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PM 642 Counseling Theories and Techniques

Virginia Todd Holeman

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PM 642 Counseling Theories and Techniques
Final Version

You will need an ATS e-mail account to participate in class discussions and the course project.

Instructor: Toddy Holeman, Ph.D. 
Office: Fourth Floor, Stanger Hall
Office Hours: Tuesday – Thursday, 2:30-3:30 p.m. 
Office Phone: 858-2212
Class Time: Tuesday-Thursday, 1:00-2:15 p.m. 
Enrollment Limit: 30
e-mail: Toddy_Holeman@asburyseminary.edu

Course Description
This class is a survey of classical and contemporary theories of counseling. Attention is given to 
the integration of theology and psychology, assumptions about human nature and theories of 
personality, the development of problems, techniques and application of each theory.

Course Goals
1. You will describe the major theories of counseling with within the psychodynamic, 
   humanistic, and behavioral traditions.
2. You will articulate the various techniques associated with each theory.
3. You will evaluate theories of counseling from Christian, multicultural, and feminist 
perspectives.

Course Text
  Peacock.
- Course Packet – available at ATS bookstore
- Additional reading will be on reserve in the library

Supplemental Text
InterVarsity Press.

that you are using the fourth edition. I require APA style for all research papers.

You will also need an ATS e-mail account to participate in class discussions and the course 
project.

Grading Policy
I follow the grading guidelines that are found in the 2000-2001 catalog.
  A  = Unusually high quality, exceptional work
  A- = Far above average, fine work
  B+ = Above average for graduate work
  B  = Very good, but average for graduate work
  B- = Slightly below average for graduate work
C+ = Meets requirements, but with noticeable inadequacies for graduate work
C  = Meets requirements, but with gaps for graduate work
C- = Meets requirements, but with significant gaps for graduate work
D+ = Minimal work, acceptable
D  = Minimal work, barely acceptable
D- = Acceptable, but only with great reservation
F  = Unacceptable work

Late assignments: Your grade will be lowered by one-third for every week that you paper is late unless prior arrangements are made with me. In other words, plan ahead for that sudden pile of work or obligations.

Resubmission of paper: If you obtain a grade of C+, C, C-, or lower on your research paper, you have two weeks from the date that the paper is returned to you to resubmit the paper if you so choose. You may be able to raise the grade on your paper to a maximum of B+.

Attendance: If you miss more than 5 classes throughout the semester, you will automatically fail the class.

Course Requirements
1. Course participation -- 10%
2. Mid-term – October 24, 2000, 1:00-2:15 p.m. -- 20%
3. Final – December 15, 2000, 9:00-11:00 a.m. -- 20%
4. Course Project
   ➢ Annotated bibliography –October 5 -- 10%
   ➢ Theory paper – November 2 – 20%
   ➢ Panel discussion – November 27-December 1 – 20%

Course Participation
Even though this is a survey course, I hope to make it more than my lecturing and your frantically writing class notes. Throughout the semester you will have multiple ways to be involved in our learning process. Your participation is an expected part of class. To even things out between extraverts and introverts you will demonstrate:
   1. Participation in “in-class” activities & discussions
   2. Participation in “on-line” discussions. You will need a seminary e-mail address so you can have access to our “course room” via First Class Client.

You will self-select into small groups. Each group will have its own folder within our on-line course. Most of the time you will conduct your discussions there. Each week I will post a question or problem for your group to work with on-line that relates to the theory of the week. Every one is expected to post ONE 50-75 word response to my question and at least ONE 50-75 word response to one other team mate’s posting.
Exams
You will take two objective exams during the semester. The exams are not cumulative. You can expect multiple choice, matching, true/false, and short answer items on each exam. The mid-term is on October 24 and the final is on December 15 (9-11 a.m.).

