the paper, you will choose at least four of the articles to read and write a paper that answers the following questions. First, from the class lectures, your reading in the text, and the

journal articles, what is the most important school of psychotherapy to which a trainee should get exposed? From the journal articles what are some of the problems involved in training psychotherapists? What are the important skills that should be trained? What are the areas that present challenges to trainees? Finally, given what you read, what would you specifically (given your views, history and experiences) need to do, learn, experience, or face if you were being trained to be a therapist? Papers less than 3 or over 10 pages will be graded harshly. ☺

### **Reaction Papers**

You are required to write in-class reaction papers. These papers will be assigned on random days throughout the session. The papers are designed to help you think critically about a topic and articulate your thoughts in writing.

### **Grading**

Grades will be assigned based on test scores and reaction papers. Point totals are as follows:

1. Two 100 point exams.....200 points
2. One 100 point cumulative final.....100 points
3. Paper.....100 points
4. Five-seven 5-point reaction papers.....25-35 points

Total = 425-435

Your grade will be based on your final point total. **The highest point total obtained will be the top of the scale.** Grades will be scaled off this total using the standard grade ranges. The grade ranges are as follows:

**90% or greater = A range**

**80% - 89% = B range**

**70 - 79% = C range**

**60 - 69% = D range**

**59% and below = F range**

### **Important Information**

1. Although attendance is not specifically required, it is important to attend class. The reaction papers are assigned on a random basis and cannot be made up. These papers are meant to stimulate thought and aid in the assimilation of the course content. Reaction papers will be assigned for the last 10 minutes of certain classes. Papers need not be more than 1 page in length.
2. Normally exams cannot be made-up. If you know in advance that you cannot make a certain test date, talk to me and we can schedule the test in advance. In certain emergency/bizarre circumstances test can be made up if missed.
3. I am not normally a fan of cheating. Cheating will be dealt with based on UNCW policies. Please refer to your student handbook.
4. The purpose of this class is to have fun learning about yourself and others. Enjoy.

## **Schedule**

### **May**

- 15 Course Introduction
  
- 19 Chapter 1: Defining & Comparing Psychotherapies
- 20 Chapter 2: Psychoanalytic Therapies
- 21 Chapter 3: Psychodynamic Therapies
- 22 Chapter 4: Existential Therapies
  
- 26 **MEMORIAL DAY HOLIDAY - NO SCHOOL**
- 27 Chapter 5: Person-Centered Therapy
- 28 Chapters 1-5: Solidify & Review
- 29 **Exam 1**

### **June**

- 2 Chapter 8: Exposure Therapies
- 3 Chapter 9: Behavior Therapy
- 4 Chapter 10: Cognitive Therapy
- 5 Variants of Cognitive and Behavioral Therapy – ACT & DBT
  
- 9 **Exam 2**
- 10 Chapter 11: Systemic Therapies
- 11 Chapter 12/13: Gender-Sensitive and Multicultural Therapies
- 12 Chapter 16: Transtheoretical Therapy
  
- 16 Ethics in psychotherapy
- 17 **Final Exam 11 -2**  
**Paper Due**