

Argosy University San Francisco Bay Area  
Masters in Counseling Psychology

PC 6230 BLC

**Theories of Counseling Families and Individuals**

Fall Semester II 2006  
**Course Syllabus & Outline**

*Syllabus is subject to change. 9/8/06*

**Instructor:** Virginia Bennett, Ph.D.

**Class Weekends:** November 11-12; December 9 -10

**Email address:** vbennett@argosyu.edu

**Office Phone:** Argosy U: 510-837-3729

Private Office: 510-644-1246

**AU Office Hours:** Wed. and Thurs. 1:00 - 5:00 pm and by appointment

**Required Textbook**

Day, Susan X. (2004). *Theory and design in counseling and psychotherapy*. New York: Lahaska Press. (Online version) NY: Houghton Mifflin Company

**Important notes about this text:** The required text for this course is very comprehensive, written in a friendly and accessible style, and is presented in an innovative format. The “book” comes in two forms: There is an online version of the text, including links to five full-length videos of therapists demonstrating the major counseling styles, published research articles using these theories (with an annotated guide teaching you how to read research studies), vignettes and case examples, practice test questions, Weblinks, glossaries, and much more. The site is easy to negotiate and fun to use.

**When you purchase the online edition, you also receive a hard-copy version of the textbook (which will be mailed to you within 7 days).** The cost for a six-month access to the online text and resources, plus the accompanying hard cover textbook, is **\$65.00**. Directions for purchasing and registering for the online materials are given at the end of this syllabus. Please note: Be sure you are using the directions for the specific section of the course you are taking. A paperback copy of a student casebook/workbook designed to accompany the textbook is also available for purchase. However, please note that all of the materials from the casebook/workbook (chapter reviews, practice test questions, key terms, case studies, and examples of published research articles) are contained in the online version of the text, so it is not necessary for you to order the handbook separately. However, if you wish to have an additional “hardcopy” version of these materials, you can purchase it. I have seen used but unmarked copies of the

workbook available through Amazon.com for approximately \$10.00, although these sometimes take up to two weeks to arrive. The reference is as follows:

Day, S.X. & Andersen, P. (2004). *Acquiring clinical judgment: A workbook/casebook to accompany Theory and design in counseling and psychotherapy*.  
New York: Lahaska Press.

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**Course Description** This course will present an overview of the major theories of counseling, including humanistic/existential, psychodynamic, cognitive-behavioral, and systemic approaches to working with individuals and families. Each theory will be reviewed in terms of its origins and key spokespersons, assumptions about human development and behavior, therapeutic processes, and applications to specific populations and issues in counseling.

### **Course Objectives**

- Understand the major theories of counseling, including origins and development, key terms and concepts, application of therapeutic processes, limitations, current research, and applications to multicultural and specific populations and issues.
- Recognize the intrinsic aspects, approaches, and parameters that constitute effective counseling and therapy.
- Develop awareness of how therapeutic approaches and skills can be utilized in personal and professional life. Each student will be encouraged to begin the search for the psychotherapeutic approach s/he will use as a professional counselor.

**Methods of Instruction** – This course will be delivered in a **blended format**, including in-class lecture and discussion, videos, presentations, and role-plays combined with online instruction. In addition to the two required weekends on campus, students are required to participate online via Embanet-Interlearn at <http://online.argosyu.edu> on a weekly basis during the entire term of the course. This course begins online Thursday, October 26, 2006, meets on the weekends of November 11-12 and December 9-10, and concludes on Friday, December 15.

### **Content Areas**

1. Psychoanalytic and psychodynamic theory
2. Jungian therapy and transpersonal development
3. Adlerian psychology
4. Gestalt therapy
3. Humanistic-existential theory
4. Cognitive-behavioral theory
5. Systemic approaches: Family therapy
6. Feminist and Cultural-Relational Theory
7. Cognitive-Interpersonal therapy

## **Course Schedule**

*Additional reading material may be assigned on a weekly basis online.*

**Week 1** [Half Week] Beginning 10/26/06

**Online:** Overview of the Course, Instructors' and Students' Introductions  
**Read for Week 1 and 2: Chapters 1, 2, 3**

**Week 2** Beginning 10/30/06

**Online:** Student Introductions, cont. The role of a counselor: personal and professional issues. Ethics, diversity, and cross-cultural issues in counseling.

