PSYCHOLOGICAL COUNSELING THEORY & PROCESS
Psychology 621 (3)
T/Th 9:30 a.m.—10:50 a.m., Lagomarcino W189
Fall 2014

Instructor: Karen R. Scheel, Ph.D.
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Readings: Recommended and required readings are listed on the course schedule. Folders of supplemental readings, including some client applications, are available upon request for each theory.

Media: Parks Library holdings of video and DVD demonstrations of a theory are listed as recommended viewing where applicable on the course schedule. Other video demonstrations of therapy will be made available in class.

COURSE DESCRIPTION

This course is designed to provide a critical understanding of the role of theory in effective counseling practice and the key concepts and processes of the major theories of counseling and psychotherapy in use today. Theories are examined and contrasted in terms of their underlying philosophical assumptions, core psychopathology and health constructs, postulated change mechanisms, and applicability to diverse problems and individuals. The question “how do people change?” is a fundamental one, thus change mechanisms are examined closely in terms of specific and common factors, particularly the role of the therapeutic relationship, and the broad strategies and specific techniques that bring each theory to life in actual practice. Readings, didactic instruction, discussion, and, most importantly, “hands on” application are utilized to achieve the specific course objectives listed below.

COURSE OBJECTIVES

• Students will further their understanding of the role of theory in a scientist-practitioner approach to psychotherapeutic practice.
• Students will acquire a detailed understanding of the tenets and practices of the major systems of psychotherapy practiced by counseling psychologists today and will acquire a basic understanding of the empirical status of each system.

• Students will be able to conceptualize client issues, develop treatment goals, and specify treatment strategies and techniques according to each theoretical approach.

• Students will critically examine each system for its cross-cultural applicability and other aspects of fit with the values and philosophies of counseling psychology.

• Students will develop an understanding of the commonalities, differences, strengths, and limitations of the systems and the various approaches to combining them (e.g. forms of eclecticism, integration, and “trans-theoreticism”).

• Students will further develop their own theoretical orientations.

OVERVIEW OF COURSE REQUIREMENTS AND GRADING

The following summarizes the requirements of the course and associated course points. Further information about each requirement is provided in subsequent sections.

1. Participation 30 points
2. Application Presentation
   Written Report 15 points
   Oral Presentation 5 points
   Discussion Facilitation 5 points
   Demonstration 5 points
   Total: 30 points
3. Reaction Journal
   10 entries at 1 pt ea 10 points
   1 journal reflection paper 5 points
   Total: 15 points
4. Final Essay Exam 25 points
   Total for course: 100 points*

Grades will be assigned according to the following scale:

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<th>Percentage</th>
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<tr>
<td>93%</td>
<td>A</td>
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Grades below a C- are not expected of graduate work and will only be given in the case of incomplete assignments, missed assignments, or unprofessional assignments.
GUIDELINES AND EXPECTATIONS REGARDING COURSE ASSIGNMENTS

Note: If you have a disability and anticipate needing accommodations in this course, please make arrangements to meet with me soon. Please request that a Student Disability Resource staff send a SAAR form verifying your disability and specifying the accommodation you will need. Also please speak with me if you would like accommodations based upon religion. Further information about disability and religious accommodation is available at http://www.hrs.iastate.edu/AAO/eod/reasonaccom.shtml.

1. Attendance and Participation (30 points)

Independent initiative in learning and the active and informed participation of all students is critical to the success of this doctoral seminar. **It is expected that students will complete readings prior to each class meeting and come prepared with points of discussion in mind.**

Attendance is expected at each class session; please contact the instructor in advance if you are unable to attend due to illness, emergency, observation of a religious holiday, or other compelling reason. A three page typed, double spaced APA style paper may be submitted the class session following an excused absence (unless other arrangements are made with the instructor) to compensate for the missed participation. Reaction papers may critique some aspect of the theory covered, point out a similarity or difference with another approach, apply the theory to a case scenario, discuss how the theory might inform an integrative or eclectic approach, critique the empirical basis of the theory, and so forth. To merit full credit, reaction papers must demonstrate a thoughtful, scholarly processing of the relevant material.

