San Jose State University
Psychology Department
Theories of Methods & Counseling - #165;01 (41201)
Fall Semester, 2014

Instructor: Russell A. Arias, Ph.D.

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Please write PSY 165; 01
Please note that I do not regularly check email on evenings or weekends. While I try to check email regularly, please allow 1 business day for a response.

Office Hours: MW - 10:30-11:30am & TTH 9:00-10:00am - PLEASE SCHEDULE AN APPOINTMENT
- You are encouraged to see me during office hours or to contact me via E-mail whenever a need arises. Feel free to discuss with me any concerns you may have regarding our class &/or future plans in mental health.

Class Days/Time: TTh - 12:00-1:15pm

Classroom: DMH#355

Prerequisites: Psyc 1

GE/SJSU Studies Category: Upper division
Faculty Web Page and MYSJSU Messaging

You are responsible for regularly checking with the messaging system through Canvas. Copies of the course materials such as the syllabus, lecture outlines, and review sheets can be found on Canvas. Homework assignments, instructions regarding assignments and announcements will be announced in class. Occasionally, you may receive a message via CANVAS regarding class cancellation or other significant announcements regarding scheduling. Please check CANVAS before you leave for campus.

Course Description:
This course will provide students with an overview of the theories and methods utilized in the field of Psychology and in clinical treatment. We will examine, discuss, and attempt to apply various concepts from psychological theories to our personal psychological and emotional development. Theories of examination will consist of: Freud’s Psychoanalysis, Jungian Analysis, Adlerian Therapy, Existential Therapy, Person-Centered Therapy, Behavior Therapy, Cognitive Therapy, Family Therapy, and Feminist Therapy. We will also discuss: establishing a therapeutic relationship; Transference and Counter-transference Issues with clients/patients; and the relevance of culture, gender, and other personal variables in applying psychological theory. Special attention will focus on application of the literature with clients/patients of diverse racial, ethnic, cultural, and political backgrounds and life-styles. We will thoughtfully examine the different approaches to examine, understand, and alleviate human psychological and emotional suffering. The development of “critical-thinking” in a course like this is intended to assist students in becoming more critical consumers/evaluators of mental health and psychological service - as well as provide guidance about student’s contributions in the field of psychology as graduate students and/or future mental health providers. By the end of the semester, students will have a comprehensive view of the psychological theories and concepts used to understand and treat clients/patients from a psychological perspective.

Course Goals and Student Learning Objectives:

Course Learning Objectives (CLOs):

*CLO1:* Discuss the major theories of counseling including therapeutic goals, assessment, therapeutic relationships, and therapy techniques. Issues of Transference & Counter-transference will be of major focus in the course content.

*CLO2:* Compare and critique the major theories of counseling and psychotherapy, including: Psychodynamic, Humanistic, Existential, Person Centered, Gestalt as well as
address issues and concepts in Cross-Cultural Counseling and Feminist Theory & Counseling.

**CLO3:** Introduce and Discuss *the Fourth Force in Psychotherapy:* The Social and Multicultural Perspective to understanding Contemporary Mental Health Issues.

**CLO4:** Discuss an integrative approach to psychotherapy and in-depth analysis of theories by applying the literature to our personal psychological development.

**CLO5:** Examine current research in psychotherapy methods and techniques.

**CLO6:** Become familiar with important concepts in counseling, and develop beginning counseling skills.

**Psychology Program Learning Outcomes (PLOs):**
Upon successful completion of the Psychology Major requirements, the following are expected:

**PLO1: Knowledge Base of Psychology** – By the end of the semester students will identify, describe, and communicate the major concepts, theoretical perspectives, empirical findings, and historical trends in psychology.

**PLO2: Research methods in Psychology** – students will be able to design, implement, and communicate basic research methods in psychology, including research design, data analysis, and interpretations.

**PLO3: Critical Thinking in Psychology** – students will be able to use critical and creative thinking, skeptical inquiry, and a scientific approach to address issues related to behavior and mental processes.

**PLO4: Application of Psychology** – students will be able to apply psychological principles to individual, interpersonal, group, and societal issues.

**PLO5: Values in Psychology** – students will value empirical evidence, tolerate ambiguity, act ethically, and recognize their role and responsibility as a member of society

**Course Objectives:**
1). To develop an understanding of the areas that comprise the field of Abnormal Psychology.

2). To understand the methods used in Abnormal Psychology Research Assessment, Diagnosis, and Treatment.

3). To become familiar with the concept of “normal” vs. “abnormal” behaviors. To acknowledge and understand the bias and stigma applied to mentally ill individuals.
4). To analyze and explore the theoretical approaches to abnormal and dysfunctional behaviors and the impact on one’s identity development.