Course Project
The Course Project serves as an integrative way for you to demonstrate your ability to comprehend and analyze a counseling theory that we have not discussed in class. Components of the class project include:

1. **Development of an annotated bibliography (theory group) on October 5**
2. **Submission of counseling theory analysis paper (individual) on November 2**
3. **Participation in an electronic panel discussion (discussion group) during the week of November 27**

Procedure:
**Select Counseling Theory** -
You will select one school of counseling that you will explore from the following list. Several students will investigate the same school of counseling. This list may be shortened depending on the size of our class.

- Christian approaches: Biblical and Nouthetic Counseling - Jay Adams, Larry Crabb
- Family of Origin Therapies – Murray Bowen, James Framo, Monica McGoldrick
- Multimodal Therapy – Arnold Lazarus
- Narrative Therapy – Michael White
- Reality Therapy - William Glasser, Robert Wubbolding

1. **Annotated Bibliography – Due October 5, 2000**
You will work collaboratively with other students who are investigating the same theory to develop an annotated bibliography. Your bibliography should contain

- Book, journal articles, and web-sites with a short paragraph that describes and evaluates each entry (excluding our text book).
- Primary source material (i.e., stuff written BY Adams, Crabb, Glasser, Lazarus, etc.) in addition to secondary source material (i.e., stuff written about nouthetic counseling, Biblical counseling, reality therapy, & multimodal counseling).
- Web sites should include full web-address
- The writer for each entry signs his/her initials at the end of the piece.
- Every person must contribute one book or three journal articles (i.e., one book = three journal articles)
Minimum length: 10 annotated entries

Grading criteria:

A = Extensive use of primary sources and substantial scholarly journal articles. Excellent written brief summaries that are both descriptive and evaluative.
B = Moderate use of primary sources. Journal entries exclude magazine articles (i.e., Christianity Today, Psychology Today, etc.). Well written summaries that describe and evaluate.
C = Little use of primary source material and scholarly journal articles. Adequate summaries.

Everyone in the group will receive the same grade for the annotated bibliography. To save duplicating expenses, one person from your group will post the bibliography to our course folder located within First Class Client. Your annotation group will give me one paper copy of your annotated bibliography.

You will write a 10-12 page paper about the theory you are investigating. All papers will adhere to APA publication style, double-spaced, using 10-12 point font, with 1 inch margins all around. Do not put your name on the front page or header of your paper! Insert a separate page at the end of your paper with your name and spo number.

Your paper should address:

- General description of the theory, how/why it came about, etc.
- The theory’s model of health
- The theory’s model of illness
- The theory’s understanding of counseling & the role of the counselor
- Recommended techniques
- Your evaluation of its strengths, weaknesses, and congruence with Christian faith [or if you are doing Christian theories its strength and weaknesses as articulated by feminist and multicultural perspectives].

Grading criteria:

A = Full compliance with APA publication style 4th edition; Excellence in writing and organization; Excellent integration of primary and secondary sources including books and scholarly journal articles.

B = Moderate compliance with APA publication style; Very good writing and organization; Good integration of primary and secondary sources including books and scholarly journal articles.

C = Fair compliance with APA publication style; Adequate writing and organization; Moderate integration of primary and secondary sources including books and scholarly journal articles.
Note about APA style: APA publication manual 4th edition is located in PM office and the library. Pay attention to pagination, use of headings, in-text citation and reference list rules. You do not need a running head or an abstract.

3. Panel Discussion – November 27-December 1, 2000
You will demonstrate your ability to synthesize and apply concepts relevant to an understanding of theories of counseling by preparing for a one-week electronic “panel discussion” during the week of November 27 - December 1, 2000. You will role-play the therapist you have been investigating this semester. Each person in your discussion folder will represent a different theorist. Each day of the week I will post one or two questions in your team discussion folder. You will respond to each question electronically in the character of the therapist you are portraying. I will prepare a field of interview questions that you can use to prepare for the discussion.