**Week 3** Beginning 11/6/06

**Online:** Early theoretical approaches  
**Read: Chapter 4**

**Required Reading prior to First Weekend Class: Chapters 1 - 8**

**Weekend One On-Campus Classes: Nov. 11-12**

**Saturday** Nov. 11 9:00 a.m. - 6:15 p.m

**Topics:**

Psychoanalytic, Psychodynamic and Object Relations theories

Adlerian therapy

Rogerian Person-Centered therapy

**Sunday:** Nov. 12 9:00 a.m. - 6:15 p.m.

**Topics:**

Gestalt therapy

Jungian therapy

Dream therapy: Comparison of psychoanalytical, Jungian, and Gestalt approaches

**Week 4** Beginning 11/13/06

**Online:** Transpersonal Therapy  
**Read Chapter 12**

**Week 5** Beginning 11/20/06 - 11/22/06 (Thanksgiving Holiday Weekend)

**Online:** Culture and Gender Biases  
**Read Chapter 11**

**Week 6** Beginning 11/27/06

**Online:** Cognitive Behavioral Therapies  
**Read Chapters 8 and 9**

**Week 7** Beginning 12/4/06

**Online:** Cognitive-Interpersonal Therapy

**Read Chapter 13**

**Required Reading Prior to Weekend Two: Chapters 8 - 13**

**Weekend Two On-Campus Classes: December 9 -10**

**Saturday Dec. 9 9:00 am - 6:15 pm**

Topics:

Behavioral Therapy

Cognitive Therapy

**Sunday Dec. 10 9:00 am - 6:15 pm**

Topics: Family Systems Theories and Counseling applications

Feminist Therapy and Male Psychology and Cultural-relational approaches to counseling

In Class Final Exam

**Week 7 1/2** Beginning 12/11/06

**Online:** Course Wrap-Up

**Online component** – In addition to the two weekend meetings, this class includes a required online component where you will be completing assignments and/or responding to discussion topics, posting your responses to them in the online Discussion Section.

**Please note that all work is to be done in the Argosy online classroom, and not in any areas of the online textbook.** These assignments have been designed to help you apply theoretical materials to the types of “real life” situations you may encounter in your work as a therapist. Activities may include viewing an online video to watch a therapist working from a particular approach; reading an article that uses a theoretical perspective to study a specific clinical issue in the field; visiting websites or other links posted by the instructor; responding to questions about a case study or vignette; or trying out a specific technique or intervention and writing about your experience.

Instructor's lecture notes, weekly assignments and discussion topics will be posted weekly by Tuesday mornings 9:00 am. You are responsible for checking the weekly discussion area by Tuesday of each week for announcements and assignments. **Your weekly postings are due on Sundays (midnight, Pacific time).** I will not read late work. Part of your class participation is based on your posting online and responding to the discussion throughout the week. Plan to post at least two times within the week. Save your work frequently, and identify alternative methods for posting in case of computer problems or power failures (most communities have a Kinko's or internet café available; many colleges and libraries also have public internet access).

## Student Performance Evaluation Criteria and Procedures

### Student participation and activities will be weighted as follows:

Online participation 20%  
Weekend class attendance and participation 30%  
Exam 20%  
Final Paper 30%

ALL REQUIREMENTS MUST BE MET IN ORDER TO RECEIVE A PASSING GRADE IN THIS COURSE.

### Attendance and Participation 50 points

Students taking this class have two forms of participation: weekly, in the online classroom, and in the two weekend face-to-face classes. Participation will be graded as follows:

#### 1. Weekend Classes:

Students are expected to arrive on time and be present the entire day. You must contact the instructor as soon as possible if for some reason you cannot attend any portion of the classes since it may directly impact whether you can receive a passing grade in the course. If you believe it will be difficult for you to attend both weekends fully, you should plan to take this course at another time. Students are also expected to have read the required assignments and to demonstrate familiarity with this material through comments and questions during class discussions.

