PERSONALITY THEORIES IN COUNSELING

MHS6400

CATALOG DESCRIPTION

Prerequisites: permission of instructor

Personality theory and application of foundational counseling models.

TEXT & SUPPLEMENTAL MATERIALS

Selected Readings (available on Library Reserve)

Additional Readings As Assigned


COURSE OBJECTIVES

At the end of the term, the student should be able:

1. To demonstrate knowledge of the major personality theories and their views of human nature, the development of personality, and maladjustment.

2. To demonstrate knowledge of counseling theories and techniques such as psychoanalytic, Adlerian, existential, person-centered, Gestalt, Jungian, and other related therapies.

3. To demonstrate beginning skills in two or more of the counseling theories studied.

4. To demonstrate awareness regarding multicultural implications in counseling.

5. To understand the role of values in counseling facing beginning counselors and to begin to develop her/his own perspective regarding values and other issues relevant to clients.

6. To demonstrate an attempt at integrating the above counseling approaches into a style that is congruent for the beginning counselor.

Emphasis will be on helping students learn to view or "conceptualize" a given client or problem from the major theoretical perspectives and to select and implement intervention strategies and techniques derived or based upon these points of view.
**Florida DOE Subject Area Competencies:** 1.1, 1.2, 1.3, 1.4, 1.6, 1.7, 2.5

**CONTENT OUTLINE**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TOPICS &amp; PROJECTS</th>
<th>READINGS</th>
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| 08/25  | Introductions, course overview and requirements  
Theory and its importance  
Characteristics of an effective counselor. | Chapter 1 |
| 09/01  | The role of values in counseling  
Overview of ethical issues in counseling  
Person-Centered Theory & Technique | Chapter 11 |
| 09/08  | Person-Centered Theory & Technique (cont'd)  
Psychoanalytic Theory & Technique | Chapter 2 |
| 09/15  | Psychoanalytic Theory & Technique (cont'd)  
Adlerian Theory & Technique | pp. 122 - 139 |
| 09/22  | Adlerian Theory & Techniques |  |
| 09/29  | **MIDTERM EXAM**  
Jungian Theory and Technique | Chapter 3 |
| 10/06  | Jungian Theory & Technique (cont'd)  
Existential Theory & Technique | Corey chapter |
| 10/13  | Existential Theory & Technique (cont'dd)  
Gestalt Theory & Technique | Corey chapter |
| 10/20  | Gestalt Theory & Technique (cont'd)  
Constructivist Theory & Technique | pp. 410 - 433 |
| 10/27  | Constructivist Theory & Technique (cont'd) |  |
| 11/03  | **VIDEOTAPE & CRITIQUE DUE TODAY**  
**CATCH UP / VIDEO PRESENTATIONS** |  |
|        | **TERM PAPERS DUE TODAY**  
**VIDEO PRESENTATIONS** |  |
ATTENDANCE POLICY

Counselor Education students are expected to attend all classes because of the experiential nature of the program. Extraordinary conditions may warrant an absence.

NOTE: If you would like your papers returned to you at the end of the term please attach to your paper a large self-addressed manilla envelope with sufficient postage affixed.

EXPLANATION OF ASSIGNMENTS:

READING: You are encouraged to read the assigned reading before class. It would be beneficial for you to read some of the original sources.

VIDEOTAPE: Please purchase your own videotape (1/2” VHS), select a partner from class, and sometime after the mid-term make a 30 minute segment demonstrating your improved counseling skills with application of two or more of the counseling theories and related techniques studied. This video may be done with your class partner or with a real client with written permission to show the video. Transcribe a 15 minute segment, by transcribing portions of clients comments and all of your comments, giving reasons for your comments based on your clinical case conceptualization. Critique your own counseling in this final tape. State your general approach to counseling and give a rationale for your approach at this point in your education.

TERM PAPER: This paper should address either:

(a) two or more personality/counseling theories and related techniques in relation to one client issue or

(b) one counseling theory and its techniques applied to two or more client problems or issues.

The paper might examine issues such as strengths and limitations of the particular counseling approach, research evidence of the validity of the approach, research of the approach with a particular client problem, different applications to the client issue, a case study approach
demonstrating the feasibility of the approach with a particular client, applications with different types of clients in various settings, multicultural perspectives, etc. Other issues relevant to the theories presented in this course may be discussed with the instructor as topics for the paper.

The paper is expected to be of high academic quality, using different resources including professional journals, books, tapes and other resources and should go well beyond class discussions and the text. The text offers an excellent bibliography related to the different theories. Professional counseling journals offer different perspectives on various problems which clients present.

**Evaluation of the paper will be based on the following criteria:**

1. Focus of the topic and its appropriateness and applicability to counseling
2. Thoroughness and insight into the issues
3. Originality and creativity
4. Use of writing standards, such as appropriate grammar, sentence structure and spelling. *(Be sure to proof-read before submitting.)*

The paper should be of high academic quality and will be evaluated on the basis of quality, research and reflection, not on length. However, please limit the paper to no more than 8 typewritten pages, double spaced. Be prepared to make a brief presentation during the last class.

**Suggestion:** As you develop as a counselor, there is no better way to learn about counseling than to be in counseling for yourself. Everyone has issues and those studying to be counselors may have "blind spots" that could benefit from counseling. The FAU Counseling Center offers free professional, confidential counseling services for all students.

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**GRADING:**

*Grades will be based on the following criteria:*

- Midterm examination  25%
- Final Examination  25%
- Videotape  20%
- Paper  20%
- Attendance and Participation  10%
Grading Scale:

A  92 - 100  C+  75 - 77
A-  90 - 91  C  70 - 74
B+  85 - 89  C-  68 - 69
B  80 - 84  D+  65 - 67
B-  78 - 79

BIBLIOGRAPHY


Cammaert, L. P. & Larsen, C. C. (.). Feminist frameworks of psychotherapy. .


Conarton, S., & Silverman, L.K. (.). Feminine development through the life cycle


Sorokin, P. ( ). *Amnesia and New Columbuses*


