Course and Contact Information

Instructor: Ellyn Herb, Ph.D.
Office Location: Virtual
Telephone: 408-218-8265
Email: Ellyn.herb@sjsu.edu
Office Hours: Tuesdays and Thursdays, 3:30-4:00 p.m. and by appointment

Class Days/Time: T/Th 4:00 to 5:15 p.m.
Classroom: Online via Zoom
Prerequisites: Psyc 1

Course Description

A survey of theories focused on helping and behavior change. Course covers both historical and contemporary psychotherapeutic interventions found in clinical and counseling psychology and evidence based practice approaches in psychotherapy.

Course 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, application papers

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 and practice 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

Textbook:

Theory and Practice of Counseling and Psychotherapy (10th edition) by Gerald Corey.
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

Per University Policy S16-9, university-wide policy information relevant to all courses, such as academic integrity, accommodations, etc. will be available on Office of Graduate and Undergraduate Programs’ Syllabus Information web page at http://www.sjsu.edu/gup/syllabusinfo/”

Canvas and E-Campus

All 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.

Course Navigation

I have structured this course on Canvas with weekly Modules. Each Module includes learning objectives, reading assignments, lecture material, videos, course assignments, activities (both in class and outside of class), quizzes and Powerpoint slides. You should be able to navigate through the Modules using the “Next” button on your screen. Pay close attention to Due Dates for assignments.

Classroom Protocol

This syllabus is subject to change at the discretion of the instructor. You are responsible for assigned reading and participating in online 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 email me at Ellyn.herb@sjsu.edu. I don’t respond to texts from students. Since I teach multiple courses on campus, please communicate the following information when you contact me:

   Your full 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 or instructor asks you to email documents.

Class Participation  How does attendance and class participation help?

1. You will hear directly from the instructor about any changes in the course schedule or course requirements.
2. You have the opportunity to network with fellow students, which may be helpful in forming study groups, learning whom to work with on group projects and whom to turn to for notes if you miss a class.
3. Listening to lectures given in class enhances your learning. Research has also shown that taking notes by hand enhances learning the course material. Even if you read your textbook, underline and take notes while reading, taking notes by hand, can solidify your knowledge and grasp of the material.
4. Your instructor may get to know you better if you participate in class discussions, ask questions and generally become a part of the course climate. Also, asking and answering questions fosters learning for all students who are present.

SO, PLEASE COME TO CLASS PREPARED TO DISCUSS THE MATERIAL YOU HAVE READ, ASK QUESTIONS AND PARTICIPATE!

Course Requirements

“Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of 45 hours over the length of the course (normally three hours per unit per week) for instruction, preparation/studying, or course related activities, including but not limited to internships, labs, and clinical practica. Other course structures will have equivalent workload expectations as described in the syllabus.”

Final Examination or Evaluation

“Faculty members are required to have a culminating activity for their courses, which can include a final examination, a final research paper or project, a final creative work or performance, a final portfolio of work, or other appropriate assignment.” Details of the final exam for this course will be discussed in class.
Assignments and Grading Policies

NOTE: All papers submitted must be typed (double-spaced) unless directed by your instructor to submit in another format. Word document are preferred. If you use Google Docs, please convert your documents to PDFs.

Assignments:

1. Quizzes – Quizzes will be given online, on Canvas. Pay attention to the cut-off dates and times of all quizzes and save your answers. Quizzes are generally offered with each class module and vary in the number of questions/points possible. Check on Canvas in each module for quiz opening and closing dates CLO 1-3, 5.
   There are 11 quizzes total. Total Points = 128
   *SINCE QUIZZES ARE ACCESSIBLE ONLINE, THERE ARE NO MAKE-UPS. PAY ATTENTION TO TIME FRAMES!*

2. Counseling Skills – There will be 4 practice sessions of Basic Counseling Skills. A brief paper will be due after each session. These sessions take place during class time, online, and 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. The four papers are worth 10 points each.
   CLO6 Total Points = 40

3. Application of Counseling Theory Papers – You will be creating a case and writing a personal paper about a chosen problem that you have (or create) 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 and in the Module section on Canvas.
   CLO 1, 2

Some samples will be provided on Canvas. I will also be discussing this assignment in class. If you are confused, please arrange to talk to me during office hours.
YOU MUST USE ONE OF THE THREE THEORIES LISTED IN THE TABLE BELOW AT THE PROPER DUE DATE.

<table>
<thead>
<tr>
<th>APPLICATION PAPER 1</th>
<th>APPLICATION PAPER 2</th>
<th>APPLICATION PAPER 3</th>
<th>APPLICATION PAPER 4</th>
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<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>
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<tr>
<td>Adlerian</td>
<td>Gestalt</td>
<td>Cognitive Behavioral</td>
<td>Narrative</td>
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<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**

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

You must sign up for a group in the first week of class. See Canvas Module. Your group should complete some research and then “meet” to discuss the questions prior to writing your paper and developing your presentation. **STUDENTS HAVE ACCESS TO ZOOM AND YOU CAN SCHEDULE YOUR OWN MEETINGS IF YOU NEED TO.** Your group can also schedule a consultation meeting with me on Zoom. Just email me a request and we will find a time!