#### Criteria for Weekend Class Participation

Grade	
A = 9 - 10	Student actively participated in discussions in >80% of class sessions; <b>nearly all</b> comments were thought provoking and incorporated material from the assigned readings
B = 8	Student participated in discussions in >80% of class sessions; <b>most</b> of the comments were thought provoking and incorporated material from the assigned readings
C = 7	Student participated in discussions in >70% of class sessions; comments/questions demonstrated a surface level understanding of topics.
F = 6 or less	Student participated in <70% of class sessions; comments/questions did not demonstrate an understanding of course topics, or <b>student did not participate</b> in class discussions.

#### 2. Online Classroom Participation 20 points:

Students must participate actively in online assignments and discussions. You are expected to check in the Argosy classroom by Tuesday of each week for announcements, updates, assignments, and discussion questions for weekly posts.

**All student postings are due in the Argosy online classroom by Sunday midnight.** I will not read late postings; plan your time accordingly so you can complete

the weekly assignments and post well-written and thoughtful responses by the deadline.

Some of the best parts of online learning come from interacting with your peers. You are strongly encouraged to respond to each other’s work, and your participation will impact your score. I hope you will log into the classroom a couple of times during the week to read what other students have written, and will post responses to them – what was interesting or new to you, where do you disagree or have a different perspective, what questions were raised, what can you offer from your own experience?

**Criteria for Online Participation**

**(2 points for week 1, 4 points possible for weeks 2 – 7)**

**Criteria for Online Participation**

**(4 points possible for weeks 1 – 7 1/2; 2 points for a brief summary post in week 8)**

<b>4 points</b>	<b>3 points</b>	<b>2 points</b>	<b>0 points</b>
All components of the assignment or discussion were fully addressed; post demonstrated critical thinking and depth of thought, with good use of clear and relevant examples; post integrated material from the text or professional journals/books; no errors in spelling, grammar, punctuation. Minimum of 200 words <u>AND</u> student also wrote at least one substantial response to a peer’s work.	Most components of the assignment or discussion were addressed, although parts were lacking in substance or detail; post demonstrated some evidence of critical thinking with a few good examples; materials from the text or journal articles were presented, but not integrated clearly into the discussion; a few errors in form, spelling, grammar or punctuation ; responses to other students’ work were minimal.	Some components of the assignment or discussion were missing, or the post was very general or superficial in scope; few or no examples; little critical thought; information from the text or journal articles was not included or was not clearly related to the topic; several errors in form, spelling, grammar, punctuation; post was too brief to present a substantial discussion. No responses made to other students’ work, or these were done minimally.	Student did not post on time, or the post was far below standards in several areas.

**Exam – 20 points**

The exam will take place on Sunday afternoon of the second weekend and will consist of multiple choice, fill-in-the-blank, and short answers.

**Personal Theory Paper– 30 points**

Write a research paper 6-10 pages, APA style, that focuses on one of the following.

- (1) A specific counseling or therapy theory covered in class but explored in more depth
- (2) A counseling or therapy theory which was not covered in class
- (3) A discussion of a specific professional application of counseling in a given job setting (career counseling, school counseling, etc.)

- (4) A discussion of personal (i.e., home, family, relationship, work, leisure, etc.) relevance and application of counseling material covered in class and supplementary readings

**Length: 8-10 pages minimum**(double-spaced, not including title page or references). You will need to include at least three references. One of these may be an additional book you chose to read this semester (not counting the class text); at least two of your references will need to come from articles (published in 2000 or after) in professional counseling or psychology journals. You can access these through the Argosy Online Library. APA form will be required (we'll have a mini-lab in APA format during Weekend One).

