Instructor: Richard Chiovarelli, Psy.D.
Office Location: DMH 315
Telephone: (408) 924-5630
Email: Richard.Chiovarelli@sjsu.edu
Office Hours: Thursdays 7:45 – 10:15 a.m.; other times by appointment
Class Days/Time: Tuesday and Thursday 10:30 – 11:45 a.m.
Classroom: DMH 359
Prerequisites: Psyc 1.

Course Description
Major theories of behavioral change, with emphasis on counseling of persons with problems in occupational, social, family and individual adjustment. Prerequisite: PSYC 1.

Course Goals and Student Learning Objectives
Upon successful completion of this course, students will:

1. Be familiar with the major contemporary schools of counseling/psychotherapy.
2. Be able to analyze those schools of thought from a variety perspectives, including:
   a. the key determinants of human experience.
   b. approaches to the treatment of psychological disorders.
   c. research on the effectiveness of each approach as applied to a variety of populations.
Required Texts/Readings

Textbook


Classroom Protocol

Regular attendance and participation in class discussions is expected. Please arrive to class on time and turn off cell phones or, if necessary, place on silent mode.

Dropping and Adding

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester’s Catalog Policies section at http://info.sjsu.edu/static/catalog/policies.html. Add/drop deadlines can be found on the current academic calendar web page located at http://www.sjsu.edu/academic_programs/calendars/academic_calendar/. The Late Drop Policy is available at http://www.sjsu.edu/aars/policies/latedrops/policy/. Students should be aware of the current deadlines and penalties for dropping classes.

Information about the latest changes and news is available at the Advising Hub at http://www.sjsu.edu/advising/.

Assignments and Grading Policy

Exams: There will be one midterm exam and one final exam. The midterm will be held in class on March 17th. The final exam is not cumulative and will be held on May 19th. Each exam will contribute 25% toward your grade for the course, which totals 50% of your grade.

Writing Assignment: There will be one paper, 5-7 total pages in length (i.e., Title page, 3-5 pages of body, and Reference page). The paper is due on April 12th and will contribute 30% toward your grade for course. Papers will be lowered half a grade for each day they are late.

For the paper you are to choose a therapeutic approach (from the 11 covered in this course) that appeals to you and find 3-5 articles that discuss or present findings on that approach. You can find references in the textbook at the end of each chapter. However, you must find and use at least half of your references that are not found in the textbook (i.e., external references). For example, if you use three references one can come from the textbook and two must be external references; if you use 4-5 references then two can come from the textbook and 2-3 must be external references. You will be turning in copies of the articles with your paper.
In the paper you should:

1) Describe why you chose this therapeutic approach (e.g., why you like it; why you think it is a good match for your personality or style as therapist; has it been supported by research to be effective for treating particular mental disorders or populations that you are interested in working with, etc).

2) Discuss the strengths of this approach, as well as its weaknesses and limitations. Be sure to note what problems, issues, and/or mental disorders this approach is commonly used to treat. Also, discuss the utility of this approach to help individuals of diverse populations (e.g., ethnicity, sexual orientation, spiritual affiliations, socioeconomic status, age, gender, etc).

3) Describe how you would adapt and modify this therapeutic approach. How might you modify this approach to make it more effective in treating certain issues or populations? How might you adapt it to better fit your style? What aspects or techniques from this approach would you emphasize, deemphasize, or possibly leave out? Why? Are there any aspects or techniques from other therapeutic approaches that you would incorporate into this approach? Why?

4) Synthesize what you have learned from the articles. Don’t just summarize the articles, rather you should integrate the information from the articles into your paper to support the points you are making.

Information and ideas gathered from the textbook, articles, or other sources should be cited and referenced using APA style.

The paper will be evaluated on the following areas: 1) clarity of answers to the questions listed above, 2) comprehension of research, 3) synthesis of references to support your points, 4) grammar, spelling, and composition, and 5) appropriate and correct use of citations and references in APA style.

Class Participation: Class participation will contribute 20% toward your grade for the course. Students are expected to have read the assigned readings by the date listed in the Course Schedule. Class participation includes group activities performed during class, in-class writing assignments, pop quizzes, turning in homework assignments, and participation in class discussions. If you miss a group activity, in-class writing assignment, pop quiz, or homework assignment because you were absent from the class then you will receive a zero for the assignment. The lowest mark on these assignments will be dropped (i.e., not factored into your grade). Please notify me by email, Richard.Chiovarelli@sjsu.edu, of any class absences. If there is a legitimate cause for your absence and you notify me in advance of the absence then you will have the opportunity to make up the missed assignment.

Your grade will be calculated as follows:
Exams: 50%
Paper: 30%
Class Participation: 20%
Total: 100%
Grading: Grades for the course will be computed as shown below.

