

Introduction to Counseling and Psychotherapy
PSY 4300-01
Fall, 2014

Instructor: I-Shan Yang, Ph.D

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Class Time: Mon/Wed/Fri 7:40-8:50 AM

Class Location: HCC 477

Phone: 435-879-4627

Office: McDonald Building 214

Office Hour: Tue/Wed/Thu 2-5pm

Course Description

This course is intended for students enrolled in the psychology program. We will be exploring the major components of counseling theories and techniques, and developing basic skills for clinical work. We will gain a good working knowledge of the theoretical orientations, and how to use these effectively in clinical setting.

Social Science Program Objectives

As an outcome of taking courses in the Social Science Program, students shall:

1. Demonstrated the ability to examine human behaviors in a structured and organized way as a means of understanding the human condition. Measured by examination and/or oral and written reports.
2. Demonstrated the ability to recognize the ideas, people and events that are generally thought to be important by social scientists. Measured by examination and/or oral reports.
3. Develop a perceptual frame or reference based on social scientific knowledge. Measured by the presence of an attitudinal frame of reference which would be expressed in written or oral activities.
4. Exhibit concepts of critical thinking and scientific methodology in examining human behavior. Measured by the presence of an attitudinal frame of reference which would be displayed in written or oral activities.

Major Courses Learning Objectives

Upon successful completion of this course, students will be expected to

1. To develop basic knowledge of different schools of counseling theory.
2. To develop knowledge of the various counseling techniques.
3. To develop ability to use interventions and basic counseling orientations.
4. Ability to apply theories to practice in a clinical setting.
5. Understanding of multicultural issues in counseling and the therapeutic relationship.

Course Methods

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This course is designed for students who are interested in working as mental health professionals in the future. The course will be in lecture/seminar format. Each student will be asked to provide feedbacks on their reading materials and in class discussions. In class, we will focus on:

1. Readings in relevant texts and articles;
2. Lectures which discuss the reading and present practice examples;
3. Students demonstration of acquired knowledge through class participations, group work, presentation and research.

Attendance Policy

It is expected that students to attend the whole course period. Regular attendance and active participation are essential for success in this course. Coming to class late or leaving classroom early is disruptive to both the instructor and other students. Any lateness or early leaving is considered as absence. As a result, attendance/participation points will be deducted, which may affect the final grades in this class. See *Dixie State College of Utah, Policies and Procedures Manual, section 5-23 on ATTENDANCE for further details.*

Classroom Expectation

Students are expected to approach the class as mature adults and to conduct themselves accordingly. Rude or disruptive behaviors will not be tolerated in the classroom. Rudeness can include (but is not limited to): COMPUTER or PHONE USAGE, LAUGHING, NOTE PASSING, PASSIVELY SITTING, SLEEPING, and TALKING OUT OF TURN. Disruptive behaviors include (but not limited to): Entering the classroom during a lecture or presentation, leaving class early, sleeping in class, displaying disrespect of the instructors, students, and guests by making offensive or derogatory comments, dominating classroom discussions, completing others' assignments, plagiarizing, cheating on work, reading any material in class considered not an integral part of the course content being presented. Additionally, you are required to **TURN OFF** all of your electronic devices including *cell phones/pagers/MP3 players/etc.* during class. Interruptions due to cell phones or other electronic devices will result in a loss of participation points. For more details, please see the disruptive behavior policy at: <http://www.dixie.edu/humanres/policy/sec3/334.html>

Academic Integrity

Full academic honesty is expected and required. Any infraction will result in the maximum penalty with possibilities including failing the class and/or being expelled from the university. Infractions include, but are not limited to: dishonesty on exams, plagiarism and/or flagrant falsification of written assignments, and any other attempts to receive a grade for work not actually done by the student. For more details,

please refer to the *Dixie State University Department of Social and Behavioral Sciences Academic Honor and Integrity Policy*. **Each student needs to agree and sign the policy to be considered as registered for the course. Please turn in your signed policy electronically to the instructor before the second class of each semester.**