2. Application Presentation (30 points)

Further detail on the presentation will be provided in a Blackboard document and discussed in class. In brief, each student will conduct a 60-70 minute application presentation in which a specific theory is applied to case material. Components of presentations include a written report (including history, conceptualization, and treatment plan), oral presentation, role play demonstration with a classmate actor, and discussion. Students should pair with a classmate to select a published biography or autobiography as the source of their case material. This approach will allow the same “client” and problem to be viewed through two different theoretical lenses—and will provide an informed client actor for each of the students in their role as presenters/therapists. Student pairs may also collaborate on the history sections of their written reports if they so choose.

3. Reaction Journal and Reflection Paper (10 entries at 1 point each, 1 paper at 5 points)

Beginning in week 3 with Individual Psychology and continuing through week 13 with Interpersonal Psychotherapy, students will complete short journal entries (1-2 pp) recording their reactions to each theory. This assignment is intended as a tool to help you bring the abstract
world of psychotherapy theory together with the unique person of you, the point at which theory becomes therapist. What fits? What doesn’t? Why? You are free to take the journal reactions in whatever directions seem most productive to you. Ideas include: “What do I like best about this theory and why?” “What do I like least about this theory and why?” What would I be good at/not good at in this approach and why?” “What emotional reactions does this theory elicit in me and why?” “How would I feel as a therapist in this approach?” “To what extent do I share this theory’s underlying assumptions about people?” It can be even more productive to move into imagined scenarios in which you are the client. Throughout the semester, you are encouraged to conceptualize a problem of your own according to each theory. You do not need to write about the problem, but do write about how it would feel to be the client. That is at least as informative as how it would feel to be the therapist! Throughout the journal writing process, you are the most important audience to yourself. Do, however, bring your entries with you to class each Tuesday. They may be used as discussion points and/or exchanged with classmates for mutual comments. I will periodically ask that journals be turned in to me for review. Information about the final reflection paper will be provided in class.

While you are encouraged to write freely about your reactions to the theories, it is not expected that you disclose specific problems or private experiences that may have led to those reactions. Nonetheless, the journal entries and any discussion about them can be personal in nature. In recognition of this, students should maintain confidentiality and not discuss each others’ journal entries outside the classroom.

4. Final Exam (25 points)

This in-class exam will include one or two broad essay questions and will in some way include attention to your own developing theoretical orientation. You will be expected to demonstrate knowledge of course material and the ability to flexibly apply, critique, and integrate it and to support your own professional theoretical positions. The course description and objectives will provide useful guidelines on material to emphasize in preparing for the exam. It is expected that citations will be used to support specific points from readings—although providing citations is only a tool to building an argument, not the goal unto itself. Students may bring their course syllabus to the exam as a memory aid for references. No other materials may be accessed during the otherwise “closed book” exam.
UNIVERSITY POLICIES AND INFORMATION

**Academic Dishonesty**
The class will follow Iowa State University’s policy on academic dishonesty. Anyone suspected of academic dishonesty will be reported to the Dean of Students Office. 
http://www.dso.iastate.edu/ja/academic/misconduct.html

**Disability Accommodation**
Iowa State University complies with the Americans with Disabilities Act and Sect 504 of the Rehabilitation Act. If you have a disability and anticipate needing accommodations in this course, please contact me to set up a meeting within the first two weeks of the semester or as soon as you become aware of your need. Before meeting, you will need to obtain a SAAR form with recommendations for accommodations from the Disability Resources Office, located in Room 1076 on the main floor of the Student Services Building. Their telephone number is 515-294-7220 or email disabilityresources@iastate.edu. Retroactive requests for accommodations cannot be honored.

