Psychology 422
Counseling Theories and Techniques (Spring 2014)

Contact Information:
Course time: 11:00-12:15 Tues/Thurs Course location: W162 Lagomarcino Hall
Instructor: Meifen Wei, Ph.D. Office #: W214 Lagomarcino Hall
Phone: (515) 294-7534 Email: wei@iastate.edu
Office Hours: 12-1 Monday, 12:15 to 1:00 Tu and Th, or by appointment
Homepage: http://wei.public.iastate.edu/

Textbooks:

Course Overview and Objectives:
1. To review the major counseling theories and their key concepts, beliefs, therapeutic goals, therapist role, and their approaches and techniques.
2. To consider the application of counseling approaches to diverse populations
3. To increase self-awareness and interpersonal-awareness through learning about counseling theories
4. To understand the helping process
5. To conceptualize cases from different theoretical approaches

*In this course we will review and evaluate a variety of theoretical approaches to counseling. Although you will be exposed to some counseling techniques that may improve your interpersonal skills, you are asked not to provide counseling to anyone, which can cause harm if done improperly. Graduate-level training and supervision are necessary to become a counselor or psychotherapist.

Course Requirements/Assignments:

Pop quizzes (36 points):
Pop quizzes will be given throughout the semester. In general, one quiz will be given for each chapter. Students who are absent on such days without an excuse will receive no-credit for these quizzes.

Self-Awareness and Experiential Activities (20 points): Throughout the semester you will be asked to answer questions and/or participate in activities related to the theory we covered for that day. Each activity is worth 4 points. You are required to do 5 activities (10 activities will be provided). Please select the first 2 from activities 1-4, the second 2 from 5-8 activities, and the last one from 9-10 activities. If responses are too simplistic, only partial points will be given for each activity. The purpose of each activity or question is to increase self-awareness and self-insight and to provide greater clarity for each of the theories. To earn credit you will be asked to write about your experiences with the activities. These write-ups should be 1 page single space and typed with 1-inch margins and 11-point font (Arial). You can turn in your paper the next class period after they are assigned.

Personal theoretical Preference Paper (14 points): One of the best ways to learn about counseling theory is to critically evaluate and think about which theory makes the most sense to you. Each theory matches with people with specific personal and interpersonal styles. There are two goals for this paper. First, you are asked to evaluate one theory based on videos, readings, and class discussion. Second, you can use another theory to compare and contrast it with the first theory and to articulate why a certain theory could be the most helpful to facilitate change. Please use examples from the
videos, readings, and your own life experiences to explain your opinions. This paper should be about 2 pages single-spaced and typed with 1-inch margins and 11-point font (Arial). **Due Date: 4/24 (Th).**

**Three Exams** (150 points):

There will be three exams on 2/18(Tu), 4/1(Tu), and 5/8(Th). They will cover the material we talk about in class and material from the required reading. Exams will contain multiple-choice and true-false (50 points per exam). Make-up exams will be provided for students with legitimate, documented absences only. If you wish to request a make-up exam, you should submit this request to me prior to the exam date.

**Extra credits:**

From my teaching experiences, discussion is not only important for your learning, but it will enrich everyone else’s learning also. In order to encourage everyone’s participation in this class, you will receive a maximum of 1 extra credit point for each day’s participation (a maximum of 10 extra credit points will be given). Your participations can be several different forms, such as asking questions, responding to others’ questions, and/or sharing your perspectives, experiences and observations. If you are hesitant to ask questions in class, please feel free to ask me questions after classes. Finally, during the discussion, I request that we all need to work to make the atmosphere in the class respectful and open. This means that personal beliefs and differences need to be heard and respected.

**Course Conduct:**

**Students with Disabilities:** If you need any specific accommodations due to disability, please see me after class or during my office hours so that we can make necessary arrangements.

**Attend Class on Time.** Attendance is an important part of this learning experience. The reading will only cover a portion of the material learned in this course. There will be many opportunities for discussion and interaction. Your presence is needed to make these successful. If you are absent, you are responsible for any information or material that was covered in class on that day.

**Confidentiality:** You will be participating in small-group activities as part of this course. The process of engaging in these activities may require you to take some risks to talk about personal information and may, at times, feel intimidating. **Please only share what you feel comfortable to share. Also, to help facilitate the creation of a trusting environment for learning, I would ask that you not share any personal information or reactions from your small groups outside of the classroom.** If you have any concerns about the information you have shared within your small group or about what is appropriate to reveal, please consult with me.

**Counseling Services:** If you, or someone you know, need counseling services, please seek help at the Student Counseling Service at 294-5056 and/or ask the staff there for referrals to other community professionals.

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## Tentative Course Outline:

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<tr>
<th>Date</th>
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| 1 01/14 & 01/16 | Course Introduction  
Introduction and overview                      | Ch1                                         |
| 2 01/21 & 01/23 | Building your foundation as a helper  
Course Introduction and overview                  | Ch2; Activity 1: Motivations,  
Strengths/weakness, and concerns           |
| 3 01/28 & 01/30 | Adlerian Therapy (videotape)                                          | Ch5; Activity 2: Earliest Memory         |
| 4 02/04 & 02/06 | Psychoanalytic therapy                                               | Ch4; Activity 3:  
Dream/transference/free association          |
| 5 02/11 & 02/13 | Brief psychodynamic approach: Core Conflictual Relationship Themes  
Review                                             | Additional Activity 4: CCRT                |
| 6 02/18 & 02/20 | First Exam on 2/18 (Tu)  
Person-Centered Therapy (videotape)     | Ch7                                          |
| 7 02/25 & 02/27 | Person-Centered Therapy (videotape)                                 | Ch7; Activity 5: Self-compassion           |
| 8 03/04 & 03/06 | Gestalt Therapy (videotape)  
Emotion focused therapy (videotape)         | Ch8; Activity 6: two chair  
work/emotional exploration                   |
| 9 03/11 & 03/13 | Rational Emotional Behavioral Therapy (videotape)  
Review                                          | Ch10; Activity 7: Videos reactions         |
| 10 03/18 & 03/20 | Spring Break                                                           |                                              |
| 11 03/25 & 03/27 | Cognitive Therapy (videotape)  
Review                                           | Ch10; Activity 8: CBT                       |
| 12 04/01 & 04/03 | Second Exam on 4/1 (Tu)  
Existential Therapy (videotape)            | Ch6; Activity 9: Letter for future/If I only have 30 days left |
| 13 04/08 & 04/10 | Reality Therapy (videotape)                                           | Ch11; Activity 10: WDEP                     |
| 14 04/15 & 04/17 | Behavioral Therapy                                                   | Ch9                                         |
| 15 04/22 & 04/24 | Feminism Therapy (videotape)  
Theory Paper Due 4/24                              | Ch12                                        |
| 16 04/29 & 05/01 | Multicultural counseling (videotape)  
Review                                      | Additional                                  |
| 17 05/08 (Thursday) | Final exam: 9:45 to 11:45am in the same classroom (i.e., W162 Lago) |                                              |

* Some speakers in the mental health field will be invited to talk about their career paths.