It is expected that you will create a Powerpoint or Google Slide presentation, which will include a demonstration of your theory. 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 be prepared to share your slide presentation with the class on Zoom. A grading rubric is available on Canvas. **Total = 60 points**
1. Paper - Your paper should be professional (in narrative form, proper
grammar, punctuation, spelling, references in APA format, etc.), double-
spaced, and in 12-point Font, preferably Arial or Times New Roman. Use
headings for better organization within sections. Do not include the Letters
for each section; just use appropriate headings.

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 the slides.

2. Presentation – Powerpoint or Google Slides required. Be prepared to show
the slides in class on Zoom (share screen).

ADDITIONAL INFORMATION CAN BE FOUND ON CANVAS IN THE
ASSIGNMENT INSTRUCTION SECTION

5. Additional Assignments - there are a number of short assignments sprinkled
throughout the semester that ask you to write a short paper, respond to class
material, write in the Discussion section on Canvas, etc. There are a total of
13 assignments, each with corresponding points. Please refer to the Syllabus
and Canvas for more details. CLO1-5

 Total Points for All Assignments = 35

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. The exam will be posted on the first day of
finals. You will have 5 days to complete this exam. See Canvas and
Syllabus for dates. CLO 2-5

 Total = 50 points

Theories & Practice of Counseling, Psyc 165-80, Fall 2021
GRADING
Quizzes 128 points
Counseling Skills 40 points
Final Exam 50 points
Application Papers 100 points
Group Project 60 points
Written Assignments 35 points

TOTAL POINTS points = 413

GRADING SCALE:
A+ = 98 to 100%
A = 93 to 97%
A- = 90 to 92%
B+ = 87 to 89%
B = 83 to 86%
B- = 80 to 82%
C+ = 77 to 79%
C = 73 to 76%
C- = 70 to 72%
D+ = 67 to 69%
D = 63 to 66%
D- = 60 to 62%
F = below 60

EXTRA CREDIT

Extra credit is available for this course. Please see the module on Canvas. Maximum points for extra credit is 10. All extra credit is due no later than 11/23/21.
## Course Schedule

