

## **PC 340**

### **THEORIES OF COUNSELING AND PSYCHOTHERAPY II**

January Term 2009

January 5 – 9 and January 20 – 23, 2009

Class Dates: January 5, 6, 7, 8, 9, 20, 21, 22, and 23  
8:30 a.m. – 1:30 p.m. (except Wednesdays – 8:30 – 11:20 a.m.)

**INSTRUCTOR:** Vergel L. Lattimore, Ph.D.

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**January Term Office Hours:** Mondays 2:00 – 4:00 p.m.; Tuesdays 2:00 – 3:00 p.m.;  
Wednesdays 2:00 – 3:00 p.m.; Thursdays 2:00 – 4:00 p.m.; and by appointment

#### **TEXT**

Corsini, Raymond J. and Wedding, Danny (2008). Current Psychotherapies. (8<sup>th</sup> Edition)  
Belmont, CA: Thomson Brooks/Cole. ISBN: 0495097144.

#### **COURSE DESCRIPTION**

This course will intensively examine eleven theories of counseling, along with contemporary and integrative therapies. In the application of theory, students will be challenged to develop a deeper understanding of the counseling process and the complex dynamics (personal and professional) involved in the counseling relationship. Students will bring together various approaches to develop their own therapeutic style, as well as integrate a pastoral counseling-oriented strategy into mainstream approaches to professional counseling and psychotherapy.

#### **COURSE OBJECTIVES:**

This course will enable students to:

- Recognize core differences between major therapeutic approaches.
- Identify the psychotherapy methods that accompany at least three theories.
- Clarify and develop an integrated therapeutic style.
- Understand how the therapist personality and technical skills foster effective counseling.

- Critique consultants' assessment and clinical commentary.
- Explore the value of utilizing diagnostic schema (DSM-IV-TR) for religious/spiritual concerns in evaluations for psychotherapy.
- Discuss ways to apply spiritual elements to foster change in the therapeutic process.

## TEACHING METHODOLOGY

The format for conducting class will vary. In general, the first half of each class will begin with a critical review of new material. The overview will be followed by open group and small group discussions, applying theoretical concepts to the practice of counseling and psychotherapy.

In addition, students will:

- 1) View, discuss, and critique video-graphic visual material.
- 2) Students will critically observe and process video-graphic material.
- 3) Students will creatively and critically interact with a counseling and psychotherapy professional to gain a clear picture of the professional's mode of psychotherapy and counseling, style of practice, and clinical functioning.
- 3) Students will participate in role-plays, class forums, case enactments, and team research presentations.

## COURSE REQUIREMENTS

***Regular class attendance is essential.*** A student who misses a class is responsible for securing class notes, class activities, or syllabus changes from a classmate. Students are provided one absence for personal and/or emergency reasons. A five (5) point grade deduction will be made for each class missed beyond one session.

***Class participation is expected.*** Students also learn from each other. Students are expected to participate actively in class discussions, small group work, and experiential exercises. Students must be ready to learn, ask questions, and to explain what they do not understand. Class participation is defined as active involvement in class discussions, including constructive comments, criticisms, and questions. **Class participation counts for 5% of the total grade.**

***Assignments:***

### **1. Comprehensive Discussion Paper (CDP)**

Students will submit a **comprehensive discussion paper** that compares, contrasts, and analyzes the core themes raised by the article "Spiritual Psychotherapy" by T. Byram Karasu, M.D., Spring 1999, *American Journal of Psychotherapy* with another article or book chapter, which discusses any aspect of the spiritual dimensions in counseling and psychotherapy or any characteristics in pastoral counseling and psychotherapy.

**LENGTH: Three to four pages (MAXIMUM), doubled-spaced.**

**DUE: January 5th**

**OR**

Students will submit a **comprehensive discussion paper** that compares, contrasts, and analyzes the core themes raised by the article "A Proposed Diagnostic Schema for Religious/Spiritual Concerns" by Wesley L. Brun, D. Min., Supplement 2005) Vol. 59, No. 5), *The Journal of Pastoral Care & Counseling* with another article or book chapter, which discusses the diagnosis and/or evaluation of religious/spiritual concerns.

