

## CPSY 740 Syllabus for Counseling Skills

### Topics

8/20

#### I. Introductions

- A. Milling – choosing groups
- B. Processing and getting to know groups

8/27

#### I. Baseline taping

- A. Role plays/ Experiential exercises
- B. Processing

9/10

#### I. Healing traditions and science as the twin pillars of psychotherapy

- A. Common factors in healing traditions
  - 1. Anthropological studies of shamanism across cultures
  - 2. Healing and helping traditions in the major world religions
  - 3. Characteristics of the healers and healing rituals
- B. Change processes research: the scientific basis of psychotherapy
  - 1. Interpersonal processes of change and common factors
  - 2. Psychophysiological bases of self-healing

#### II. Review of first taping

- A. How to give feedback
- B. Review of tapes

9/17

#### I. Creating a healing environment for psychotherapy

- A. Characteristics of healing environments in primal cultures
  - 1. Location: A place apart
  - 2. Organic architecture
  - 3. Interior objects and symbols
  - 4. Use of the senses: light, color, sound, aroma, texture
- B. Examples of healing environments
  - 1. Calming and meditational: The Zen tea garden
  - 2. Nurturing: the Aesculapian hospital
  - 3. Transformative: The Native American sweatlodge
- C. Research in therapeutic aspects of environment
  - 1. Design of healthcare environments
  - 2. Seating arrangements and personal space
  - 3. Effects of lighting, sound, and aromatic variables
  - 4. Studies of counseling environments
- D. Creating your counseling environment
  - 1. Making a new space
  - 2. Working with an existing space
  - 3. Fluorescent lights and hard chairs: Making the best of a bad situation

#### II. Set up of room environment and roleplay

## 9/24 Preparing to help

- A. How primal and pastoral healers prepare for helping
  - 1. Purification rituals
  - 2. Meditation, prayer, and centering
  - 3. Dress and ornamentation
  - 4. Focusing community interest and support
- B. Research on counselor preparation
  - 1. How counselors get ready for sessions
  - 2. Relaxation and anxiety reduction
  - 3. Effects of counselor attire
  - 4. Studies of reputational set
- C. Preparing yourself for helping
  - 1. Beginning the day
  - 2. Dressing for counseling
  - 3. Gathering information about the case
  - 4. Establishing reputation

## 10/1 Beginnings: The interpersonal environment of helping

- A. How primal healers begin the helping process.
  - 1. First contact
  - 2. Purification and call for balance, harmony
  - 3. Statement of purpose and invocation
  - 4. Commitment of healer, patient, community
- B. Research on structuring and beginning counseling
  - 1. Creating the influence base through introductions
  - 2. Effects of structuring and goal-setting
  - 3. Establishing the therapeutic alliance
- C. Beginning the counseling relationship
  - 1. Building trust, attraction, and expertise in your introduction
  - 2. Creating your own beginning ritual
  - 3. Structuring for confidence and commitment
  - 4. Defining the relationship: ethics and boundaries

## 10/8 Listening and responding in the first stage of counseling

- A. Spiritual and religious approaches to listening
  - 1. The listening mind
  - 2. The I-thou relationship
  - 3. The uses of silence
  - 4. Hearing confession
- B. Research on attending behaviors and empathy
  - 1. Attending behaviors
    - a. Why verbal following is the single most important technique
    - b. How open-ended questions work to open worldview
    - c. Effects of silence
  - 2. Empathic behaviors

- a. How reflection works
- b. Levels of empathy

10/15 How to listen and respond in the first stage

1. How to be quiet
2. Verbal following
  - a. Following the last phrase
  - b. Following emotive words
  - c. Following using linguistic cues
3. Identifying and using open-ended questions
4. How to reflect
  - a. reflecting feeling as a part of listening
  - b. reflecting as influence
5. Attending to language and culture

10/22 Naming the demon: Assessment and diagnosis in the second stage

- A. Diagnosis in primal cultures
  1. Soul loss
  2. Possession
  3. Taboo breaking
  4. Object intrusion
  5. Witchcraft
- B. Assessment and diagnosis in contemporary psychotherapy
  1. Contemporary parallels of psychological disorders in primal cultures
  2. The Diagnostic and Statistical Manual: history and current use
  3. The use of tests
    - a. personality tests, objective and projective
    - b. tests of particular disorders (depression, eating disorders, etc.)
    - c. the use of vocational inventories in psychotherapy

10/29. Interpretation and influence in the second stage of counseling

- A. How primal and pastoral healers use interpretation
  1. Consciousness-altering methods to prepare for interpretation
    - a. how shamanistic healers induce trance states
    - b. how reduced and heightened arousal is used
  2. Interpretation, insight, and catharsis in healing rituals
    - a. how the healer uses social power to deliver interpretations
    - b. the moment of insight
    - c. emotional release and the power of catharsis
- B. The science of interpretation and influence
  1. A scientific model of interpretation
    - a. definition
    - b. how interpretation is used in major theoretical approaches
    - c. how interpretation works

- d. semantic and propositional interpretations
- 2. Effects of client variables
- 3. Effects of therapist social power
- 4. What makes interpretations effective

11/5 How to use interpretation for insight and transformation of beliefs

- 1. Preparing for the interpretive phase
- 2. Raising or reducing the arousal threshold
  - a. use of deep breathing to reduce arousal
  - b. use of here and now and encounter techniques to raise arousal
  - c. use of visualization for reduction or raising of arousal
  - d. abreaction
- 3. Making interpretations
  - a. timing
  - b. linguistic elements
  - c. content
  - d. tone
- 4. What to do about resistance and opposition
- 5. Use of tests in interpretation
- 6. How to know when interpretation has been successful

11/12, I. Prescription and direction in the third stage of counseling

- A. Healing rituals of spiritual and religious traditions
  - 1. Confession and expiation for broken taboo
  - 2. Removal of offending objects
  - 3. Exorcism of evil spirits
  - 4. Counterspells
  - 5. Soul retrieval
- B. Strategies for behavior change
  - 1. Parallels of healing rituals in psychotherapy
  - 2. Change strategies in major theoretical approaches
    - a. effects of talking therapies
    - b. effects of behavioral strategies
    - c. uses of homework
- C. How to help clients change
  - 1. Reaffirming your power base
  - 2. Creating healing procedures based on change strategies
    - a. helping clients to “talk through” and reframe as a means of change
    - b. helping clients remove offending behaviors, thoughts, and feelings
    - c. helping clients learn new behaviors
    - d. helping clients find meaning and purpose
  - 3. Using homework and “home rituals” for healing and change

11/19 Endings: Affirmation of healing, balance, and closure.

- A. How primal and pastoral healers end healing rituals
  - 1. Confirmation of healing
  - 2. Affirmation of restoration of balance
  - 3. Benediction and blessing
  
- B. Research on effective termination
  - 1. Length of therapy
  - 2. Preparation and structuring of termination
  - 3. Achieving closure
  
- C. How to end psychotherapy
  - 1. Judging when to end therapy
  - 2. Preparing the client for the ending
  - 3. Things to do in the last session
    - a. confirmation of healing
    - b. affirmation of how new behaviors fit in client's world
    - c. seeking feedback from the client
    - d. normalizing the relationship
  - 4. Creating your own ending rituals for closure

11/26

12/3 Last taping

12/10 Final meeting