<table>
<thead>
<tr>
<th>Date/Day Module</th>
<th>Topic/Readings</th>
<th>Activities</th>
<th>ASSIGNMENTS/DUE DATES</th>
</tr>
</thead>
<tbody>
<tr>
<td>8/19/21 TH</td>
<td>Quick Start Module Syllabus Review</td>
<td>Small group</td>
<td>SIGN UP FOR GROUP PROJECT</td>
</tr>
<tr>
<td>8/24/21 TU Module 1</td>
<td>Chapter 1 - Introduction and Overview</td>
<td>Psychotherapy Inventory</td>
<td>Inventory is DUE 8/26</td>
</tr>
<tr>
<td>8/26/21 TH Module 1</td>
<td>Chapter 2 - The Counselor: Person and Professional Read Article, “Thinking about becoming a therapist”</td>
<td>People Skills Inventory</td>
<td>People Skills DUE 8/31</td>
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<td><strong>Module One Quiz opens (Ch. 1 &amp; 2)</strong> Closes on 8/31</td>
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<tr>
<td>8/31/21 TU Module 2</td>
<td>Chapter 4 - Psychoanalytic Therapy (except pages 77-79)</td>
<td></td>
<td>Module Two Quiz opens (ch. 4) Closes on 9/5</td>
</tr>
<tr>
<td>9/2/21 TH Module 2</td>
<td>Counseling Skills #1 (Attending)</td>
<td>COPY “ATTENDING” OBSERVATION SHEET BEFORE CLASS <em>(Counseling Skills Papers are usually due one week later)</em></td>
<td>Take Jung Typology Test before class on 9/7</td>
</tr>
<tr>
<td>9/7/21 TU Module 3</td>
<td>Jung (ch. 4 pages 77-79)</td>
<td>Myers Briggs - in class activity (bring humanmetrics.com information to class)</td>
<td>Psychoanalytic Case Discussion DUE 9/14</td>
</tr>
<tr>
<td>9/9/21 TH Module 3</td>
<td>Chapter 5 - Adlerian Therapy</td>
<td>Birth Order - in class activity (complete “quiz” before class starts)</td>
<td>Bring Birth Order Quiz to class</td>
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<tr>
<td>Date</td>
<td>Module</td>
<td>Topic</td>
<td>Assignment/Notes</td>
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<tr>
<td>9/14/21</td>
<td>Module 4</td>
<td>Chapter 6 - Existential Therapy</td>
<td>Counseling Skills Paper #1 DUE today (Attending)</td>
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<td>Module Four Quiz opens (ch. 6) Closes on 9/20</td>
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<tr>
<td>9/16/21</td>
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<td>NO CLASS TODAY</td>
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<tr>
<td>9/21/21</td>
<td>Module 5</td>
<td>Counseling Skills #2 (Asking Questions)</td>
<td>COPY “ASKING QUESTIONS” OBSERVATION SHEET BEFORE CLASS</td>
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<td>Application Paper #1 DUE Today</td>
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<tr>
<td>9/23/21</td>
<td>Module 5</td>
<td>Chapter 7 - Person-Centered therapy</td>
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<td>Module Five Quiz opens (ch. 7) Closes on 9/28</td>
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<tr>
<td>9/28/21</td>
<td>Module 6</td>
<td>Self-Acceptance</td>
<td>Writing Prompts - Free writing</td>
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<td>Counseling Skills Paper #2 DUE today (Asking questions)</td>
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<tr>
<td>9/30/21</td>
<td>Module 6</td>
<td>Group Presentation (Motivational Interviewing and Positive Psychology)</td>
<td>COPY GROUP PRESENTATION FEEDBACK FORM BEFORE CLASS (Feedback comments are due no later than 3 days after presentations)</td>
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<td>Humanistic/Existential Case Discussion DUE today</td>
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<td></td>
<td>Group Presentation Comments DUE 10/3</td>
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<tr>
<td>10/5/21</td>
<td>Module 7</td>
<td>Chapter 8 - Gestalt Therapy</td>
<td>Art therapy activity &amp; discussion</td>
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<td>Self Acceptance/Free writing paper DUE today</td>
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<td>Module Six Quiz opens (ch. 8) Closes on 10/10</td>
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<tr>
<td>Date</td>
<td>Module</td>
<td>Topic</td>
<td>Assignment</td>
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<tr>
<td>10/7/21</td>
<td>Module 7</td>
<td>Chapter 9 - Behavior Therapy</td>
<td>Application Paper #2 DUE today</td>
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<tr>
<td>10/12/21</td>
<td>Module 8</td>
<td>Chapter 10 - Cognitive Behavior Therapy</td>
<td>CBT video</td>
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<tr>
<td>10/14/21</td>
<td>Module 8</td>
<td>Counseling Skills #3 (Verbal Responding)</td>
<td>COPY “VERBAL RESPONDING” OBSERVATION SHEET BEFORE CLASS</td>
</tr>
<tr>
<td>10/19/21</td>
<td>Module 9</td>
<td>Group Presentation (ACT &amp; DBT)</td>
<td>COPY GROUP PRESENTATION FEEDBACK FORM BEFORE CLASS</td>
</tr>
<tr>
<td>10/21/21</td>
<td>Module 9</td>
<td>Chapter 11 - Reality Therapy</td>
<td>Counseling Skills #3 Paper today (Verbal Responding)</td>
</tr>
<tr>
<td>10/26/21</td>
<td>Module 10</td>
<td>Group Presentation (IFS, IPT)</td>
<td>Group Presentation Discussion Comments DUE 10/29</td>
</tr>
<tr>
<td>10/28/21</td>
<td>Module 10</td>
<td>Chapter 3 - Ethical Issues in Counseling Practice</td>
<td>Ethical Vignettes in class</td>
</tr>
<tr>
<td>11/2/21</td>
<td>Module 11</td>
<td>Group Presentation (EFT &amp; EMDR)</td>
<td>Application Paper #3 DUE today</td>
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<tr>
<td>Date</td>
<td>Module</td>
<td>Topic</td>
<td>Assignments</td>
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<tr>
<td>11/9/21</td>
<td>Module 12</td>
<td>Counseling Skills #4 (Empathy)</td>
<td>COPY “EMPATHY” OBSERVATION SHEET BEFORE CLASS</td>
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<tr>
<td>11/11/21</td>
<td>TH</td>
<td>VETERAN’S DAY NO CLASS</td>
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<tr>
<td>11/16/21</td>
<td>Module 13</td>
<td>Chapter 13 - Postmodern Approaches</td>
<td>Module Twelve Quiz opens (ch. 13) Closes 11/21 Counseling Skills Paper #4 (Empathy) DUE today</td>
</tr>
<tr>
<td>11/18/21</td>
<td>TH</td>
<td>Module 13</td>
<td>Group Presentation Discussion Comments DUE 11/21</td>
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<td>11/25/21</td>
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<td>THANKSGIVING NO CLASS</td>
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<tr>
<td>11/30/21</td>
<td>Module 15</td>
<td>Group Presentation (Body Therapies &amp; LGBTQ Affirmative Therapy)</td>
<td>Application Paper #4 DUE today Group Presentation Discussion Comments DUE 12/3</td>
</tr>
<tr>
<td>12/2/21</td>
<td>Module 15</td>
<td>Final Counseling Session</td>
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<tr>
<td>ONLINE</td>
<td></td>
<td>FINAL EXAM</td>
<td>See Canvas for details</td>
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</table>