**LENGTH: Three to four pages (MAXIMUM), double spaced.**

**DUE: January 5th**

## **2. Team Research Paper and Presentation (TRPP)**

Students will make a class presentation on one current system of psychotherapy. The TRPP is a team assignment for two persons, with a single topic for each team. The team presentation should be 25-30 minutes, with a one-page highlight sheet for the class. Suggested areas to cover: Basic concepts, brief history, theory of personality, theory of psychotherapy, process of psychotherapy, mechanisms of psychotherapy, application issues, and a review of current research, empirical evidence and criticisms from the literature.

**LENGTH: Five to six pages (MAXIMUM), double-spaced, APA style, with appropriate citations.**

**DUE: January 8th, 9th, or 20th,**

*Topics should be selected from one of the following:*

- 1) Relational-Cultural Theory, therapy with women, feminist therapies
- 2) Object relations, self-psychology theory
- 3) Interpersonal Theory of Psychiatry, Harry Stack Sullivan
- 4) Attachment Theory, John Bowlby
- 5) Social Constructivism
- 6) Therapy with the traumatized (Post Traumatic Stress Disorder – PTSD, Eye Movement Desensitization and Reprocessing – EMDR, and Thought Field Therapy – TFT)
- 7) Play Therapy, therapy with children
- 8) Developmental counseling and therapy

- 9) Spirituality and counseling
- 10) Manual-guided therapies and intentional change

### 3. Applied Clinical Research Project (ACRP)

Students will interview a practicing psychotherapist (from any behavioral science discipline) or a clinical professional who teaches counseling or therapy. The goal of the interview is to get a clear understanding of this professional's primary theory of counseling. You want to gain sufficient information about how this clinician applies and appropriates his or her theoretical approach to the practice of counseling and psychotherapy. Ideally, your questions will address: the therapist assumptions about human behavior; perspectives on the role of assessment and diagnosis; the formulation of therapeutic goals and procedures; how spiritual issues or religious dynamics are addresses (if applicable); and other issues or strategies that seem important to the clinician or the interviewee. The student should prepare a paper that compares and contrasts the clinician's ideas, perspectives, and practices with course theory and readings.

**LENGTH: Four to five pages (MAXIMUM), double-spaced**

**DUE: January 20th**

### 4. Integrative Theory Paper (ITP)

Students will write an essay on 4 of the 6 topical areas outlined below. (**NOTE: you must answer #1 and #6**). Begin each new essay with a new page and identify each essay by number and title that conveys your basic idea. The essays should be stapled together and submitted as one major paper. It is vital observe the page limit parameters (two pages per essay). Each essay should reflect your own unique ideas, rather than merely summarizing text material. **Write your name ONLY on the back of the LAST page.**

Essay 1: Discuss the personal needs and motivations for your wanting to seek a career in counseling and the helping professions. How might your needs and motivations either help or hinder you in your attempt to provide effective assistance to others.

Essay 2: Select a value you hold that may make it difficult for you to objectively counsel with a certain client. Identify a potential source of value conflict between you and your client. Show how this difference in value orientation could affect the manner in which you work as a counselor.

Essay 3: The person-centered approach has received criticism for its lack of a specific set of techniques and its non-directive nature. It is often viewed as a very simple approach that is best for beginning counselors who are not prepared for more sophisticated therapies. Do you think that this assessment of the approach is

accurate? Is the person-centered counselor's role a simpler one to fill than most? Discuss its "fit" for you as a theoretical framework for counseling.

Essay 4: "Cognitive-behavioral approaches put the problem 'in the client'. They, in essence, 'blame the victim' and highlight the 'ills of the client' when family and society also may be the cause." Do you agree or disagree with the above statements? Substantiate your position, and also discuss how you might avoid such criticism in your own application of Cognitive-Behavioral Therapy?

