

COURSE SYLLABUS
ARGOSY UNIVERSITY: SF BAY AREA CAMPUS
COUNSELING SKILLS II
PC 6105 Fall One 2006

*Online (email) portion: 9/05/06 to 10/25/06

*In Class Weekend dates: 9/9 - 9/10/06 and 10/7 - 10/8/06

Instructor:

Dr. Arinn Olson, Psy.D
(415) 505-0588
DrArinnOlson@gmail.com

*The best way to reach me with assignment questions is via email. Please contact me with any questions you have about assignments as well as any special needs you might have in completing them.

Course Objectives:

1. To further explore what therapy is. How is a therapeutic relationship different from other relationships? What do we need to know about ourselves and how people change to be helpful as professional therapists?
2. To be able to identify some of the technical differences between theoretical orientations. How to tell what a therapists orientation is by observing and/or experiencing a session.
3. Begin to choose a theory and begin to be able to understand the challenges of conducting a therapy session using that theory.
4. To understand how the therapists personal therapeutic experiences, as well as life experiences, affect their abilities to be helpful or increase the possibilities that they will not.

REQUIRED TEXTS:

Basch, Michael, Understanding Psychotherapy
Kahn, Michael, Between Therapist and Client
Kottler, Jeffrey On Being a Therapist

Recommended Texts:

Weinberg, George, The Heart of Psychotherapy
McWilliams, Nancy, Psychoanalytic Diagnosis
Lerner, Harriet, Women in Therapy

ASSIGNMENTS:

Email Assignments:

Most of the email assignments (online portion) of this course center around the book On Being a Therapist by Jeffrey Kottler. Unless otherwise instructed on the online site, all email assignments must be sent to me at DrArinnOlson@gmail.com by midnight on the due date in order to receive full credit. Due dates for these assignments are as follows.

- Assignment #1: Due Friday September 8
- Assignment #2: Due Sunday September 17
- Assignment #3: Due Sunday September 24
- Assignment #4: Due Sunday October 1
- Assignment #5: Due Sunday October 8
- Assignment #6: Due Wednesday October 18

Assignments, with the exception of assignment #1 which will be posted on Tuesday September 5, are posted by midnight on Mondays for the duration of the course. The online course address is:

<http://argosy-class.com>

Readings, Writings and Presentations:

*For the first weekend have ready!

1. Between Therapist and Client; Please read ENTIRE book before the first weekend (it's really not that bad!) Come prepared with 3 written questions you will hand in at the beginning of class on Saturday September 9th (keep a copy for yourself) about the readings. These questions need to be typed!!

2. Write a minimum of three double spaced pages on your own personal experience of being in psychotherapy. Please don't go into detail about your personal issues as I am more interested in your experience and your understanding of the theoretical orientation of your therapist. If you have never been in therapy I want you to write about the 'whys' of that and how you think that will, or won't, affect your ability to become a good therapist. This writing will be confidential and due Saturday September 9th by the end of class. I will return it to you on weekend two.

3. Read the instructions for the final project and think about the theoretical orientation you would like to use for your final paper and presentation. We will sign up for orientations this weekend so as not to have too many of the same one.

*For weekend two have ready!!

1. Understanding Psychotherapy; Please read Chapters 1 through 6 before the second weekend. Come prepared with 3 written questions you will hand in Saturday morning October 7th at the

beginning of class (keep a copy for yourself) about the readings. These questions need to be TYPED!!

2. Instructions for your presentation follow. Come prepared to give your presentation either Saturday or Sunday.

3. Prepare for a multiple choice exam to be given on Sunday October 8th. This exam will be based on the readings and lecture and will mostly test your awareness of clinical terms (i.e. transference, countertransference, defense mechanisms etc.)

Final Presentation and Paper:

The Argosy Library, as well as other school libraries, has many training tapes from different theoretical perspectives. (If you choose an Argosy tape you will need to view it in the library and then have me check it out for you the Thursday before your presentation.) You are to choose one as the basis for this final project. This project makes up 40% of your course grade so please make sure you understand the assignment and ask your questions early! There are 2 parts to this assignment worth 20 points each.

PART ONE: Presentation –

You will show the class a 5 to 8 minute segment of a therapy hour from the training tape you have chosen. You then will talk for about 10 minutes addressing the following questions:

1. What is the therapeutic orientation of the therapist? Tell us something about the orientation and what in the clip you showed represents this orientation as distinct from other orientations.
2. What is the ‘therapeutic stance’ of the therapist? How does s/he regard the client?
3. How does the therapist believe what s/he is doing will be helpful to the client? What does this orientation believe about how change happens?