In preparation for this event you should do the following:
1. Carefully read everything you can discover and digest during the semester by and about your chosen therapist.
2. Prepare for the panel by anticipating possible questions and preparing plausible answers.
3. Prepare a brief (150-200 word) opening statement for the beginning of the panel week on your therapist’s essential view toward counseling. You will post this in your team folder NO LATER THAN midnight, November 16, 2000.

Grading Criteria
A = Responds to 100% of the questions with a well-developed and well-articulated response that demonstrates the uniqueness of the theory; Responds 100% of the time to a minimum of two different team members; Demonstrates a good understanding of the theory through posted responses.

B = Responds to 90% of the questions with a well-developed and well-articulated response that adequately demonstrates the uniqueness of the theory; Responds 90% of the time to a minimum of two different team members; Demonstrates an adequate understanding of the theory through posted responses.

C = Responds to 80% of the questions with and adequately developed response that shows moderate grasp of the uniqueness of the theory; Responds 80% of the time to a one other person on the team; Demonstrates moderate understanding of the theory through posted responses.
# Class Schedule

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<tr>
<th>Date</th>
<th>Topic</th>
<th>Videos</th>
<th>Readings</th>
<th>Due Dates</th>
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<tbody>
<tr>
<td>9/5 &amp; 7</td>
<td>Intro to class. How are Christianity &amp;</td>
<td>Chapter 1, Read summary on</td>
<td>Get ready for on-line discussions.</td>
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<td>psychology compatible?</td>
<td>feminism therapy in PM 642 Course</td>
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<td>Room.</td>
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<td>9/12 &amp; 14</td>
<td>Freud</td>
<td>Chapter 2</td>
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<td>On line discussions start</td>
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<tr>
<td>9/19 &amp; 21</td>
<td>Contemporary Psychodynamic Psychotherapies</td>
<td>Short Dynamic Therapy</td>
<td>Jones &amp; Butman, Ch. 4 - On reserve at library</td>
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<tr>
<td>9/26-28</td>
<td>Jung</td>
<td>Chapter 4</td>
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<td>10/3-5</td>
<td>Rogers</td>
<td>Actualizing Therapy: Rogers Person</td>
<td>Chapter 5</td>
<td>Oct. 5 – Annotated bibliography</td>
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<td>Centered Therapy</td>
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<td>10/10-12</td>
<td>Gestalt</td>
<td>Peeling the Onion</td>
<td>Chapter 10</td>
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<td>10/17-19</td>
<td>Adler</td>
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<td>10/24</td>
<td><strong>Mid-term</strong></td>
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<td><strong>Covers 9/5-10/19</strong></td>
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<tr>
<td>10/26 &amp; 10/31</td>
<td>Family Therapy</td>
<td>Why Can’t We Cancel Christmas?</td>
<td>Chapter 12</td>
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<td>11/2</td>
<td>No Class today</td>
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<td><em>Theories Papers Due to Jeanne Glass by 2:15 PM on November 2.</em></td>
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<td>11/7-9</td>
<td>Behavior Therapy</td>
<td>Pavlov: The Conditioned Reflex</td>
<td>Chapter 7</td>
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<tr>
<td>11/14-16</td>
<td>REBT/Cognitive Therapy</td>
<td>Actualizing Therapy: Ellis</td>
<td>Chapters 6 &amp; 8</td>
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<td>11/27-Dec. 1</td>
<td>Panel Discussion Week – We will meet on Nov. 28 for class.</td>
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<tr>
<td>12/5-7</td>
<td>Solution-Focused Therapy</td>
<td>Solution Oriented Therapy: O’Hanlan</td>
<td>Reserve Readings At library</td>
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<tr>
<td>Second Exam</td>
<td><strong>Friday, Dec. 15, 9-11 a.m.</strong></td>
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<td></td>
<td>Covers Family Therapy through Solution-Focused</td>
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Other Readings of Interest


Aponte, H. (). Bread and Spirit.