Essay 5: Respond to each of the following statements based on your understanding and perspective of Reality Therapy, and provide an assessment of the therapy with regard to its potential strengths and weaknesses:

- A. "Reality Therapy rejects nearly all forms of mental illness and takes the stance that abnormal or pathogenic behavior is chosen by clients".
- B. William Glasser, the founder of Reality Therapy stated, "Not satisfying a present relationship is always the problem that brings people to counseling...All people who come to counseling have at least one unsatisfying relationship."

Essay 6: Aradi & Kaslow (1987) have identified a number of criteria that are essential to "good theory". Three of those criteria are as follows:

1. Explanatory Power:
  - Increases understanding regarding the causes of human psychological dysfunction
  - Increases understanding regarding the nature of human psychological dysfunction
2. Therapeutic Power:
  - Increases understanding regarding what will bring about desired changes
  - Provides a framework or model for practical application of theoretical concepts
3. Preventive Power:
  - Includes a definition of "healthy" or "optimal" functioning
  - Provides insight into the prevention as well as treatment of psychological dysfunction

In your opinion, which one of the individual counseling theories included in your text would, according to these criteria, be considered the "best" theory? Why? Do you agree personally with your selection? Why?

**LENGTH: Four essays, two pages each or a maximum total of eight pages, doubled-spaced.**

**DUE: January 22nd**

## **5. Final Examination**

This exam will consist of **Forty (40) items based on chapters 2 through 10** of *Current Psychotherapies*.

**DATE: January 23rd, one hour.**

***Evaluation and Grading:***

Class participation	5 points
Comprehensive Discussion Paper	10 points
Team Research Paper and Presentation	25 points
Applied Clinical Research Project	20 points
Integrative Theory Paper	20 points
Final Examination	20 points

The following criteria will be used in evaluating the research projects and the integration paper: completeness and inclusion of relevant data; use and application of theory presented in the course; clarity of presentation and writing style; and depth, comprehensiveness, and organization.

A =93-100	A- =90-92	
B+=87-89	B =83-86	B- =80-82
C+=77-79	C =73-76	C- =70-72
D+=66-69	D =63-66	D- =60-62

**TOPICS AND READINGS**

**DATE    SESSION    DISCUSSION/FOCUS/ASSIGNMENT**

**NOTE:** Starred (\*) readings are strongly recommended as background; exploration of Supplementary reading (Library Reserve-LR) can be based on your interests and available time.

- 01/05    1    A. Course Introduction: Overview, expectations, requirements, and tasks**  
**B. Introduction to Counseling and Psychotherapy**  
**C. Psychoanalysis**

**NOTE: Discussion Paper Due!**

\*Corsini and Wedding, *Current Psychotherapies*, Chs.1-2.

Theory and Practice of Counseling and Psychotherapy (TPCP),  
Chs. 1, 2 (LR)

**VIDEO:** “The Art of Integrative Counseling” (Intro and Session 1)

**01/06 2      Adlerian Psychotherapy**

*\*Current Psychotherapies, Ch. 3*

*\*TPCP, Ch. 5 (LR)*

**VIDEO:** “The Art...” (Session 2)

**01/07 3      Analytical Psychotherapy**

*\*Current Psychotherapies, Ch. 4*

*TPCP, Ch 4 (LR)*

**VIDEO:** “The Art...” (Session 3)

**01/07 4      Client-Centered Therapy**

*\*Current Psychotherapies, Ch. 5*

*TPCP, Ch. 7 (LR)*

**VIDEO:** “Client-Centered Approach” (Carl Rogers, Ph.D. and Ruth Sanford) #MEF C636c

**VIDEO:** “The Art...” (Session 6)

**01/08 5      Rational Emotive Behavioral Therapy**

**NOTE: Team Presentations – Round 1**

*\*Current Psychotherapies, Ch. 6*

*TPCP, Ch. 9 (LR)*

**VIDEO:** “The Art...” (Session 8)

**01/08 6      Behavior Therapy**

**NOTE: Team Presentations – Round 2**

*\*Current Psychotherapies, Ch. 7*

TPCP, Ch. 9 (LR)

