Theories & Methods of Counseling & Psychotherapy

FALL 2015

Contact Information:

Instructor: Ellyn Herb, Ph.D.
Office Location: DMH 310
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Email: Ellyn.herb@sjsu.edu
Office Hours: Tues/Thurs 5:45 – 6:30 p.m.
Class Days/Time: Tues/Thurs 4:30 – 5:45 p.m.
Classroom: DMH 356
Prerequisites: Psyc 1

Course Description: This course examines the major theories of behavioral change with emphasis on counseling individuals, examination of research in psychotherapy and application of theory to case material.

Course Content Learning Outcomes (CLO)

Upon successful completion of this course, students will be able to:

CLO1 - Discuss the major theories of counseling including therapeutic goals, assessment, therapeutic relationships and therapy techniques.

Assessment of CLO1: Quizzes, final exam, application papers

CLO2 - Compare and critique the major theories of counseling and psychotherapy, including Psychodynamic, Humanistic/Existential, and Behavior/Cognitive therapies, Family Systems
Assessment of CLO2: Quizzes, final exam


Assessment of CLO3: Quizzes, final exam, group project

CLO4 – Discuss an integrative approach to psychotherapy and application of theory to case material.

Assessment of CLO4: final exam, application papers

CLO5 – Examine current research in psychotherapy methods and techniques.

Assessment of CLO5: Quizzes, group project, final exam

CLO6 – Develop beginning counseling skills

Assessment of CLO6: Counseling skills papers

Program Learning Outcomes (PLO)

Upon successful completion of the psychology major requirements…

PLO1 – Knowledge Base of Psychology – Students will be able to 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 Skills 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.

Required Texts/Readings

Canvas and E-Campus

Parts of this course will be on Canvas, a part of E-Campus, found on the SJSU web site. You are responsible for regularly checking this site for changes, additions to the syllabus and notes from the instructor. See http://www.online.sjsu.edu for more information regarding student use of Canvas. Notes posted on the site are for your use but are not a substitute for attending class.

NOTE: STUDENTS ARE RESPONSIBLE FOR NOTIFYING THE INSTRUCTOR OF ERRORS AND OMISSIONS IN THE GRADE SECTION OF CANVAS. If you are missing a grade or a grade has been recorded incorrectly, students must notify the instructor prior to the end of the semester. Once grades have been posted, no changes will be processed unless a clerical error has been made by the instructor.

Classroom Protocol

This syllabus is subject to change at the discretion of the instructor. You are responsible for assigned reading and participating in classroom discussions. No make-ups for quizzes unless prior arrangement with the instructor. Attendance is not mandatory, but highly encouraged. Should you happen to miss a class, you are welcome to obtain notes from a peer in the course. Also, please ask your peers in the course if you, “missed anything important,” and do not ask the instructor. It is important to mention that those students who regularly attend class tend to do significantly better in the course.

Professional Communication

The best way to contact me is to leave a message on my private practice voice mail. The number is (408) 296-9600. You can also email me at Ellyn.herb@sjsu.edu. I don’t respond to texts from students. Since I teach on multiple courses on multiple campuses, please communicate the following information when you contact me:

    Your full name, college name, course name, section number and phone number where I can reach you. Please don’t use abbreviations (as in texting), as I might not understand what you are trying to say. You do not need to notify me if you will not be in class, however, if you know, in advance, that you will miss a class you can let me know.

NOTE: I do not accept assignments by email unless by prior authorization from the instructor.

Personal Computer (Laptop Use)

You can use your computer to take notes during class, ONLY DURING LECTURES. No electronic devices may be used during experiential activities. Please do not surf the net, check your email or otherwise engage in interactive pursuits while in class (playing
games!). If you are found to be using the computer inappropriately, you will lose the privilege of using a computer in class for the remainder of the semester.

Classroom Etiquette

1. Be polite and respectful to other people in the class, particularly when engaging in classroom discussions. Disrespectful behavior will not be tolerated and will be grounds for dismissal from class.
2. Do not carry on conversations with others during lecture, group presentations, etc.. If you have a question or comment, please raise your hand so you can be recognized.
3. All electronic devices must be turned off during class. If you need to make or take an emergency call, let me know, in advance, and please leave the classroom to do so.
4. Texting or surfing the net is not allowed in class at any time, unless directed by the instructor.
5. If you plan to take exams/quizzes through the Accessible Education Center, please remind the instructor at least one week prior to the exam/quiz so that arrangements can be made to get the tests to the center.

