

FALL 2007
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 8:30-9:45 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:

- Read assignment prior to class meeting and contribute to discussions. (10%)
- Complete twelve reflective journal entries (JE) as listed on the Schedule of Classes and Assignments. Email to John by the Friday following the class. The journal will culminate with an articulation of your personal counseling approach. (30%)
- 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. Materials in the exams will come from the lectures and the readings. (60%)

Schedule of Classes and Assignments

August	29	Chapters 1 & 2. Overview. (JE1: Answer multiple choice questions on pp. 488-489 and discuss your results.) Take the MBTI on line before Friday 8/26.
September	3	No Class
	5	Chapter 3: Overview of Background and Context (JE2: p. 68 #1 and 2)
	10	Chapter 4: Freud and Psychoanalysis
	12	MBTI interpretation and Jung. Chapter
	17	Chapter 5: Adler and Individual Psychology (JE3: p. 92 #1)
	19	Chapter 7: Freudian Revisionists. Which theorists stand out to you?
	24	Chapter 8. Brief Psychodynamic Theory (JE4: p. 154 #1) Chapter 9. Overview of Emotions and Sensations
	26	Chapter 10: Carl Rogers and Person-Centered Counseling (JE5: p. 190 #2)

October

- 1 Rogers "Gloria" video and discussion.
- 3 Chapter 11: Existential Therapy with focus on Viktor Frankl and Logotherapy (**JE6: p. 212 #1**)
- 8 Chapter 12: Gestalt Therapy. Demo.
(**JE7: p. 242 #3**)
- 10 Perls "Gloria" video and discussion.
- 15 Midterm. Chapters 1-12
- 17 Chapter 14. Introduction to Treatment Systems Emphasizing Thoughts
Chapter 15. Beck and Cognitive Therapy.(**JE8: p. 281 #1**)
- 22 Chapter 16: Ellis and REBT
- 24 Ellis "Gloria" video (**JE9: p. 334 #1**)
- 29 Return Midterm. Chapter 17: Emerging Approaches. Emphasis on NLP.
- 31 Emerging Approaches. Emphasis on EMDR.

November

- 5 Chapter 18. Overview of Treatment Systems Emphasizing Actions
Chapter 19. Behavior Therapy and Cognitive Behavior Therapy
(**JE10: p. 390 #2**)
- 7 Chapter 20: Reality Therapy.
- 12 Chapter 21: Solution Focused Brief Therapy (**JE11: p. 431 #1**)
- 14 SGBT continued. Other brief therapies.
- 19 Chapters 22 & 23: Integrated and Eclectic Systems. Treatment planning.
- 21 No Class. Thanksgiving Break.
- 26 Focus on Multimodal Therapy
(**JE12: Posttest. Take quiz on pp. 488-489 again and compare your results from the beginning of the course. Discuss.**)
- 28 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."

December

- 3 Introduction to the Enneagram. (Take test on A14 computer prior to class)
- 5 Return Final. Compare personal counseling approaches.