

**THE UNIVERSITY OF TEXAS AT EL PASO**

**EDUCATIONAL PSYCHOLOGY AND SPECIAL SERVICES**

Course Syllabus

Theories of Counseling: EDPC 5341

Spring 2009

**Instructor:** Yuh-Jen Martin Guo, Ph.D., NCC Office Hours: M/W 2:30 – 5:00pm

EDUC 705 747-7609 Also by Appointment

[ymguo@utep.edu](mailto:ymguo@utep.edu)

**Credit Hours:** 3 Credits

**Course Date/Time:** Monday 5- 7:50 pm

**Location:** LART 304 (*other locations, if necessary, by classroom announcement*)

**Prerequisite(s):** Departmental Approval

**Course Description:**

This course focuses on learning of the historical trends, principles and philosophy, and unique techniques of major counseling theories and approaches. Historical and influential figures of contemporary counseling theories will be introduced in this course. Memorizing names of founders, theorists and therapists, and theoretical philosophies and principles is required for the study of counseling theories. The implementations of unique techniques and theoretical approaches onto counseling practices are discussed. This course facilitates students’ development and awareness on counseling theories and their ability to synthesize and generate their own theoretical perspectives for future

counseling practices.

**Course Objectives:**

In this class, students will be able to learn the following, but not limited to, objectives:

1. Counseling theories that provide the student with models to conceptualize client presentation and that help the student select appropriate counseling interventions. Students will be exposed to models of counseling that are consistent with current professional research and practice in the field so they begin to develop a personal model of counseling (!CACREP 2009 - Helping Relationships: d.; \*I2, I10, II3)

2. A systems perspective that provides an understanding of family and other systems theories and major models of family and related interventions (CACREP 2009 - Helping Relationships: e.; \*I2, II4, II3)

3. Identify key figures and theoretical frameworks in each counseling theory and models, understand and distinguish a) key concepts, b) therapeutic relationships and goals, c) unique techniques and procedures, & d) implementation and application of counseling theories into clinical practices (\*I2, II3)

4. Generate a professional awareness of the contributions and limitations of each counseling theory and model (\*I2)

5. Begin to develop, in both personal and professional levels, an awareness of counseling approaches that are results of students’ learning and integrating various counseling theories and models and will likely to benefit students’ future counseling practices (\*I2, II4)

\* Standards referenced above refer to the Texas School Counselor Certification Standards (TExES)

\* CACREP Standards (2009) also addressed in this course:

Professional Orientation & Ethical Practice (i, j)

Social & Cultural Diversity (b, d, e, f)

Helping Relationships (a, b, c, g)

**Required Text:**

Corey, G. (2009). *Theory and Practice of Counseling and Psychotherapy* (8th ed.). Belmont, CA: Thomson Higher Education.

**Other Recommended Study Materials:**

\* The Treatment Planner and Workbook series

\* Self-Help Book section in bookstores

\* Books authored by brand-name psychotherapists (Freud, Adler, Rogers, Glasser, etc.)

\* Movie Titles: <http://www.teachwithmovies.org>

Good Will Hunting (1997) / Antwone Fisher (2002) / Prince of Tides (1991) /

What about Bob? (1991) / K-Pax (2001) / The Mighty (1998) / Sybil (1976) / Ordinary People (1980) / The Razor’s Edge (1984) / The Matrix (1999), etc.

**Expectations in this Class:**

This class is designed to be a lecture + experiential class. You are expected to experience counseling theories through video and discussion (details will be discussed in this syllabus and in the classroom). All video tapes or DVDs are reserved in library (first floor) and you can view them in library. You are expected to be responsible for your classroom participation and performance, completion of reading and writing assignments, and attendance. You are expected to follow classroom agreement and professional expectations addressed in this syllabus (and/or in the classroom). Two tests are given without specified dates. Mid-term and final exams are given on scheduled dates. You are expected to follow honor/ethical codes during testing. You should keep open communication with the instructor for any concerns or difficulties.