<table>
<thead>
<tr>
<th>Percentage Range</th>
<th>Grade</th>
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<tbody>
<tr>
<td>97.6 – 100%</td>
<td>A+</td>
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<tr>
<td>93.0 – 97.5%</td>
<td>A</td>
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<tr>
<td>90.0 – 92.9%</td>
<td>A-</td>
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<tr>
<td>87.6 – 89.9%</td>
<td>B+</td>
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<tr>
<td>83.0 – 87.5%</td>
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<tr>
<td>80.0 – 82.9%</td>
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<td>77.6 – 79.9%</td>
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<td>73.0 – 77.5%</td>
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<td>70.0 – 72.9%</td>
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University Policies

Academic integrity

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The University’s Academic Integrity policy, located at http://www.sjsu.edu/senate/S07-2.htm, requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The Student Conduct and Ethical Development website is available at http://www.sa.sjsu.edu/judicial_affairs/index.html.

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person’s ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU’s Academic Policy S07-2 requires approval of instructors.

Campus Policy in Compliance with the American Disabilities Act

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. Presidential Directive 97-03 requires that students with disabilities requesting accommodations must register with the Disability Resource Center (DRC) at http://www.drc.sjsu.edu/ to establish a record of their disability.

Student Technology Resources

Computer labs for student use are available in the Academic Success Center located on the 1st floor of Clark Hall and on the 2nd floor of the Student Union. Additional computer labs may be available in your department/college. Computers are also available in the Martin Luther King Library.

A wide variety of audio-visual equipment is available for student checkout from Media Services located in IRC 112. These items include digital and VHS camcorders, VHS and Beta video players, 16 mm, slide, overhead, DVD, CD, and audiotape players, sound systems, wireless microphones, projection screens and monitors.
Learning Assistance Resource Center

The Learning Assistance Resource Center (LARC) is located in Room 600 in the Student Services Center. It is designed to assist students in the development of their full academic potential and to inspire them to become independent learners. The Center's tutors are trained and nationally certified by the College Reading and Learning Association (CRLA). They provide content-based tutoring in many lower division courses (some upper division) as well as writing and study skills assistance. Small group, individual, and drop-in tutoring are available. Please visit the LARC website for more information at http://www.sjsu.edu/larc/.

SJSU Writing Center

The SJSU Writing Center is located in Room 126 in Clark Hall. It is staffed by professional instructors and upper-division or graduate-level writing specialists from each of the seven SJSU colleges. Our writing specialists have met a rigorous GPA requirement, and they are well trained to assist all students at all levels within all disciplines to become better writers. The Writing Center website is located at http://www.sjsu.edu/writingcenter/about/staff/.

Peer Mentor Center

The Peer Mentor Center is located on the 1st floor of Clark Hall in the Academic Success Center. The Peer Mentor Center is staffed with Peer Mentors who excel in helping students manage university life, tackling problems that range from academic challenges to interpersonal struggles. On the road to graduation, Peer Mentors are navigators, offering “roadside assistance” to peers who feel a bit lost or simply need help mapping out the locations of campus resources. Peer Mentor services are free and available on a drop-in basis, no reservation required. The Peer Mentor Center website is located at http://www.sjsu.edu/muse/peermentor/
# Psychology 165 Section 01 / Theory and Methods of Counseling, Spring Semester, Course Schedule

*NOTE: This course schedule is subject to change. Students will receive fair notice of any changes. Changes will be communicated to students during class time.*

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topics, Readings, Assignments, Deadlines</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>1/27/11</td>
<td>Chapter 1 – Introduction and Overview</td>
</tr>
<tr>
<td>2</td>
<td>2/1/11</td>
<td>Chapter 2 – The Counselor: Person and Professional</td>
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<td></td>
<td>2/3/11</td>
<td>Chapter 3 – Ethical Issues in Counseling Practice</td>
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<td>3</td>
<td>2/8/11</td>
<td>Chapter 4 – Psychoanalytic Therapy</td>
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<td>4</td>
<td>2/15/11</td>
<td>Chapter 5 – Adlerian Therapy</td>
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<td>5</td>
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<td>Chapter 6 – Existential Therapy</td>
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<td>2/24/11</td>
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<td>6</td>
<td>3/1/11</td>
<td>Chapter 7 – Person Centered Therapy</td>
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<td>7</td>
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<td>Chapter 8 – Gestalt Therapy</td>
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<td>8</td>
<td>3/15/11</td>
<td>Review for Midterm Exam</td>
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<td>3/17/11</td>
<td><strong>MIDTERM EXAM</strong> (Chapters 1 -8) on 3/17/11</td>
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<tr>
<td>9</td>
<td>3/22/11</td>
<td>Chapter 9 – Behavior Therapy</td>
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<td>3/24/11</td>
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<td>3/29/11</td>
<td>SPRING BREAK, NO CLASS</td>
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<td>3/31/11</td>
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<td>10</td>
<td>4/5/11</td>
<td>Chapter 10 – Cognitive Behavior Therapy</td>
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<td>4/7/11</td>
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<td>Week</td>
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<tr>
<td>11</td>
<td>4/12/11</td>
<td>Research Papers Due on 4/12/11</td>
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<td>4/14/11</td>
<td>Chapter 11 – Reality Therapy</td>
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<td>Chapter 12 – Feminist Therapy</td>
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<td>Chapter 13 – Postmodern Approaches</td>
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<td>Review for Final Exam</td>
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<td>Final Exam (Chapters 9 – 15) on 5/19/11 in DMH 359 from 9:45 a.m. – 12:00 p.m.</td>
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