**Due Date for Research Paper:** An electronic version of your paper will be submitted to [www.turnitin.com](http://www.turnitin.com) AND to your instructor at vbennett@argosyu.edu AND a hard copy of your paper will be submitted by 9:00 am Sunday, Dec 10th. To submit your paper electronically to turnitin.com go to [www.turnitin.com](http://www.turnitin.com). The course name is Counseling Theories Fall 06, the code number is 1640995 and the password is: counseling.

**Criteria for Paper**

Grade	
A = 27 - 30	Discussion is well thought out, addresses all of the required criteria with depth of thought and good examples, and provides <b>excellent</b> coverage of material, including the minimum number of appropriate references. Paper is in APA format, clearly organized and free of errors.
B = 24 - 26	Paper is well thought out but contains some errors in writing and/or is missing one component of APA format <b>OR</b> coverage of material is only <b>adequate</b> in scope and organization.
C = 21 - 23	Insufficient number of appropriate references provided AND <b>limited</b> coverage, <b>poor</b> organization, and several errors in writing.
F = <21	Paper is disorganized AND coverage is not adequate AND does not conform to APA format, or there is evidence of <b>plagiarism</b> , or paper was not submitted.

**Final Grading for the Course will include all points as listed above.**

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

## **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, 5<sup>th</sup> Edition (2001)*. Washington DC: American Psychological Association (APA) format. Please refer to Appendix A in the *Publication Manual of the American Psychological Association, 5<sup>th</sup> Edition* for thesis and paper format. Students are encouraged to purchase this manual 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 will be asked to submit your course assignments through "Turnitin," ([www.turnitin.com](http://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.

Any student who has plagiarized material or demonstrated academic dishonesty is subject to failure in the course and may be dismissed from the program.

## **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 includes details**



regarding assignments and method of instruction.

**Instructions for accessing course materials for online Theory and Design in Counseling and Psychotherapy by Susan X Day at <http://learncounseling.com>**

**Course: PC 6230 Counseling Families and Individuals**  
**Instructor: Virginia Bennett Term: Fall II, 2006 Section B**

1. After you have registered for this course with Argosy University, go to <http://learncounseling.com> to register for the course materials. Enter the **Class Key BENN0665** where it says "Enter the class key from your instructor."
2. You'll first be asked to create a username and password. Next, you'll get instructions on how to pay the subscription fee. Once you're registered and subscribed, you can login using your username and password. (YOU DO NOT USE THE CLASS KEY AGAIN.) Be sure and store your username and password in a safe place for easy access.
3. Once you've registered and paid, your name will be automatically entered to the class roster and you'll have access to the class materials from your own home page, called **My Locker**. From your locker, you'll be able to access the class, study guide materials, and other course-related information. Clicking on **My Locker** always returns you to your home page. Please note that all class discussions, gradebook entries, emails, and announcements will be made within the Argosy online classroom, and not here in the online text (even though there are locations for those types of activities here). The online text will just be for your own access of course materials.
4. To access the online text, click the **Class Materials** button that appears at the top left of your **My Locker** home page. You'll be given a dynamic table of contents. Clicking on the Chapter you want will reveal the sections of that chapter. Click Preview to start at the beginning of the chapter. You can also jump directly to a specific chapter section by clicking on the section name.
5. When you scroll down the text for each chapter, you'll see the following buttons in the right margin:
  - Profile of a Theorist** – These are brief biographies of key contributors to the practice of the theory under study.
  - Author's Notebook** – These are thoughts and observations from the author, Susan X Day relevant to the chapter.
  - Theory in Action** – These are videos showing experienced counselors using identifiable theories in sessions. .
  - Case Example** – These are case conceptualizations from a practitioner who uses the approach under study.
  - Research Article** – These are exercises that focus on developing students' abilities to participate in the professions as intelligent consumers of research.The **Study Guide** button will take you to practice multiple-choice tests, graphing exercises, key term reviews, flash cards, and highlights (chapter summary).

**NOTE:** If you have questions or problems accessing the material, first refer to Help or FAQs. If you continue to have a problem, please click the "support" or "Contact

Us" links or e-mail us directly at [support@dotlearn.com](mailto:support@dotlearn.com).