**01/09 7      Cognitive Therapy**

**NOTE: Team Presentations – Round 3**

*\*Current Psychotherapies*, Ch. 8

TPCP, Ch 10 (LR)

**VIDEO:** “Mixed Anxiety and Depression: A Cognitive Behavioral”  
Donald Meichenbaum, Ph.D. (V-C nci M499m)

**01/12 - 16      *NO CLASS – RESEARCH WEEK***  
**01/19            *NO CLASS – Dr. Martin L. King, Jr. Observance***

**01/20 8      Existential Psychotherapy**

**NOTE: Team Research Presentations – Round 4**

**NOTE: Applied Clinical Research Project Due!**

*\*Current Psychotherapies*, Ch. 9

TPCP, Ch. 6 (LR)

**VIDEO:** “Existential Psychotherapy” (Ronald D. Laing, M.D.)

**VIDEO:** “The Art...” (Session 5)

**01/20 9      Gestalt Therapy**

**NOTE: Team Research Presentations – Round 4**

*\*Current Psychotherapies*, Ch. 10

TPCP, Ch. 8 (LR)

**VIDEO:** “Gestalt Therapy: Humanizing the Technique” (Erving Polster)  
#IFME93-P778g

**VIDEO:** “The Art...” (Session 7)

**01/21 10      Multimodal Therapy**

*\*Current Psychotherapies*, Ch. 11

TPCP, Ch. 9, 13 (LR)

**VIDEO:** “The Art...” (Session 11, 12)

**01/21 11     Family Therapy**

\**Current Psychotherapies*, Ch. 12

TPCP, Ch. 14

**VIDEO:** “Family Therapy with Adolescents” (Anthony Jurich)

**01/22 12     Contemplative and Integrative Psychotherapies**

**NOTE: Integrative Theory Paper Due!**

\**Current Psychotherapies*, Chs. 13 and 14

TPCP, Ch. 13, 15 (LR)

**VIDEO:** “The Art...” (Sessions 9)

**01/23 13     Contemporary Challenges and Controversies**

**NOTE: Final Examination is Today!**

**FINAL CLASS – EVALUATION**

\**Current Psychotherapies*, Ch. 15

\*TPCP, Ch. 13

**PC 340****THEORIES OF COUNSELING AND PSYCHOTHERAPY II****RESERVE LIST****Initial Bibliography**

January Term 2009

Vergel L. Lattimore, Ph.D.

**TEXTS**

Corey, G. (2005). Theory and Practice of Counseling and Psychotherapy. (7<sup>th</sup> Edition). Belmont, CA: Brooks/Cole. ISBN: 0534536050

Dayringer, Richard, The Heart of Pastoral Counseling: Healing Through Relationship, Revised Edition, Haworth, 1998.  
ISBN: 0-7890-0421-6

Richards, P. Scott and Allen E. Bergin, A Spiritual Strategy for Counseling and Psychotherapy. University Press of America, 1997.  
ISBN: 1055798-434-4

Buelow, George D. and Sidney A. Buelow, Psychotherapy in Chemical Dependence: A Practical and Integrative Approach, Brooks/Cole, 1998.  
ISBN: 0-534-26118-3

Bongar, Bruce and Beutler, Larry E., eds Comprehensive Textbook of Psychotherapy, Oxford University Press, 1995.  
ISBN: 0-19-508215-X

Steer, David A., Spiritual Presence in Psychotherapy: A Guide for Caregivers, Levittown, PA: Brunner/Mazel, 1997.

Bauserman, Joseph Morgan and Rule, Warren R. A Brief History of Systems Approaches in Counseling and Psychotherapy. University Press of America, 1995.