**Dead Week**
This class follows the Iowa State University Dead Week policy as noted in section 10.6.4 of the Faculty Handbook. http://www.provost.iastate.edu/resources/faculty-handbook

**Harassment and Discrimination**
Iowa State University strives to maintain our campus as a place of work and study for faculty, staff, and students that is free of all forms of prohibited discrimination and harassment based upon race, ethnicity, sex (including sexual assault), pregnancy, color, religion, national origin, physical or mental disability, age, marital status, sexual orientation, gender identity, genetic information, or status as a U.S. veteran. Any student who has concerns about such behavior should contact his/her instructor, Student Assistance at 515-294-1020 or email dso-sas@iastate.edu, or the Office of Equal Opportunity and Compliance at 515-294-7612.

**Religious Accommodation**
If an academic or work requirement conflicts with your religious practices and/or observances, you may request reasonable accommodations. Your request must be in writing, and your instructor or supervisor will review the request. You or your instructor may also seek assistance from the Dean of Students Office or the Office of Equal Opportunity and Compliance.

**Contact Information**
If you are experiencing, or have experienced, a problem with any of the above issues, email academicissues@iastate.edu.
TENTATIVE COURSE SCHEDULE
*Required Reading

Week 1

8/26 Introduction to Psychological Counseling Theory & Process

8/28 The Role of Theory in Psychotherapy


Recommended Readings:

For additional useful discussions on the relationship between theory, science and practice:


Week 2

9/2 Systems of Psychotherapy in Contemporary Empirical, Theoretical, and Multicultural Perspectives, Pt I

*Prochoska & Norcross Chapter 1

Recommended Readings:


For further detail and perspectives over time on evidence based practice issues in Counseling Psychology:


For perspectives outside Counseling Psychology:


Three recent perspectives on optimizing delivery of evidence-based interventions in the modern behavioral health care environment:


A recent argument for psychology to make a paradigm shift from the biomedical model to the biopsychosocial model in health research and health care:

9/4 Systems of Psychotherapy in Contemporary Empirical, Theoretical, and Multicultural Perspectives, Pt II


*Prochaska & Norcross Chapter 14

**Recommended Reading:**


Guidelines on Multicultural Education, Training, Research, Practice, and Organizational Change for Psychologists: http://www.apapracticecentral.org/ce/guidelines/multicultural.aspx (See especially the sections on Historical and Sociopolitical Developments for Guidelines, Introduction to the Guidelines, Guideline 2, & Guideline 5.)


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**“THE FIRST FORCE:” PSYCHOANALYTIC AND PSYCHODYNAMIC THERAPY**

**Week 3**

9/9 Psychodynamic Therapies, Emphasis: Individual Psychology [reaction journal 1]

*Prochoska & Norcross Chapter 3, pp 52-64, 76-79


**Recommended reading:**


9/11 In class application
Week 4


*Prochoska & Norcross Chapter 3, pp 65-76


9/18 Brief Psychodynamic Therapy Application:

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**“THE SECOND FORCE:” BEHAVIORISM**

Week 5

9/23 Behavior Therapies [reaction journal 3]

*Prochaska & Norcross, Chapter 8

*Prochaska & Norcross, Chapter 9


9/25 Behavior Therapy Application:

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**“THE EUROPEAN THIRD FORCE:” EXISTENTIAL THERAPY**

Week 6

9/30 Existential Therapies [reaction journal 4]

*Prochaska & Norcross, Chapter 4


10/2 Existential Therapy Application:

“THE AMERICAN THIRD FORCE:” HUMANISTIC AND EXPERIENTIAL THERAPIES

Week 7

10/7 Humanistic Therapies, Emphasis: Person-Centered Therapy [reaction journal 5]

*Prochaska & Norcross, Chapter 5


Recommended Viewing: Three Approaches to Psychotherapy, Part I, Dr. Carl Rogers, Founder of Client-centered Therapy

10/9 Person-Centered Therapy Application:

