

FALL 2008
CNS 741: Theories and Models of Counseling

Instructors: John P. Anderson, Ph.D. NCC, LPC Pamela R. Karr, MAEd, NCC, LPC
Tribble A113 Tribble A106C Phone: 758-4932
209 Reynolda Hall 758-5874
Email: jpa@wfu.edu email: karrpr@wfu.edu

Time: Class meets from 1:30-4:00 in Tribble A108.

Objectives of Course: Students will become familiar with the established and emerging theories and models of counseling including historical context and key names, terms and concepts. The course will also focus upon how theory translates into practice and will consider available outcome research. Each student will be expected to be able to articulate his or her own tentative personal theoretical orientation at the end of the course.

Text: Seligman, L. (2006). *Theories of counseling and psychotherapy: systems, strategies and skills* (2nd ed.). Upper Saddle River, NJ: Prentice-Hall.

Methods of instruction will be a combination of lecture and class discussion supplemented by videos and demonstrations of counseling sessions.

Course Requirements and basis of evaluation:

- Demonstrate knowledge of the counseling terms, key names, and concepts associated with the major counseling theories by obtaining a B or better grade on the midterm and final exams. Tests are composed of two sections: defining terms provided during each class that are associated with various theories plus multiple choice questions that will come primary from the textbook. (60%)
- Outside of class, view a minimum of 9 counseling videos (three to be viewed during class time) from the approved list and complete a commentary sheet for each. (40%)

Schedule of Classes and Assignments

August	27	Chapters 1 & 2. Overview. Chapter 3: Overview of Background and Context. Take the MBTI on line by the end of the day Friday 8/29. A14 lab.
September	3	Chapter 4: Freud and Psychoanalysis Chapter 6: Jung. MBTI interpretation
	10	Chapter 5: Adler and Individual Psychology
	17	Chapter 7: Freudian Revisionists. Chapter 8. Brief Psychodynamic Theory
	24	Chapter 9. Overview of Emotions and Sensations
	26	Chapter 10: Carl Rogers and Person-Centered Counseling Watch Rogers "Gloria" video in class and discuss.

- October**
- 1 Chapter 11: Existential Therapy with focus on Viktor Frankl and Logotherapy
 - 8 Chapter 12: Gestalt Therapy. Moreno Psychodrama. Watch Perls “Gloria” video in class and discuss.
 - 15 Midterm. Chapters 1-12
 - 22 Chapter 14. Introduction to Treatment Systems Emphasizing Thoughts
Chapter 15. Beck and Cognitive Therapy
Chapter 16: Ellis and REBT
Return Midterm. (Watch Ellis “Gloria” video outside of class.)
 - 29 Chapter 17: Emerging Approaches including introduction to NLP, EMDR, Neurofeedback, Narrative Therapy and Hypnosis.
- November**
- 5 Chapter 18. Overview of Treatment Systems Emphasizing Actions
Chapter 19. Behavior Therapy and Cognitive Behavior Therapy
 - 12 Chapter 20: Reality Therapy.
Chapter 21: Solution Focused Brief Therapy
 - 19 Chapter 21: Solution Focused Brief Therapy (continued)
Chapters 22 & 23: Integrated and Eclectic Systems. Focus on Multimodal.
 - 26 No Class. Thanksgiving Break.
- December**
- 3 Introduction to the Enneagram. (Take test on A14 computer prior to Thanksgiving break)
 - 10 Final exam. Chapters 15-23 and essay question.
You may type up the answer to the essay question in advance and bring it with you to the final exam if you like.
- Essay question: “How would you summarize the basis of your own personal counseling approach at this point in your development as a counselor? Reference aspects of particular theories that seem to fit (or not fit) with your personal model.”