**RESOURCES FOR FURTHER STUDY AND RESEARCH****Counseling Journals**

- *American Psychologist*
- *Journal of Pastoral Care and Counseling*
- *Journal of Pastoral Theology*

- *APA Monitor*
- *Community Mental Health Journal*
- *Contemporary Psychology*
- *Journal of Clinical Psychology*
- *Journal of Counseling Psychology*
- *Journal of Humanistic Psychology*
- *Journal of Marriage and Family Therapy*
- *Psychological Abstracts, Psychological Bulletin*
- *Family Therapy Networker*
- *Psychology Today*
- *Journal of Counseling and Development (ACA)*
- *Professional Psychology: Research and Practice (APA)*

### **Selected Publications in Psychoanalysis:**

American Psychoanalytic Association Journal  
International Journal of Psychoanalysis  
Psychoanalytic Review  
Psychological Issues

### **Selected Publications in Adlerian Psychotherapy:**

Individual Psychology  
North American Society of Adlerian Psychology Newsletter

### **Selected Publications in Rational-Emotive Therapy:**

Journal of Rational Emotive Therapy

### **Selected Publications in Cognitive therapy:**

Cognitive Therapy and Research  
Journal of Cognitive Psychotherapy: An International Quarterly

### **Selected Publications in Gestalt Therapy:**

Gestalt Journal  
Gestalt Theory

### ***OTHER TEXT RESOURCES FOR FUTHER STUDY***

Adler, A. The Individual Psychology of Alfred Adler (H. & R. Ansbacher, Eds.).  
 New York: Basic Books, 1956.

Atkinson, D.R., Morten, G., & Sue, D.W. Counseling American Minorities: A Cross-

- Cultural Perspective. 4th edition. Dubuque, IA: William C. Brown, 1993.
- Augsburger, David. Pastoral Counseling Across Cultures. Philadelphia: The Westminster Press, 1986.
- Bandura, A. Principles of Behavior Modification. New York: Holt, Rinehart, & Winstone, 1969.
- Bankart, C.P. Talking Cures: A History of Western and Eastern Psychotherapies. Boston: Brooks/Cole Publishing Company, 1997.
- Bauserman, Joseph and Rule, Warren R. A Brief History of Systems Approaches in Counseling and Psychotherapy. Lanham, MD: University Press of America, 1995
- Beck, A. T. Cognitive Therapy and the Emotional Disorders. Madison, CT: International Universities Press, 1976.
- Beck, A. T. et al. Cognitive Therapy of Personality Disorders. New York: Guilford Press, 1990.
- Beck, A. T. et al. Cognitive Therapy of Drug Abuse. New York: Guilford, 1993
- Bohn, Carole R., ed. Therapeutic Practice in a Cross-Cultural World: Theological, Psychological, and Ethical Issues. Decatur, GA.: Journal of Pastoral Care Publications, Inc., 1995.
- Boyd-Franklin, Nancy. Black Families in Therapy: A Multisystems Approach. New York: The Guilford Press, 1989.
- Buelow, Sidney and Buelow, George. Psychotherapy in Chemical Dependence Treatment: A Practical and Integrative Approach. Boston: Brooks/Cole Publishing, 1995.
- Carl, Doug. Counseling Same-Sex Couples. NY: W.W. Norton, 1990
- Cashden, Sheldon. Object Relations Therapy: Using the Relationship. NY: W.W. Norton & Company. 1988.
- Clebsch, W. A., & Jaekle, C. R. Pastoral Care in Historical Perspective. New York: Harper & Row, 1967.
- Clinebell, Howard. Counseling for Spiritually Empowered Wholeness. Nashville, TN: Abingdon, 1996.
- Corey, Gerald. Theory and Practice of Group Therapy. Monterey, Calif.: Brooks/Cole