Class Participation

In order to create an active learning environment, students are expected to attend class regularly, participate in class discussions, complete in-class assignments and come to class having read the assigned readings.

Your regular attendance and participation are factors contributing to the successful completion of this course. If you do not attend class you will miss out on the opportunity to ask questions and to get clarification on reading material. In addition, please make every effort to come to class on time. Tardiness disturbs the instructor and other students, and also deprives you of any announcements that are made at the beginning of the class.

Class participation will account for approximately 12% of your grade.

Course Requirements

SJSU classes are designed such that in order to be successful, it is expected that students will spend a minimum of forty-five hours for each unit of credit (normally three hours per unit per week), including preparing for class, participating in course activities, completing assignments, and so on. More details about student workload can be found in University Policy S12-3 at http://www.sjsu.edu/senate/docs/S12-3.pdf.
Recording Policies

Consent for Recording of Class and Public Sharing of Instructor Material

*University Policy S12-7*, http://www.sjsu.edu/senate/docs/S12-7.pdf, requires students to obtain instructor’s permission to record the course.

- “Common courtesy and professional behavior dictate 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. Such 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.”
- “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 instructor generated material for this course such as exam questions, lecture notes, or homework solutions without instructor consent.”

PLEASE NOTE: Recordings of classroom activities (demonstrations, practicing skills, etc.) and copyrighted material (videos) are prohibited. If you wish to record lectures, please ask the instructor for permission prior to the start of the lecture.

University Policies

Academic integrity

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The *University Academic Integrity Policy S07-2* at http://www.sjsu.edu/senate/docs/S07-2.pdf 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.sjsu.edu/studentconduct/.

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 Integrity 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* at http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf
requires that students with disabilities requesting accommodations must register with the Accessible Education Center (AEC) at http://www.sjsu.edu/aec to establish a record of your disability.

In 2013, the Disability Resource Center changed its name to be known as the Accessible Education Center, to incorporate a philosophy of accessible education for students with disabilities. The new name change reflects the broad scope of attention and support to SJSU students with disabilities and the University's continued advocacy and commitment to increasing accessibility and inclusivity on campus.

**Accommodation to Students' Religious Holidays**

San José State University shall provide accommodation on any graded class work or activities for students wishing to observe religious holidays when such observances require students to be absent from class. It is the responsibility of the student to inform the instructor, in writing, about such holidays before the add deadline at the start of each semester. If such holidays occur before the add deadline, the student must notify the instructor, in writing, at least three days before the date that he/she will be absent. It is the responsibility of the instructor to make every reasonable effort to honor the student request without penalty, and of the student to make up the work missed. See University Policy S14-7 at http://www.sjsu.edu/senate/docs/S14-7.pdf.

**Student Technology Resources**

Computer labs for student use are available in the Academic Success Center at http://www.sjsu.edu/at/asc/ located on the 1st floor of Clark Hall and in the Associated Students Lab 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 DV and HD digital camcorders; digital still cameras; video, slide and overhead projectors; DVD, CD, and audiotape players; sound systems, wireless microphones, projection screens and monitors.

**SJSU Peer Connections**

Peer Connections, a campus-wide resource for mentoring and tutoring, strives to inspire students to develop their potential as independent learners while they learn to successfully navigate through their university experience. You are encouraged to take advantage of their services which include course-content based tutoring, enhanced study and time management skills, more effective critical thinking strategies, decision making and problem-solving abilities, and campus resource referrals.

In addition to offering small group, individual, and drop-in tutoring for a number of undergraduate courses, consultation with mentors is available on a drop-in or by appointment basis. Workshops are offered on a wide variety of topics including preparing for the Writing Skills Test (WST), improving your learning and memory, alleviating procrastination, surviving your first semester at SJSU, and other related topics.
A computer lab and study space are also available for student use in Room 600 of Student Services Center (SSC).