Contact Policy

Email is the preferred method for contacting the instructor outside of class. When emailing the instructor, **the subject should read “Counseling Theories Course”** to avoid confusion with other courses. *Students are required to frequently check your Dmail account and Canvas messages.* Important class and college information will be sent to your Dmail account. This information includes your DSC bill, financial aid/scholarship notices, notification of dropped classes, reminders of important dates and events, and other information critical to your success in this class and at DSC. All DSC students are automatically assigned a Dmail account. If you don't know your user name and password, go to www.dixie.edu and select “Dmail,” for complete instructions. You will be held responsible for information sent to your Dmail email, so please check it often.

Required Materials

Textbook:

Corey, G. (2013). Theory and Practice of Counseling and Psychotherapy (9th ed.). Belmont, CA: Brooks/Cole.

Articles:

- **1. Sprenkle, D. H., & Blow, A. J. (2004). Common factors and our sacred models. *Journal of Marital and Family Therapy*, 30, 113-129.**
- **2. Moules, N. J. (2000). Postmodernism and the sacred: Reclaiming connection in our greater-than-human world. *Journal of Marital and Family Therapy*, 26, 229-240.**

Evaluation

Grading will be based upon 400 possible points in the course distributed as following

Criteria	Points
Attendance and participation	50
3 Exams	150 (50 points for each exam)
Group Presentation	100
Final Exam	100
Total	400

Grading Scale

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|----------|-----------------------|----------|----------------|
| A | 360 points and higher | B | 320-359 points |
| C | 280-319 points | D | 240-279 points |
| F | 239 points and lower | | |

⊙ You WILL NOT be graded on a curve. Your total points determines your grade

1. **ACTIVE PARTICIPATION:** Each student is expected to contribute actively and continually. You will be providing constructive feedbacks to examples you read in class. Your feedback and reflection on each topic will be counted toward your participation grade.
2. **EXAMS:** Students will be asked to take three exams worth 50 points.
3. **RESENTATION:** Each student will sign up with one theory for group presentation. The number will depend on the class size. In the presentation, students are expected to present the basic theoretical framework and ideas of the chosen theory, 2 clinical skills and 1-2 research articles addressing/critiquing the chosen theory. More details will be given in class. Students are encouraged to meet with the instructor before their presentation time.
4. **FINAL EXAM:** The final exam will be cumulative and will also be worth 100 points.

Make-up Exams and Assignments

There will be **no make-up cases, assignments, exams or presentations**, except for students representing the university on officially approved trips and for the observance of a religious holy day. The instructor will not respond to a student's email which asks for make-up exams unless the student presented the official documents in advance. The instructor also will not respond to students' requests for giving extra credits after taking the last exam.

****Assignments received after the due date without prior approval will receive a 10 percent grade reduction each day. There is NO flexibility built into the due dates for each assignment. Deadlines for actual grant proposal completion are not negotiable.**

College Resources

1. Tutoring Center: located on the 4th floor of the Holland Centennial Commons in Room 431 (<http://dsc.dixie.edu/tutoring/>)
2. Writing Center: located on the fourth floor of the Holland Centennial Commons in room 421. (http://new.dixie.edu/english/dsc_writing_center.php)
3. Testing Center: located at North Plaza(<http://new.dixie.edu/testing/>)
4. Library: located on the 2nd, and 3rd floors of the Holland Centennial Commons <http://library.dixie.edu/>

Disability Accommodations

Students with medical, psychological, learning or other disabilities desiring reasonable academic adjustment, accommodations, or auxiliary aids to be successful in this class will need to contact the DISABILITY RESOURCE CENTER Coordinator (Baako Wahabu) for eligibility determination. Proper documentation of impairment is required in order to receive services or accommodations. DRC is located in the North Plaza Building. Visit or call 652-7516 to schedule appointment to discuss the process. DRC Coordinator determines eligibility for and authorizes the provision of services.