Week 8

10/14 Experiential Therapies, Emphasis: Gestalt Therapy [reaction journal 6]

*Prochaska & Norcross, Chapter 6 pp 142-161, 164-171


Recommended Viewing:

Three Approaches to Psychotherapy, Part II, Dr. Frederick Perls, Founder of Gestalt Therapy Polster, E. (1990), Gestalt Therapy Humanization of Technique, APA Psychotherapy Series I (available at Parks Library Reserve and Media Services Media Collection, Video 004 671)


10/16 Gestalt Therapy Application:
Week 9

ONE FOURTH FORCE: “THE COGNITIVE REVOLUTION”


*Prochaska & Norcross, Chapter 10


Recommended Reading:


Recommended Viewing:


Three Approaches to Psychotherapy, Part III, Dr. Albert Ellis, Founder of Rational-Emotive Therapy.

10/23 Cognitive Therapy Application:

Week 10

A PAUSE FOR POSITIVITY

10/28 Positive Psychology


**10/30 Positive Psychology and Counseling Psychology**


**Week 11**

**THE COGNITIVE REVOLUTION REVOLUTIONIZES: “THIRD WAVE” THERAPIES**

**11/4 Acceptance and Commitment Therapy (ACT) [reaction journal 8 Narrative or ACT]**

*Prochaska and Norcross, Chapter 11*


**Recommended reading**


For a highly readable, small (really, the book is tiny) introduction to mindfulness in its original context of Buddhist meditative practice, see *The Pocket Pema Chödrön* (2008). E. Steinberg, Ed. Shambhala: Boston.
For information on Dialectical Behavior Therapy, an approach in a “third wave” cognitive-behavioral-mindfulness tradition:


### 11/6 Constructivist Therapies, Emphasis: Narrative Therapy

*Prochaska & Norcross, Chapter 15


**Recommended reading**


### “THE MULTICULTURAL REVOLUTION”

**Week 12**

### 11/11 Multicultural Counseling, Emphasis: Feminist Therapy [reaction journal 9]


**Recommended Reading:**


**11/13 Feminist Therapy Application:**

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**THE PREVAILING FORCE: MIXING, INTEGRATING, AND TRANSCENDING**

**Week 13**

**11/18 Introduction to integrative and eclectic therapies; An integrative/eclectic therapy emerging from an interpersonal psychodynamic tradition: Klerman’s Interpersonal Psychotherapy [reaction journal 10]**

*Prochaska & Norcross, Chapter 16 pp. 426-433
*Prochaska & Norcross, Chapter 7 pp. 173-182, 187-193


**Recommended Reading:**


**Recommended Viewing:** Carlson, J. & Hinrichsen, G.A. (2007). Interpersonal therapy for older adults with depression. APA Psychotherapy Series X (available at Parks Library Reserve and Media Services Media Collection, DVD 002 861)

11/20 IPT Application
[Complete journal with reflection paper due]

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11/24 — THANK GOODNESS IT’S THANKSGIVING WEEK — 11/28

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**Week 14**

**12/3 An integrative/eclectic therapy emerging from a humanistic/experiential tradition:**
Emotion Focused Therapy

Prochaska & Norcross pp 162-166


**12/5 An integrative/eclectic therapy emerging from a cognitive-behavioral tradition:**
Multimodal Therapy

*Prochaska & Norcross Chapter 16, pp. 439-451


In class viewing: Three Approaches to Psychotherapy II: Dr. Arnold Lazarus Multimodal Behavior Therapy. [http://www.viddler.com/v/45860656](http://www.viddler.com/v/45860656)

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**Week 15**

**12/9 Transtheoretical Therapy**

*Prochaska & Norcross, Chapter 17*
The Future of Psychotherapy, The Future of You

*Prochaska & Norcross, Chapter 18


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Week 16

FINAL EXAM (Th 12/18 9:45 a.m. – 11:45 a.m.)