

Psychology and Research in Education

PRE 742 – Counseling Theory and Techniques

Line # 37781

Fall 2007

Instructor: Tamara Coder Mikinski, Ph.D.

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Office Hours: By appointment Wed. 4:30 to 5:30 and as needed - JRP 638

Schedule: Wednesdays 1:45 – 4:30 p.m.

Location: 201 JRP

Text: Day, S. (2008) *Theory and Design in Counseling and Psychotherapy*. Boston:Lahaska Press.

Suggested Resource: American Psychological Association. (2001). *Publication manual of the American Psychological Association* (5th ed.). Washington, D.C. Author.

Welcome to PRE 742! I'm pleased to have you in class and look forward to a rewarding learning experience for all of us.

The primary mission of the School of Education is to prepare leaders in education and human services fields. As stated in the School Code

Within the University, the School of Education serves Kansas, the nation, and the world by (1) preparing individuals to be leaders and practitioners in education and related human service fields, (2) expanding and deepening understanding of education as a fundamental human endeavor, and (3) helping society define and respond to its educational responsibilities and challenges.

The components that frame this mission for our initial and advanced programs are Research and Best Practice, Content Knowledge, and Professionalism. These interlocking themes build our Conceptual Framework.

Course Overview:

PRE 742 is an introductory examination of several major theories of counseling and therapy including but not limited to psychodynamic, person-centered, behavioral, and cognitive-behavioral approaches. Attention is give to research reviews and factors various theories have in common. Techniques associated with counseling theories will also be introduced.

Note: This course is to be taken concurrently with PRE 740 Counseling and Interviewing Skills. If you are not currently enrolled in PRE 740 and PRE 742, please consult with me and/or Dr. Kerr. Although an effort is made to coordinate 740 and 742 with respect to presentation of theory and the practicing of techniques/skills, there is a necessary divergence in the course that will occur and that must be expected.

Course Objectives:

It is hoped that throughout this course, you will.....

Acquire knowledge and understanding of the philosophical tenets/assumptions, theoretical concepts and principles, and intervention goals and strategies that characterize the major contemporary approaches to counseling and psychotherapy.

Acquire an understanding and appreciation of the strengths and limitations of these various approaches to counseling and psychotherapy, both in general and as they apply to different special populations and circumstances.

To develop and/or clarify one's personal perspectives on counseling and the fostering of therapeutic change.

Course Requirements:

Class Participation and Attendance

Class participation is expected and vital to the success of this course. I will be asking you to participate in activities to help you understand the counseling theories and techniques. Therefore, it is important that together we create a positive, respectful classroom environment. This can best be done when you attend class regularly with the reading completed and ready to interact with your colleagues.

Automatic Thought Record Assignment

Upon the completion of our study of cognitive-behavioral therapy theory, I will provide you with a short case scenario and ask you to apply an automatic thought record to the client's situation. **You will turn in the one page thought record on October 31, 2007 by 4:30 to me or into my mailbox on the 6th floor of JRP.**

Evolving Personal Theory of Counseling Paper

After studying all of the counseling theories presented in this course, you are asked to write a ten to fifteen page paper discussing which approaches best match your thinking, style, and plans for the future. I realize that this is a work in progress, however, I am asking you to reflect at this point in your graduate career upon a favored "theoretical orientation". I would like you to specifically cite certain theories and counseling leaders within your paper. You need to consult and reference **at least five** sources (books, articles, etc.) beyond our textbook. During our class session on August 22nd, Lea Currie, our library liaison, will be visiting with us about useful research tools.

In particular, I want you to address, who and what in particular speak to you and why? What is making sense? What is your "worldview" with respect to counseling? Into what theories would you like to delve further? Please use APA style.

Mid-Term and Final Exams

There will be mid-term and final exams – each worth 20% of your grade. These will contain a mixture of multiple choice and essay questions.

Theoretical Spreadsheet

In order to assist you in learning the various theories we'll be studying, you are asked to create a spreadsheet (either handwritten or in a format like Excel). This will greatly aid in your preparation for tests and in your understanding of each unique theory. Although we'll be emphasizing a "common factors" viewpoint, it is important for you to grasp the historical, developmental, and central features of each theory. You'll share this with me at two points during the semester – on both exam days. I'll provide you with a sample in class.

Evaluation

Participation – 15%
Exams – (20% each) 40%
Automatic Thought Record Assignment – 10%
Paper – 25%
Theoretical Spreadsheet – 10%

You are encouraged to take advantage of the KU Writer's Roost for assistance. Visit www.writing.ku.edu. I am also happy to assist you with the development of your paper but you will need to allow adequate time for me to read and respond to your draft prior to the due date.

If you have special needs or a disability for which you may need accommodations, you are encouraged to speak with me privately and/or I am happy to refer you to appropriate campus services. www.disability.ku.edu

Grading in the course is A-F. In certain exceptional circumstances, a grade of I (incomplete) may be assigned. If you determine that you do not wish to complete PRE 742 and need to withdraw from the course, it is imperative that you let me know as soon as possible and go through the formal withdrawal procedures for the university. Details can be found at www.registrar.ku.edu

This course adheres to the University's Policy on Academic Misconduct. It is YOUR responsibility to know that policy and adhere to it as well. See www.studenthandbook.ku.edu

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Fall 2007 - Calendar

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Phone: (816) 223-1407 (direct); (785) 864-9651 (Lawrence office)
(913) 384-2284 (Mission office until 9/28)
(913) 345-0060 (Corporate Woods office after 9/28)

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August 22 – Course Introduction and Lea Currie (KU Libraries)

August 29 – PROFESSIONAL ISSUES AND COMMON FACTORS
Chapters 1, 2, 3, & 4

September 5 – PSYCHOANALYTIC, ADLERIAN, EXISTENTIAL, & PERSON-CENTERED
Chapters 5-8

September 12 – PSYCHOANALYTIC, ADERLIAN, EXISTENTIAL & PERSON-CENTERED
Chapters 5-8

September 19 – PERSON-CENTERED AND TRANSACTIONAL ANALYSIS
www.itya-net.org –
Read all sections under Transactional Analysis heading

September 26 – GESTALT
Chapters 9

October 3 – MID-TERM TEST and Spreadsheet approved by Mikinski

October 10 – BEHAVIOR THERAPY
Chapter 10

October 17 – COGNITIVE-BEHAVIORAL THERAPY
Chapter 11

October 24– COGNITIVE-BEHAVIORAL THERAPY and REALITY THERAPY
Chapter 11

October 31 – Happy Halloween – Special Event with Dr. Alan Domian - *Automatic Thought-Record Due by 4:30 in my box on the 6th floor*

November 7 – FAMILY SYSTEMS
Chapter 12
Automatic Thought Record Homework Due

November 14 – SOLUTION FOCUSED THERAPY
On Reserve in JRP LRC and E-reserves– Chapters 1 and 2 *In Search of Solutions*

EVOLVING PERSONAL THEORY OF COUNSELING PAPER DUE BY NOON TUESDAY NOVEMBER 20, 2004 IN JRP 642, IN MY BOX IN THE PRE DEPARTMENT.

November 21 – NO CLASS – THANKSGIVING BREAK

November 28 – CRISIS COUNSELING AND SUICIDE INTERVENTION

December 5 – TRANSPERSONAL DEVELOPMENT AND INTEGRATION
Chapters 13 and 14
Course Wrap-up and Informal Paper Presentation

December 13th – **Tentative date and time for Final Exam – 10:30 am to 1:00 pm - JRP 201 and final spreadsheet approved by Mikinski – This is a Thursday!!**