**Assignments:**

a. Attendance

\* Attendance will be verified by sign-up sheets. You are advised to sign your name soon after you enter the classroom. Unsigned attendances will be considered absences.

\* Absence without proper documentations and/or notifications to the instructor results in grade deduction (15% of total grade). You will need to withdraw from this class with two unexcused absences. Should you expect to miss several class sessions, please discuss with the instructor to determine proper action and procedure regarding your course registration and grade.

\* Late attendance posts difficulties to the class and other students, who are in the class on time and ready to learn. Late attendance to classes without proper conditions (such as emergency situations, traffic block due to accidents, & other conditions not caused by your personal choices) can result in grade deduction (5% of total grade per late attendance). You are expected to be in the classroom within 15 minutes after class time. Even within time limits, continuous late arrivals to classroom will result in deduction of attendance/participation points.

b. Writing:

\* All formal papers need to be in APA format. They are to be typed on letter-size papers with Times New Roman (font size 12), double space, and one inch margin (4 sides). Selection of fonts that might cause difficulties on interpretation and grading process can result in point deduction. *Some formal papers can be written without title page and running head; however, reference and citation have to follow APA format.*

\* Informal papers do not need to follow APA format. They still need to be types with Times New Roman (font size 12), double space, and 1 inch margins on major texts. You are free to use your choices of artistic expressions on components in papers. There will be portions of your papers that contain pictures, symbols, signs, arts, etc. You can certainly use your creations on these portions. During your writing, the classroom guidelines need to be carefully followed. You should communicate with the instructor regarding your difficulties and questions before you turn in your papers.

*Reference and citation still need to follow APA format.*

c. Late assignment will result in point deduction (5% of the assignment grade). Should you encounter difficulties and can not turn in your assignments on time, please notify the instructor as soon as possible to avoid penalties of late assignment.

d. Plagiarism is not allowed (period). Please refer to university/student handbook for detail!

When the assignments are not group projects, you are not expected to share your efforts and results with other fellow students. Please communicate to the instructor for your concerns on completions of assignments.

e. Reflection*:* You need to turn in a two-page (minimum) informal paper each week to address your thoughts and comments on the theory (or theories) taught in the previous week. Papers are due on the beginning of each class (please check the course schedule).

Included in your paper should be:

\* Name

\* Course # (EDPC 5341)

\* Theory/Theories addressed

\* Date to turn in this paper

\* Thoughts & Comments to reflect your opinions on the theory/theories based on your personal & professional experiences, on the reading of textbook materials, on the viewing of theory video, and/or on the discussions in class, etc.

*\*\* Note: One full page and one line on second page do not count for TWO pages!*

\*\* Papers are due whether you attended the previous week class or not!

f. *Exams:* \* Two tests will be given: one before mid-term and one in-between mid-term and final exam. Each test should cover 2-3 chapters (or topics) taught prior to the test date.

\* Mid-Term: Covered materials before the test date

\* Final Exam: Comprehensive exam to cover all materials in this semester

**Classroom Agreement & Professional Expectations:**

You are expected to follow all codes of conduct, ethical and legal guidelines, and proper procedures addressed in your student handbook, and by professional associations and societal rules. You are expected to express and maintain professional attitudes and proper manners in regard to the classroom discussions, presentations, and diverse opinions. Should you have any questions or difficulties, please do not hesitate to discuss with instructor of this class. Difficulties preventing your participation in class activities should be brought into instructor’s attention either by verbal or written format. You will not be penalized for withdrawing yourself from required class activities with legitimate reasons.

