

# Introduction to Counseling and Psychotherapy

PSY 4300-01, CRN: 44529

Fall 2011



**Professor:** Michael Rahilly, Ph.D.

**e-mail:** [mrahilly@dixie.edu](mailto:mrahilly@dixie.edu)

**phone:** 652-7892

**Office:** 204A MacDonald

**Office Hours:** 2-3 MW, 10:30-12:00 TR

**Lecture/Discussion:** Mon/Wed/Fri

8:00am to 8:50am in Hazy 224

## Required Texts:

Corey, G. (2009). *Theory and practice of counseling and psychotherapy*. Belmont, CA: Thomson Brooks/Cole. ISBN: 978-0-495-10208-3

Kottler, J. A. & Brew, L. (2003). *One life at a time: Helping skills and interventions*. New York, Brunner-Routledge. ISBN: 0-415-93360-9

**Supplemental Readings** will be distributed on Blackboard.

**Overview & Course Description:** Welcome to Introduction to Counseling and Psychotherapy. This course is designed to familiarize students with theories and techniques of counseling and psychotherapy, with an emphasis on the major models within the field. Theories will be critically evaluated, contrasted, and applied to a range of psychological problems and diverse populations. Students will also explore the historical background and developmental precipitants of each theory as well as the multicultural strengths and weaknesses of each counseling approach. Opportunity is provided to practice and refine counseling skills. This course is highly recommended for students interested in pursuing a counseling related profession. Prerequisite: PSY 3400 and junior standing.

**Philosophy/Expectations:** This course will operate on the philosophy that active engagement with material fosters quality learning. There will be ample opportunity for in-class activities and discussion, both in small groups and with the entire class. Students are expected to read assigned text prior to class and be prepared to participate in class. Students are also expected to coordinate small group work effectively. Students can expect that I will come to class very well prepared and that I will do my very best to conduct the class so that it is interesting, informative, and respectful.

**Class Courtesy, Respectful Behavior & Responsibility:** We will have a class discussion on the first day about our responsibilities to each other in this learning environment. We will generate expectations for behavior during class that will help us create a positive, responsible, and respectful learning environment. Classroom rudeness will NOT be tolerated under any circumstances and may result in immediate expulsion from the class meeting and/or the course at the professor's discretion. Rudeness can include (but is not limited to): COMPUTER USAGE, LAUGHING, NOTE PASSING, PASSIVELY SITTING, SLEEPING, TALKING, AND TEXTING.

**Learning Objectives & Outcomes** will be distributed on Blackboard.

**Assignments:** There will be technique application assignments once per week and discussion/small group activities in each class session. The technique application assignments are designed to help you practice techniques outside of class (the lab portion of the class) and to help you prepare to participate in class.

**Quizzes & Exams:** There will be four quizzes, one midterm exam and one final exam given. All are take-home, short essay assessments. Quizzes are tentatively scheduled in the Tentative Schedule, but the exact dates will be announced in class and via Blackboard. The Midterm Exam is tentatively scheduled to be due on **Wednesday, October 12<sup>th</sup>** and the Final Exam is due on **Friday, December 16<sup>th</sup> by 9:30am.**

- **You must take each Exam**
  - Make-up exams will only be given with a valid, documented excuse.
- **3 of the 4 Quizzes will count towards your grade** (one will be dropped)
  - *If you miss a quiz* – for any reason – that will be the quiz dropped (regardless of excuse)
  - *Don't miss more than one quiz!*

**e-mail:** *You are required to frequently check your Dmail account.* Important class and college information will be sent to your dmail account, including DSC bills, financial aid/scholarship notices, notices of cancelled classes, reminders of important dates and deadlines, and other information critical to your success at DSC and in your courses. If you don't know how to access your dmail account, go to [www.dixie.edu](http://www.dixie.edu) and select "Dmail" from the left column. To locate your dmail username and password, go to [www.dixie.edu](http://www.dixie.edu), and click on "Log in to student services" (upper right corner).

## Tentative Schedule

**Week 1: August 22<sup>nd</sup> to 26<sup>th</sup>**

**Counseling Practice – Overview**

Introductions & Overview of the Course

Read: Corey Chapter 1, Kottler & Brew Chapter 3, pp 47-51, 66-67.