Peer Connections is located in three locations: SSC, Room 600 (10th Street Garage on the corner of 10th and San Fernando Street), at the 1st floor entrance of Clark Hall, and in the Living Learning Center (LLC) in Campus Village Housing Building B. Visit Peer Connections website at http://peerconnections.sjsu.edu for more information.

**SJSU Writing Center**

The SJSU Writing Center is located in Clark Hall, Suite 126. All Writing Specialists have gone through a rigorous hiring process, and they are well trained to assist all students at all levels within all disciplines to become better writers. In addition to one-on-one tutoring services, the Writing Center also offers workshops every semester on a variety of writing topics. To make an appointment or to refer to the numerous online resources offered through the Writing Center, visit the Writing Center website at http://www.sjsu.edu/writingcenter. For additional resources and updated information, follow the Writing Center on Twitter and become a fan of the SJSU Writing Center on Facebook. (Note: You need to have a QR Reader to scan this code.)

**SJSU Counseling Services**

The SJSU Counseling Services is located on the corner of 7th Street and San Fernando Street, in Room 201, Administration Building. Professional psychologists, social workers, and counselors are available to provide consultations on issues of student mental health, campus climate or psychological and academic issues on an individual, couple, or group basis. To schedule an appointment or learn more information, visit Counseling Services website at http://www.sjsu.edu/counseling.
# Course Schedule

<table>
<thead>
<tr>
<th>DATE</th>
<th>TOPIC</th>
<th>READ – before class</th>
<th>IN CLASS (each worth 2 points)</th>
<th>ASSIGNMENTS/DUE DATES</th>
</tr>
</thead>
<tbody>
<tr>
<td>8/20/15</td>
<td>Syllabus Review; What is counseling?</td>
<td></td>
<td>Note: These assignments are part of your class participation grade.</td>
<td></td>
</tr>
<tr>
<td>8/25/15</td>
<td>Introduction &amp; Overview</td>
<td>Chapter 1</td>
<td>Psychotherapy Inventory Activity</td>
<td>Bring completed Inventory to class.</td>
</tr>
<tr>
<td>8/27/15</td>
<td>Becoming a Therapist</td>
<td>Chapter 2</td>
<td>People Skills Inventory Activity</td>
<td>Bring completed Inventory to class.</td>
</tr>
<tr>
<td>9/1/15</td>
<td>Psychoanalytic-Freud, neo-Freudians, etc.</td>
<td>Chapter 4</td>
<td>Mention taking Myers-Briggs test!</td>
<td></td>
</tr>
<tr>
<td>9/3/15</td>
<td>NO CLASS</td>
<td></td>
<td></td>
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<tr>
<td>9/8/15</td>
<td>Counseling Skills 1 – Active Listening</td>
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<tr>
<td>9/10/15</td>
<td>Jung</td>
<td>website</td>
<td>Myers Briggs Activity</td>
<td>Myers Briggs Printout</td>
</tr>
<tr>
<td>9/15/15</td>
<td>Adler</td>
<td>Chapter 5</td>
<td>Birth Order Quiz Activity</td>
<td>Birth Order Quiz</td>
</tr>
<tr>
<td>9/17/15</td>
<td>Existential Therapy</td>
<td>Chapter 6</td>
<td></td>
<td>Counseling Skills #1 Paper DUE</td>
</tr>
<tr>
<td>9/22/15</td>
<td>NO CLASS</td>
<td></td>
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<tr>
<td>9/24/15</td>
<td>VIDEO – Yalom Confronting Death</td>
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<td></td>
<td>Application Paper 1 DUE</td>
</tr>
<tr>
<td>9/29/15</td>
<td>Person-Centered therapy</td>
<td>Chapter 7</td>
<td></td>
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<tr>
<td>10/2/15</td>
<td>Gestalt therapy (including demo in class)</td>
<td>Chapter 8</td>
<td></td>
<td>ONLINE QUIZ 2 (ch 6-8) TAKE AFTER CLASS</td>
</tr>
<tr>
<td>10/6/15</td>
<td>Counseling Skills 2 – Questions</td>
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<tr>
<td>Date</td>
<td>Event</td>
<td>Notes</td>
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<tr>
<td>10/8/15</td>
<td>VIDEO – Art Therapy</td>
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<tr>
<td>10/13/15</td>
<td>PRESENTATIONS</td>
<td>Counseling Skills #2 Paper DUE</td>
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<tr>
<td>10/15/15</td>
<td>Behavior therapy</td>
<td>Chapter 9</td>
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<tr>
<td>10/20/15</td>
<td>VIDEO – Donald Meichenbaum</td>
<td>Application Paper 2 DUE</td>
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<tr>
<td>10/22/15</td>
<td>Cognitive Behavior Therapy (including demo in class)</td>
<td>Chapter 10</td>
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<tr>
<td>10/27/15</td>
<td>Counseling Skills 3 – Responding</td>
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<tr>
<td>10/29/15</td>
<td>PRESENTATIONS</td>
<td></td>
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<tr>
<td>11/3/15</td>
<td>Reality Therapy</td>
<td>Chapter 11</td>
<td></td>
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<tr>
<td>11/5/15</td>
<td>Ethics</td>
<td>Chapter 3</td>
<td></td>
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<tr>
<td></td>
<td>Ethics Vignettes</td>
<td>ONLINE QUIZ 3 (CH 9-11) TAKE AFTER CLASS</td>
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<tr>
<td>11/10/15</td>
<td>Feminist</td>
<td>Chapter 12</td>
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<td>Application Paper 3 DUE</td>
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<tr>
<td>11/12/15</td>
<td>Post Modern</td>
<td>Chapter 13</td>
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<tr>
<td>11/17/15</td>
<td>Counseling Skills 4 - Empathy</td>
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<tr>
<td>11/19/15</td>
<td>PRESENTATIONS</td>
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<tr>
<td>11/24/15</td>
<td>Family Systems</td>
<td>Chapter 14</td>
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<tr>
<td></td>
<td></td>
<td>Counseling Skills #4 DUE</td>
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<tr>
<td>11/26/15</td>
<td>THANKSGIVING</td>
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<tr>
<td>12/1/15</td>
<td>PRESENTATIONS</td>
<td>Application Paper 4 DUE</td>
<td></td>
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</tr>
<tr>
<td>12/3/15</td>
<td>PRESENTATIONS</td>
<td>ONLINE QUIZ 4 (CH 12-15) TAKE AFTER CLASS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12/8/15</td>
<td>PRESENTATIONS</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>12/11/15</td>
<td>FINAL EXAM</td>
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</tbody>
</table>