**Evaluation and Grading:**

**Reflection papers (20%) Tests (20%) Mid Term (25%) Final (25%) Participation (10%)**

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| ***Grading Scale*:**  90 and above = A  80 to 89 = B  70 to 79 = C  60 to 69 = D  Below 60 = F | Students are responsible for preparation of their study for each class session. Corresponding chapters assigned to the class session, or corresponding topics and texts relating to the class topic, in the textbook(s) should be reviewed prior to the class time. |

**Classroom Accommodations for Students with Disabilities:**

If you are a student with a documented disability or a student with potential disability conditions, who requires an academic adjustment, auxiliary aids, or other similar accommodations, please contact Disability Student Services (DSSO) at 915-747-5148 Voice/TTY or email [dss@utep.edu](mailto:dss@utep.edu) You should also visit DSSO website at: <http://studentaffairs.utep.edu/dsso>

Current physical location of DSSO is at Room 106 Union East Building.

Please understand that it is your responsibility to contact DSSO for accommodations and services. The instructor will follow guidelines of DSSO to assist your needs in this class.

**Emergency Plan& Increment Weather:**

Please refer to helpful resources, for example: emergency management plan at UTEP police department (http://www.utep.edu/documents/police/emergencyplan.pdf), your student handbook, and university policies. You should monitor potential emergency and weather conditions via university-provided sources and local news channels. Please contact University Police Department at 747-5611 (or 911) for emergency/crisis conditions, and emergency notification services (such as [www.mobilecampus.com](http://www.mobilecampus.com) & others).

**Course Schedule:**

***Theories of Counseling:******EDPC 5341 Spring 2009***

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| ***Class Date*** | ***Topics and Tasks*** |
| 1. January 26 | **Introduction to Theories of Counseling: EDPC 5341**  \* General introduction of Theories of Counseling: EDPC 5341  \* Syllabus distributed and explained  \* Students and instructor to know each other |
| 2. February 02 | **General Introduction to Counseling Theories and Models, Ethics**  \* Chapter 1-3 |
| 3. February 09 | **Psychoanalytic and Psychodynamic Therapy**  \* Chapter 4 |
| 4. February 16 | **Adlerian Therapy /** Jungian Therapy  \* Chapter 5  \* Reflection paper on Psychoanalytic theory due |
| 5. February 23 | **Behavioral Therapy** / Dialectic Behavioral Therapy  \* Chapter 9  \* Reflection paper on Adlerian/Jungian due |
| 6. March 02 | **Cognitive Therapy / Cognitive Behavioral Therapy (CBT)**  **Rational Emotive Behavioral Therapy (REBT)**  \* Chapter 10  \* Reflection paper on Behavioral Therapy due |
| 7. March 09 | **Psychopharmacological / Medical Model**  \* Handouts  \* Reflection paper on Cognitive/CBT/REBT due  **Mid-Term:** cover materials from week 1 to 6 |
| March 16 | *Spring Break / ACA Conference* |
| 8. March 23 | **Person-Centered Therapy**  \* Chapter 7  \* Reflection paper on psychopharmacological model due |
| 9. March 30 | **Existential Therapy**  \* Chapter 6  \* Reflection paper on Person-Centered Therapy due |
| 10. April 06 | **Gestalt Therapy**  \* Chapter 8  \* Reflection paper on Existential Therapy due |
| 11. April 13 | **Reality Therapy** / Transactional Therapy  \* Chapter 11  \* Reflection paper on Gestalt Therapy due |
| 12. April 20 | **Postmodern Approaches:** Solution-Focused & Narrative Therapy  \* Chapter 13  \* Reflection paper on Reality / Transactional theory due |
| 13. April 27 | **Family Systems Therapy / Feminist Therapy**  \* Chapter 12 & 14  \* Reflection paper on Postmodern Approaches due  Various Therapy Models: Art Therapy / Play Therapy / Hypnosis / Dream Analysis / Psychodrama / Bibliotherapy / Reel Therapy & Cinematherapy / Sandplay Therapy / Religion-related Therapy, etc. |
| 14. May 04 | **Final Exam:** All materials covered in this semester  \* *No Reflection paper!!!* |