- Publishing Company, 1981.
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- Evans, III, F. B. Harry Stack Sullivan: Interpersonal Theory and Psychotherapy. New York: Routledge, 1996.
- Fortune, Marie. Is Nothing Sacred? When Sex Invades the Pastoral Relationship. HarperSanFrancisco, 1989.
- Freedheim, D. K., ed. History of Psychotherapy: A Century of Change. Washington, DC: American Psychological Association, 1992.
- Graham, Larry Kent. Care of Persons, Care of Worlds: A Psychosystems Approach to Pastoral Care and Counseling. Nashville: Abingdon Press, 1992.
- Greenberg, J. R., & Mitchell, S. A. Object Relations in Psychoanalytic Theory. Cambridge, MA: Harvard University Press, 1983.
- Griffin, William A. Family Therapy: Fundamentals of Theory and Practice. New York: Brunner/Mazel Publishers, 1993.
- Gurman, Alan S. and Kniskern, David P., editors. Handbook of Family Therapy. Volume II. New York: Brunner/Mazel, Publishers, 1991.
- Hiltner, S. Pastoral Counseling. New York: Abingdon Cokesbury Press, 1949.
- Holifield, E. B. A History of Pastoral Care in America: From Salvation to Self-Realization. Nashville, TN: Abingdon Press, 1983.
- Jongsma, Jr., Arthur E., & Peterson, L. Mark. The Complete Psychotherapy Planner. New York: John Wiley & Sons, Inc., 1995.
- Lee, Ronald R. Clergy and Clients: The Practice of Pastoral Psychotherapy. NY: Seabury Press, 1980.
- McNeil, J. T. A History of the Cure of Souls. New York: Harper & Bros., 1951.
- Meier, Scott T. The Elements of Counseling. 3rd edition. Pacific Grove: Brooks/Cole Publishing Company, 1997.

- Mitchell, Henry H. and Lewter, Nicholas Cooper. Soul Theology: The Heart of American Black Culture. 1991 reprint, Abingdon Press.
- Norcoss, J. C., & Goldfried, M. R., eds. Handbook of Psychotherapy Integration. New York: Basic Books, 1992.
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- Propst, Rebecca L. Psychotherapy in a Religious Framework: Spirituality in the Emotional Healing Process. Human Science Press, 1987.
- Pruyser, P. The Minister as Diagnostician. Philadelphia: The Westminster Press, 1976.
- Rogers, C. R. Client-Centered Therapy: Its Current Practice, Implications, and Theory. Boston: Houghton Mifflin, 1951.
- , On Becoming a Person: A Therapist's View of Psychotherapy. Boston: Houghton Mifflin, 1961.
- Sanford, John A. Healing Body and Soul: The Meaning of Illness in the New Testament and in Psychotherapy. Louisville, KY: Westminster John Knox Press, 1992.
- Scharff, Jill Savege and Scharff, David E. The Primer of Object Relations Therapy. Northvale, NJ: Jason Aronson Inc., 1995.
- Sue, Derald Wing et al. Counseling the Culturally Different. New York: John Wiley & Sons, 1981/1996.
- Stokes, Allison. Ministry after Freud. New York: Pilgrim Press, 1985.
- Sullivan, H. S. The Interpersonal Theory of Psychiatry. New York: Norton, 1953.
- Wicks, Robert J.; Parson, Richard D.; and Capps, Donald, eds. Clinical Handbook of Pastoral Counseling, enlarged edition. NJ: Paulist Press, 1993.
- Wimberly, Edward P. African American Pastoral Care. Nashville: Abingdon Press, 1991.

Wise, Carroll. Pastoral Psychotherapy: Theory and Practice. NY: Jason Aronson, Inc. 1980.

Worthington, Everett. Psychotherapy and Religious Values. Grand Rapids, Michigan: Bake Book House, 1993.

Wouck, Herman. This is My God: The Jewish Way of Life. NY: Touchstone Books, 1986.

Wulff, David. Psychology of Religion: Classical and Contemporary Views. NY: Wiley, 1994