Student Appeals

Students who believe themselves wrongfully disciplined may appeal those disciplinary actions through the standard grievance procedure. (Policy 5-35)

Important Dates/Deadlines

Aug 25	Classwork Starts
Aug 28	Last Day for Waitlist
Aug 29	Last Day to Add Without Signature
Sep 1	Labor Day
Sep 4	Drop/Audit Fee Begins (\$10 per class)
Sep 4	Residency Application Deadline
Sep 9	\$50 Late Registration/Payment Fee
Sep 15	Pell Grant Census
Sep 15	Last Day for Refund
Sep 15	Last Day to drop without receiving a "W" grade
Sep 17	Courses dropped for non-payment
Sep 19	Last Day to Add/Audit
Oct 1	Fall 2014 Associate's degree Graduation Application Deadline
Oct 15	Mid-Term Grades Due
Oct 16-17	Semester Break
Oct 20	Last Day to Drop Individual Class
Oct 27	Spring and Summer 2015 class schedules available online
Nov 3	Spring 2015 Bachelor's degree Graduation Application Deadline
Nov 11	Career Day

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Nov 14	Last Day for Complete Withdrawal
Nov 17	Spring Registration open to Seniors (90+ credits)
Nov 18	Spring Registration open to Juniors (60+ credits)
Nov 19	Spring Registration open to Sophomores (30+ credits)
Nov 20	Spring Registration Open to All Students
Nov 26-28	Thanksgiving Break
Dec 12	Classwork Ends
Dec 15-19	Final Exams

DISCLAIMER

Information contained in this syllabus, other than the grading scale and exam/quiz policy may be subject to change with advanced notice, as deemed appropriate to the instructor.

Tentative Course Schedule

Week	Date	Topic	Reading
1	8/25	Intro to course/syllabus	Article 1
	8/27	Intro to psychotherapy	
	8/29		
2	9/1	<i>Holiday</i>	Ch 2.
	9/3	Personal & Professional	
	9/5		
3	9/8	Assessment	Ch 3.
	9/10	Ethical Issues	
	9/12		
4	9/15	Psychoanalytic Therapy	Ch 4.
	9/17		
	9/19	Interventions& Review	
5	9/22	Exam 1	Ch 5.
	9/24	Adlerian Therapy	
	9/26	Interventions	
6	9/29	Presentation 1	Ch 7.
	10/1	Personal-Center Therapy	
	10/3	Intervention	
7	10/6	Gestalt Therapy	Ch 8.
	10/8	Interventions	
	10/10	Presentation 2	
8	10/13	Existential Therapy	Ch 6.
	10/15	Interventions& Review	
	10/17	<i>Semester Break</i>	
9	10/20	Exam 2	Ch 9
	10/22	Behavior Therapy	
	10/24	Intervention	
10	10/27	Cognitive Behavior Therapy	Ch 10.
	10/29	Intervention	

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	10/31	Presentation 3	
11	11/3	Intro to postmodern theories	Article 2
	11/5		Ch 13.(pp 397-409)
	11/7	Solution-Focused Therapy	
12	11/10	Interventions	
	11/12	Narrative Therapy	
	11/15	Intervention	
13	11/17	Presentation 4	
	11/19	Review	
	11/21	Exam 3	
14	11/24	Special Issues & catch up	
	11/26	<i>Holiday</i>	
	11/28	<i>Holiday</i>	
15	12/1	Intro to System Theory	Ch 14.
	12/3		
	12/5	Interventions	
16	12/8	Presentation 5	Ch 15.
	12/10	Integrative Approach	
	12/12	Review	
17	12/17	Final Exam (8:30-10:30)	

Exam 1 open date: 9/22-23; Exam 2 open date: 10/20-21; Exam 3: 11/20-21