Grading for Part One: Presentation -

I give you 10 points for bringing in a cued up video, standing in front of the class and talking about your subject clearly. The second ten points are earned as follows:

2 points: Organization of presentation. Did you practice ahead of time to make sure you don’t go over or under your 20 minute time slot?

3 points: Clarity of presentation. Are your thoughts presented in a clear way?

3 points: Understanding of the theoretical orientation you are presenting and the counseling techniques used by that orientation.

2 point: Presentation of self. Are you prepared, are you speaking clearly and audibly. How do you respond to class questions?

PART TWO: Paper –

You are to write a 10 to 12 page, double spaced, paper. The topic is a research paper about the theoretical orientation, and it's techniques, you have chosen for your presentation. You need 3 original sources for your paper, one of which can be the tape you have chosen. You may NOT use internet sources! Please use only texts and/or professional journal articles written by those who dedicate themselves to the orientation you have chosen. This paper is due by midnight Sunday October 22nd and is to be sent to: DrArinnOlson@gmail.com. The paper must be written in APA style and is to address the following four questions:

1. What are the roots of the orientation you have chosen? Write about how it was developed and who its main proponents have been.
2. What does this orientation believe about human development and how therapy can be helpful?
3. What does this orientation believe about how change happens and what is the role of the therapist in the change?
4. What do you think about this orientation and how it compares with others?

Grading of Part Two: The Paper -

10 points: Do you present a thorough understanding about the theory and the techniques you are presenting? Do you meet the length requirement?

5 points: Organization of paper. Is it well thought out? Are your ideas presented coherently and clearly? Have you used examples of technique to show me you know about such things?

5 points: Grammar, style, spelling, punctuation etc. Is yours a well written, graduate level, paper? APA style?

Criteria for paper

Grade	
A = 90+	Paper is in appropriate APA format, well thought out and provides excellent coverage of material
B = 80 89	Paper is well thought out, but is missing one component of APA format OR coverage of material is adequate
C = 70 79	Insufficient number of references provided AND limited coverage
F = <70	Paper is disorganized AND coverage is not adequate AND does not conform to APA format, or there is evidence of plagiarism, or paper not submitted

Class Participation:

Class attendance at all sessions is mandatory. I certainly understand there are emergencies in life, but this is an experiential course that is not easily made up. Please let me know if you will be late as I take 2 points off this grade for every 15 minute increment of lateness. I will discuss more thoroughly in our first class the criteria for grading in class participation.

GRADING:

Personal experience paper	10%
Class Participation/Preparation	30% includes email portion
Videotape Presentation	20%
Final Paper	20%
Final Exam	20%

Grading Criteria

93-100	A
90-92	A-
87-89	B+
83-86	B
80-82	B-
77-79	C+
73-76	C
70-72	C-
69 below	

Academic Dishonesty/Plagiarism

In an effort to foster a spirit of honesty and integrity during the learning process, Argosy University requires that the submission of all course assignments represent the original work produced by that student. All sources must be documented through normal scholarly references/citations and all work must be submitted using the *Publication Manual of the American Psychological Association, 5th Edition (2001)*. Washington DC: American Psychological Association (APA) format. Please refer to Appendix A in the *Publication Manual of the American Psychological Association, 5th Edition* for thesis and paper format. Students are encouraged to purchase this manual (required in some courses) and become familiar with its content as well as consult the Argosy University catalog for further information regarding academic dishonesty and plagiarism.

Additionally, Argosy University considers resubmission of a work produced for one course in a subsequent course or the submission of work done partially or entirely by another to be academic dishonesty. It is the student's responsibility to seek clarification from the instructor regarding how much help may be received in completing an assignment, exam or project and what sources may be used.

Scholarly writing:

The faculty at Argosy University is dedicated to providing a learning environment that supports scholarly and ethical writing free from academic dishonesty and plagiarism. This includes the proper and appropriate referencing of all sources. You are responsible for maintaining an electronic copy of any work submitted, because you may be asked to submit your course assignments through “Turnitin,” (www.turnitin.com), an online resource established to help educators develop writing/research skills and detect potential cases of academic dishonesty. Turnitin compares submitted papers to billions of pages of content and provides a comparison report to your instructor. This comparison detects papers that share common information and duplicative language.

ADA Policy

It is AU/San Francisco Bay Area Campus policy not to discriminate against qualified students with a documented disability in its educational programs, activities or services. If you have a disability-related need for accommodations in this class, contact the Campus Director of Student Services at 510-215-0277.

Your instructor is responsible for delivering this curriculum in a format that will ensure the objectives are met and measured. This can be accomplished in a variety of ways depending upon the experience, orientation, technological acumen, emphasis and preferences of the instructor as well as the resources available. Your instructor is also required to ensure that the course Outline include details regarding assignments and method of instruction.