5). To understand, examine, and apply the theories of abnormal psychology in a diverse multicultural society.

Required Readings:


Classroom Protocol

University policy regarding expectation of student time investment: “Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of forty-five hours over the length of the course (normally 3 hours per unit per week with 1 of the hours used for lecture) for instruction or preparation/studying or course related activities including but not limited to internships, labs, clinical practica. Other course structures will have equivalent workload expectations as described in the syllabus.” Therefore, for every hour of classroom time or direct faculty instruction a minimum of two hours of out-of-class student work is expected each week for about fifteen weeks for one semester.

Class Policy on Recording of Lectures: In accordance with University policy, note that “common courtesy and professional behavior dictates that you notify someone when you are recording him/her. You must obtain the instructor’s permission to make audio or video recordings in this class. This permission allows the recordings to be used for your private, study purposes only. The recordings are the intellectual property of the instructor; you have not been given any rights to reproduce or distribute the material.” Furthermore, “course material developed by the instructor is the intellectual property of the instructor and cannot be shared publicly without his/her approval. You may not publicly share or upload any instructor generated material for this course such as lecture notes, test questions discussed in class, etc. without instructor consent.” If you plan to record lectures, please let me know in advance.

Specific Class Policy on Etiquette

In this class you are expected to be prepared by doing all of your class readings and assignments. You are expected to be active participants by asking questions, taking notes, and also by interacting with your peers. Classes will comprise of lectures, in-class activities, guest presentations, and films.
Special Note:

- If you miss a class, you are responsible for getting the information covered. It is not the responsibility of the instructor to update students on content they missed in class. You are responsible for all information and announcements made in class.

- It is vital that you complete all scheduled readings and assignments before each class. Always bring your textbook to class.

- Do not talk, read, or surf the internet during class.

- Please arrive to class on time. If you must arrive late or leave early, please do so quietly and with a minimum of distraction. Please inform me beforehand via email if you will not be in class.

- Please refrain from doing homework of other classes or preparing for an exam for another class while attending this class.

**Cell Phones as well as other electronic devices**

Please turn off (not on vibrate) all cell phones, pagers, any other electronic devices before entering the classroom. If found texting during the lecture you may be asked to leave for the remainder of the lecture.

**ON TEST DAYS**, be sure to turn off and put away your cell phone and take care of any personal needs before entering the classroom. On test days, you will not be able to leave the classroom during a test & then return and continue taking the test. Also, be sure to have your **SJSU ID CARD** on test days in case I ask to see it.

**Laptops**

You may not use your laptops in class unless we are doing a particular assignment which requires a laptop. Laptop use is restricted to note-taking only. Connecting to the internet and using class time to check emails, visiting social networking sites, surfing the web will result in loss of laptop privilege for the remainder of the semester.

**Dropping and Adding:** Students are responsible for understanding University policies and procedures about add/drops, grade forgiveness (formerly academic renewal), etc. The University Catalog is located at [http://info.sjsu.edu/home/catalog.html](http://info.sjsu.edu/home/catalog.html). Information about the Late Drop Policy is available at [http://www.sjsu.edu/aars/policies/latedrops/policy/](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/](http://www.sjsu.edu/advising/).
Assignments and Grading Policy

Attendance: This is of prime importance for your success in this course. You are expected to be regular in your attendance. However attendance per se shall not be used as a criterion for grading according to Academic Policy F-69-24. You are responsible for all information and announcements made in class whether you are present or not.

When you are absent, you will need to make arrangements with a classmate regarding notes for missed lectures.

Classroom participation: There will be 20 points for participating in classroom activities. This may include individual participation, group activities, in-class presentations, class discussions, experiential exercises, and multi-media presentations and these are an essential part of the learning process during this course. Students are expected to attend class sessions as scheduled and participate in class discussions. In the unlikely event of a student absence, students will be expected to acquire notes from a fellow student. It is not the responsibility of the instructor to update students on content they missed in class. Participation in class discussions and exercises based on assigned readings is expected from all students. Students are expected to read the chapters assigned for each class period, especially for comprehensive class discussions and debates. Since we will discuss developmental theories across the life-span and potential causes of mental disorders and potential abnormal behavior, it will be important for students to share their personal perspectives/experiences regarding the theories as they relate to child and adolescent populations from diverse, ethnic backgrounds and lifestyles.

NOTE: In the event that the student will be absent from a class in which an activity was scheduled, the student will NOT receive any points for that activity. No opportunities will be given to make up these in-class activities.