NOTE: All papers submitted must be typed unless completed during class.

Assignments:

1. Class Participation – a variety of activities will occur during various classes, some requiring submission of worksheets completed during class. Active participation in class discussions is also incorporated into this grade as well as giving feedback to students who are presenting. CLO 1-6
2. **Quizzes** – Quizzes will be given online, on Canvas. Pay attention to the cut-off dates of all quizzes and save your answers. Due dates are specified in the schedule above. Quizzes will begin after class, as noted in the schedule. They will be available for a period of **72 hours**. There will be 4 quizzes during the semester. CLO 1-3, 5

30 points each – Total = 120 points

*SINCE QUIZZES ARE ACCESSIBLE ONLINE, THERE ARE NO MAKE-UPS. PAY ATTENTION TO TIME FRAMES!

3. **Counseling Skills** – There will be 4, in-class practice sessions of Basic Counseling Skills. A brief paper will be due after each session. There are no make-ups for these sessions. Your paper will be an analysis of the skills that you practiced as well as a report of your experiences, observations, opinions, etc. Guidelines will be provided separately. You can upload to CANVAS or turn in a hard copy on the DUE DATE. CLO6

10 points each – Total = 40 points

4. **Application of Counseling Theory Papers** – You will be writing a personal paper about a chosen problem that you have and applying 4 different theories to the problem. In the first paper, you will state the problem, providing history, assessment data, and provisional diagnosis (See Intake). Then, you will apply one theory from each column below. Detailed instructions will be provided separately. There will be a total of 4 papers written, due on the dates indicated on the course schedule. You can upload these to CANVAS or turn in hard copy on DUE DATE. CLO 1, 2

Some samples will be provided on Canvas.