**Week 2: August 29<sup>th</sup> to September 2<sup>nd</sup>**

**Counseling Practice – Overview**

Read: Kottler & Brew Chapter 3, pp 52-66.

**Week 3: September 5<sup>th</sup> to 9<sup>th</sup>**

*Labor Day Holiday, Monday*

**The Counselor**

Counseling Profession

Read: Corey Chapter 2, Kottler & Brew Chapter 1

*Quiz 1 due at the beginning of class on September 12<sup>th</sup>*

**Week 4: September 12<sup>th</sup> to 16<sup>th</sup>**

**Counseling Practice – Diversity & Ethics**

Counseling Profession

Ethical Considerations as a Counselor

Read: Corey Chapter 3, Kottler & Brew Chapter 2

**Week 5: September 19<sup>th</sup> to 23<sup>rd</sup>**

**Theories & Techniques – Psychoanalytic Therapy**

Read: Corey Chapter 4, Article 1 (excerpt from *Introductory Lectures in Psychoanalysis*),  
Kottler & Brew Chapter 4 (pp 71-77, 81-87)

**Week 6: September 26<sup>th</sup> to 30<sup>th</sup>**

**Theories & Techniques – Adlerian Therapy**

Read: Corey Chapter 5, Article 2, Kottler & Brew Chapter 5 (pp 95-108)

*Quiz 2 due at the beginning of class on October 3<sup>rd</sup>*

**Week 7 : October 3<sup>rd</sup> to 7<sup>th</sup>**

**Theories & Techniques – Existential Therapy**

Read: Corey Chapter 6, Article 3, Kottler & Brew Chapter 5 (pp 108-124)

*Midterm Exam due at the beginning of class on October 10<sup>th</sup>*

**Week 8: October 10<sup>th</sup> to 12<sup>th</sup>**

**Theories & Techniques – Person-Centered Therapy**

Read: Corey Chapter 7, Kottler & Brew Chapter 4 (pp 77-80)

*Semester Break Thursday & Friday*

## Tentative Schedule

**Week 9: October 17<sup>th</sup> to 21<sup>st</sup>**

**Theories & Techniques – Person-Centered Therapy**

Read: Article 4 (from *On Becoming A Person*), Kottler & Brew Chapter 4 (pp 87-93)

**Week 10: October 24<sup>th</sup> to 28<sup>th</sup>**

**Theories & Techniques – Gestalt Therapy**

Read: Corey Chapter 8, Article 5, Kottler & Brew Chapter 6

**Week 11: October 31<sup>st</sup> to November 4<sup>th</sup>**

**Theories & Techniques – Behavior & Cognitive Behavior Therapies**

Read: Corey Chapters 9 & 10, Kottler & Brew Chapter 8

*Quiz 3 due at the beginning of class on November 7<sup>th</sup>*

**Week 12: November 7<sup>th</sup> to 11<sup>th</sup>**

**Theories & Techniques – Reality & Feminist Therapies**

Read: Corey Chapters 11 & 12, Kottler & Brew Chapter 7

**Week 13: November 14<sup>th</sup> to 18<sup>th</sup>**

**Theories & Techniques – Feminist & Postmodern Therapies**

Read: Corey Chapters 12 & 13, Kottler & Brew Chapter 9

**Week 14: November 21<sup>st</sup> to 22<sup>nd</sup>**

**Theories & Techniques –Family Systems Therapy**

Read: Corey Chapter 14

*Thanksgiving Holiday, Wednesday thru Friday*

*Quiz 4 due at the beginning of class on November 30<sup>th</sup>*

**Week 15: November 28<sup>th</sup> to December 2<sup>nd</sup>**

**Theories & Techniques –Family Systems Therapy**

**Integration & Application**

Read: Kottler & Brew Chapter 10, Corey Chapter 15

**Week 16: December 5<sup>th</sup> to 9<sup>th</sup>**

**Integration & Application**

Read: Corey Chapter 16, Kottler & Brew Chapter 12

Review for Final Exam

**Final Exam Due: Friday, December 16<sup>th</sup> by 9:30am**

**Attendance:** With so much of the work for this course done in class, it is vital that you attend every class period. See Dixie State College of Utah, Policies and Procedures Manual, section 5-23 on ATTENDANCE for further details.