Exams:

Mid Term Examinations: Students will be required to take 3 Quizzes or Exams. Examinations will be worth 40-70 points. Students are required to bring 882 E Scantron Forms and pencils for the exam. Examinations will consist of multiple-choice questions, true/false, and/or essay format.

Final Examination: Students will be required to take a final examination which will be worth 50 points. The final examination will be selectively comprehensive, drawing upon the main topics of the previous chapters.

Grade Scale:
A+ = 265-270
A    = 252-264
A-   = 243-251
B+   = 238-242
B     = 221-237
B-    = 211-220
C+   = 206-210
C     = 198-205
C-    = 189-197
D+   = 184-188
D     = 175-184
D-    = 169-174
F     = 0-168
**Make-Up Policy:** A make-up or extension on a course requirement will be given under extraordinary and well-documented circumstances. Where such circumstances exist, it is your responsibility to notify me by leaving me a voicemail or email message including your name and telephone number as soon as possible and no later than two (2) days after the scheduled Exam/Quiz date. APPROPRIATE WRITTEN DOCUMENTATION (e.g., a physician’s note) WILL BE REQUIRED FOR A MAKE-UP TO RECEIVE THE FULL MAKE-UP CREDIT.

If you are not able to obtain such documentation and you have a serious and extenuating circumstance that has prevented you from fulfilling a requirement as scheduled, notify me as soon as possible.

Depending on the circumstances, you may be allowed a make-up. However, a make-up without appropriate written documentation will result in partial credit (i.e., points will be deducted). If you have questions about this policy, please see me.

**University Policies**

**Academic Honesty:** To assure fairness to all students and to protect academic integrity, the highest ethical standards will be maintained in this course. Academic dishonesty (e.g., cheating, allowing others to cheat from you, plagiarism) will not be tolerated. If you are found to engage in an act of academic dishonesty, it will result in negative consequences on the course requirement in question. In addition, acts of academic dishonesty will be reported. You are responsible for understanding and following the University Academic Integrity Policy available in the SJSU Catalog and on the web at [http://www.sjsu.edu/senate/S07-2.htm](http://www.sjsu.edu/senate/S07-2.htm). This Policy requires that you be honest in all your academic course work.

**About Academic Integrity:** Academic integrity is essential to the mission of SJSU. As such, students are expected to perform their own work (except when collaboration is expressly permitted by the course instructor). Students are not permitted to use old tests, quizzes when preparing for exams, nor may they consult with students who have already taken the exam. Academic integrity ensures that all students are fairly graded. Violations to the Academic Integrity Policy undermine the educational process. It also demonstrates a lack of respect for oneself, fellow students and the course instructor and can ruin the University’s reputation and the value of the degrees it offers. We all share the obligation to maintain an environment that practices academic integrity.

Violation of the Academic Integrity Policy is a serious matter and violators risk course failure and being reported to the Office of Student Conduct and Ethical Development. The website for Student Conduct and Ethical Development is available at [http://www.sjsu.edu/studentconduct/](http://www.sjsu.edu/studentconduct/).
From a portion of the SJSU policy on Cheating: “1.1 CHEATING: At SJSU, cheating is the act of obtaining or attempting to obtain credit for academic work through the use of any dishonest, deceptive, or fraudulent means. Cheating at SJSU includes but is not limited to: 1.1.1 Copying, in part or in whole, from another’s test or other evaluation instrument; 1.1.2 Submitting work previously graded in another course unless this has been approved by the course instructor or by departmental policy; 1.1.3 Submitting work simultaneously presented in two courses, unless this has been approved by both course instructors or department policies; 1.1.6 Sitting for an examination by a surrogate, or as a surrogate; 1.1.7 any other act committed by a student in the course of his or her academic work which defrauds or misrepresents, including aiding or abetting in any of the actions defined above.”

From a portion of the SJSU policy on Plagiarism: “1.2 PLAGIARISM: At SJSU, plagiarism is the act of representing the work of another as one’s own (without giving appropriate credit) regardless of how that work was obtained, and submitting it to fulfill academic requirements.

Plagiarism at SJSU includes but is not limited to: 1.2.1 the act of incorporating the ideas, words, sentences, paragraphs, or parts thereof, or the specific substance of another’s work, without giving appropriate credit, and representing the product as one’s own work.”

For your information, the following URL will take you to the SJSU library’s tutorial page: http://tutorials.sjlibrary.org/tutorial/index.html. Search Plagiarism Tutorial for more information.