<table>
<thead>
<tr>
<th>APPLICATION PAPER 1</th>
<th>APPLICATION PAPER 2</th>
<th>APPLICATION PAPER 3</th>
<th>APPLICATION PAPER 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Choose One Only</td>
<td>Choose One Only</td>
<td>Choose One Only</td>
<td>Choose One Only</td>
</tr>
<tr>
<td>Psychoanalytic</td>
<td>Person-Centered</td>
<td>Behavior Analysis</td>
<td>Feminist</td>
</tr>
<tr>
<td>Adlerian</td>
<td>Gestalt</td>
<td>Cognitive Behavioral</td>
<td>Narrative</td>
</tr>
<tr>
<td>Jungian</td>
<td>Existential</td>
<td>Reality</td>
<td>Solution Focused</td>
</tr>
</tbody>
</table>
Each paper is worth 25 points.

Total Points = 100

5. **Group Project/Presentation** – Each group will write a paper about a particular type of therapy (to be assigned by week 3) and give a presentation to the class. Topics available are listed below as well as guidelines for the paper. CLO 3, 5

Your group should complete some research and then meet to discuss the questions prior to writing your paper and developing your presentation. It is expected that you will create a **Powerpoint presentation, which will include a demonstration of your theory.** There will be some class time allotted for meeting with your group, but it is expected that you will need to meet outside of class as well.

Be creative in your approach – some ideas include: role-play a brief therapy session, demonstrate a specific technique with class participation, show a demo of the theory on U-Tube, etc. You must submit the paper on the day of your presentation, as well as a copy (hard copy or emailed) of the Powerpoint by the end of the day your presentation is scheduled. Please put your presentation on a Flash Drive and bring it to class as internet access is sometimes inadequate.

**IF YOU CHOOSE TO SHOW DEMO ONLINE, PLEASE EMBED THIS INTO YOUR POWERPOINT.**

Total = 60 points

**Topics**
- Acceptance and Commitment therapy
- Positive Psychotherapy (based on Positive Psychology)
- Emotionally Focused Couples Therapy
- Transpersonal therapy
- Play therapy (children)
- Body Psychotherapies (Psychomotor, Somatic Experiencing, etc)
- Ericksonian Hypnosis
- Psychodrama
- Motivational Interviewing
- Dialectical Behavior Therapy
- Eye Movement Desensitization and Reprocessing (EMDR)
- Interpersonal Psychotherapy
- Gay and Lesbian Therapy
- Internal Family Systems

Your paper should be professional (in narrative form, proper grammar, punctuation, spelling, references in APA format, etc.), double-spaced, and in a 12-point Font, preferably Arial or Times New Roman. Each student should indicate the section they completed and label it, as each student will be given an individual grade (not a group grade). Your grade is dependent on both your written paper and oral presentation. **Label your part in both the paper and on Powerpoint slides.**
Presentation – Powerpoint required. Please put your presentation on a flash drive so that the instructor’s computer can be used. You need to bring a hard copy of the Powerpoint presentation to class or email the Powerpoint to the instructor the same day you present. See Grading Rubric for more information.

ADDITIONAL INFORMATION CAN BE FOUND ON CANVAS IN THE ASSIGNMENT SECTION UNDER MODULES.

6. Final exam – The final exam will be comprehensive over the entire semester. Additional information will be provided to help you prepare for the exam toward the end of the semester. CLO 2-5

Total = 90 points

GRADING
Class Participation              40 points  
Quizzes                           120 points
Counseling Skills                40 points  
Final Exam                       90 points
Application Papers               100 points
Group Project                    60 points

TOTAL POINTS                    450 points

Grades
441 - 450                     A+
418 - 440                      A
405 - 417                     A-
391 - 404                     B+
373 - 390                      B
360 - 372                     B-
346 - 359                      C+
328 - 345                     C
315 - 327                     C-
301 - 314                     D+
283 - 300                     D
270 - 282                     D-
below 270                     F

NOTE: GRADES ARE BASED ON POINTS, NOT PERCENTAGES. DO NOT USE PERCENTAGES SHOWN ON CANVAS TO CALCULATE YOUR GRADE.
EXTRA CREDIT

Video Summaries – we will be seeing several videos of leaders in the field of counseling. You can write a 1-2 page summary of the video, including your critique. Each video summary is worth 5 points. A maximum of 3 can be submitted.

ALL EXTRA CREDIT IS DUE NO LATER April 30, 2015. NO EXCEPTIONS!