**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.

**OTHER IMPORTANT DATES/DEADLINES**

Aug 22	Class-work Begins
Aug 24	Last Day to Add Without Signature
Aug 29	Drop fee begins (\$10 per class)
Sep 5	Labor Day
Sep 6	\$50 Late Registration/Payment Fee
Sep 12	Last Day for Refund, Last day to drop without receiving a “W” grade
Sep 16	Last Day to ADD Classes
Sep 30	Graduation Application Deadline
Oct 13-14	Semester Break
Oct 17	Last Day to DROP/AUDIT Classes
Nov 11	Last Day for Complete Withdrawal
Nov 14	Registration open to Seniors (90+ credits)
Nov 15	Career Day
Nov 15	Registration open to Juniors (60+ credits)
Nov 16	Registration open to Sophomores (30+ credits)
Nov 17	Open Registration
Nov 23-25	Thanksgiving Break
Dec 9	Class-work Ends
Dec 12-16	Final Exams

**Grading Policy**

<u>Grade</u>	<u>Percent</u>	<u>Grade</u>	<u>Percent</u>
A	94% - 100%	C	74% - 76%
A-	90% - 93%	C-	70% - 73%
B+	87% - 89%	D+	67% - 69%
B	84% - 86%	D	64% - 66%
B-	80% - 83%	D-	60% - 63%
C+	77% - 79%	F	59% AND BELOW

- At no time during the course will grades be curved. Your point totals determine your grade, not how other people perform.

## Earning Points:

- A. Class Participation: earned for participating actively in class discussions and in-class small group assignments. Each day is worth 3 points. So with 30 class days, this totals to 90 points.
- B. 12 Technique Application Assignments: Out of class lab assignments to practice techniques with your lab partner. You will individually write up a brief reaction paper for each assignment. Each Paper is worth 10 points for a total of 120 points.
- C. 4 Quizzes: Take home short essay quizzes. Each quiz is worth 50 points. Drop the lowest score. So, 3 quizzes are worth a total of 150 points.
- D. Midterm Exam: Take home exam due in class on October 12<sup>th</sup>. The Midterm is worth 100 points.
- E. Comprehensive Final Exam: Due in class on Friday, December 16<sup>th</sup> by 9:30am. The final is worth 100 points.

### Summary of Points Possible

Short Papers on Assignments, 10 points each, times 12 Assignments is	120 points
Class Participation is worth 3 points per day, times 30 days is	90 points
Quizzes are worth 50 points each, times 3 Quizzes is	150 points
<u>Each Exam is worth 100 points, times 2 Exams is</u>	<u>200 points</u>
TOTAL:	560 points

### **Americans with Disabilities Act (ADA) Statement:**

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. The DRC is located on the ground floor of the Financial Aid Office. Visit or call 652-7516 to schedule an appointment to discuss the process. The DRC Coordinator determines eligibility for and authorizes the provision of services.

**Cheating**: Academic dishonesty in any form will not be tolerated at Dixie State College, including but not limited to plagiarism on written assignments, submitting other person's work as one's own, and cheating on exams or quizzes. Teachers at Dixie State College may discipline students proven guilty of academic dishonesty by:

- Giving a failing grade on the specific assignment where dishonesty occurred,
- Failing the student in the entire course,
- Immediately dismissing and removing the student from the course, and/or
- Referring the student to Student Affairs, a committee which may reprimand, place on probation, suspend, and/or expel the student.

- Students guilty of cheating/plagiarism will be dealt with according to college policy as found at <http://www.dixie.edu/humanres/policy/sec3/334.html>.

**Disruptive Behavior:** Teachers at Dixie State College have the right to manage the classroom environment to ensure a good learning climate. Toward this end, teachers (or college security) may dismiss and remove disruptive students from individual class activities. If a student's behavior continues to disrupt class activities, the teacher may dismiss and cause the removal of disruptive students from their course.

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