**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) (http://www.drc.sjsu.edu/) to establish a record of their disability.
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Theory & Methods of Counseling- #165; 01  
Fall Semester, 2014  
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Week #1 - Introduction of the Course, Instructor and Psychological Theories:  
Tuesday, August 26, 2014: Introduction of the Instructor, Course Syllabus, Expectation of the Course, and Brief introduction to the field of Clinical Psychology.

Thursday, August 28, 2014: Chapter 1: Defining Psychological Theories

Week #2 - Application of Freud’s Psychoanalysis:  
Tuesday, September 2, 2014:  Chapter 2: Freud’s Psychoanalysis

Thursday, September 4, 2014: Chapter 2: Freud’s Psychoanalysis

Week #3 - Application of Erikson’s & Jung’s Theories:  
Tuesday, September 9, 2014: Chapter 2: Erik Erickson - Psychosocial Theory

Thursday, September 11, 2014: Erikson (pt.-2) & Chapter 3: Jungian Analysis

Week #4 - Jungian Analysis & Multicultural Theories in Counseling:  
Tuesday, September 16, 2014: Chapter 3: Jungian Analysis

Thursday, September 18, 2014: Sue & Sue - Chapter 2: Multicultural Theories of Counseling & Ch. 4 - Trust & Mistrust in Counseling

Week #5 - Multicultural Theories Counseling:  
Tuesday, September 23, 2014: Sue & Sue - Chapter 2: Multicultural Theories of Counseling & Ch. 4 - Trust & Mistrust in Counseling

Thursday, September 25, 2014: Sue & Sue - & Ch. 4 - Trust & Mistrust in Counseling

Week #6 - Application of Theories - Movie TBA:  
Tuesday, September 30, 2014: Video Presentation - (Extra Credit)

Thursday, October 2, 2014: Video Presentation - (Extra Credit)

Week #7 - Introduction to Adlerian Theory//Therapy & Exam Review #1:  
Tuesday, October 7, 2014: Chapter 4: Adlerian Therapy

Thursday, October 9, 2014: Review for Examination #1: Chapters 1, 2, 3, & Sue - Ch. 2 & 4
**Week #8 - Exam #1 and Adlerian Theory/Therapy:**
Tuesday, October 14, 2014: Examination #1: Chapters 1, 2, 3, & Sue - Ch. 2 & 4

Thursday, October 16, 2014: Chapter 4: Adlerian Theory/Therapy

**Week #9 - Existential Theory/Therapy:**
Tuesday, October 21, 2014: Chapter 5: Existential Theory/Therapy

Thursday, October 23, 2014: Chapter 5: Existential Theory/Therapy

**Week #10 - Feminist Theory/Therapy:**
Tuesday, October 28, 2014: Chapter 13: Feminist Theory/Therapy

Thursday, October 30, 2014: Chapter 13: Feminist Theory/Therapy

**Week #11 - Person-Centered Theory/Therapy:**
Tuesday, November 4, 2014: Chapter 6: Person-Centered Theory/Therapy

Thursday, November 6, 2014: Chapter 6: Person-Centered Theory/Therapy

**Week #12 - NUTS - Extra Credit:**
Tuesday, November 11, 2014: Video Presentation: *NUTS* (Extra Credit)

Thursday, November 13, 2014: Video Presentation: *NUTS* (Extra Credit)

**Week #13 - Gestalt Theory/Therapy & Exam Review #2:**
Tuesday, November 18, 2014: Chapter 7: Gestalt Theory/Therapy

Thursday, November 20, 2014: Review for Examination #2 - Chapters 5, 6, 7, & 12

**Week #14 - Exam #2 & Thanksgiving Break:**
Tuesday, November 25, 2014: Examination #2 - Chapters 4, 5, 6, & 13

Thursday, November 24, 2011: *No Class - Happy Thanksgiving to you and your families!!!*

**Week #15 - Gestalt, Reality and Family Theory/Therapy**
Tuesday, December 2, 2014: Chapter 7: Gestalt Theory/Therapy; Chapter 11: Reality Theory/Therapy; & Chapter 14: Family Theory/Therapy

Thursday, December 4, 2014: Chapter 7: Gestalt Theory/Therapy; Chapter 11: Reality Theory/Therapy; & Chapter 14: Family Theory/Therapy
Week #16 - Final Class Discussion & Final Exam Review:
Tuesday, December 9, 2014: Chapter 7: Gestalt Theory/Therapy; Chapter 11: Reality Theory/Therapy; & Chapter 14: Family Theory/Therapy

Thursday, December 11, 2014: Final Class Discussion and Review for Final Examination - Chapters: 7, 11, & 14