

Counseling Theories/Techniques

COUN-5312

23/SR Section Temporary 01/17/2023 to 05/10/2023 Modified 02/16/2023

Meeting Times

Contact Information

Course Description

A study of the philosophical and theoretical foundations of the helping process, focusing on selected theories and techniques of counseling as applied to normal and abnormal human behavior. An integration of the Christian worldview with counseling theory and techniques is emphasized. Terms Offered: Fall, Spring, Summer, Online periodically.

Requisites

PSYC 1301.

Learner-Centered Outcomes

Student Learning Outcomes: By the end of this course (COUN 5312) the student will be able to:

	Outcome and CACREP Standard(s)	Means of Assessment
1.	Demonstrate a working knowledge of the fundamentals of the major psychological approaches to therapeutic counseling (II.F.5.a; V.C.1.b).	Final exam (KPI)
2.	Distinguish the philosophical differences between selected theoretical approaches (II.F.5.a; V.C.1.b).	research paper
3.	Analyze theoretical issues and techniques from the perspective of a Biblical world view.	research paper
4.	Demonstrate proficiency in identification and application of techniques related to specific theories in counseling (II.F.5.a; V.C.1.b)	paper comparing Adlerian / Reality Therapy Behavior Therapy quiz
5.	Identify a personal theoretical orientation for clinical practice (II.F.5.n)	Halbur's Theory Sorter

Materials

Theoretical Models of Counseling and Psychotherapy

Author: Kevin Fall, Janice Holden & Andre Marquis

Publisher: Routledge

Edition: 3rd

ISBN: 978-1-138-83928-1

Counseling & Psychotherapy- A Christian Perspective

Author: Siang-Yang Tan

Publisher: Baker Academic

Edition: 2011

ISBN: 978-0-8010-2966-0

Developing your Theoretical Orientation in Counseling and Psychotherapy

Author: Duane Halber & Kimberly Halbur

Publisher: Pearson

Edition: 2nd

ISBN: 978-0-13-715257-5

✓ Assignments

Assignment	Weight	Purpose	Details
Research Paper	30%	Structure of Theory of a notable theorist	The paper must be arranged in the American Psychological Association (A.P.A.) format, be not less than 10 pages, with at least 10 references, You CANNOT pass this paper if you submit less than 10 pages of content. Cover page, abstract, and references do not count toward your 10 pages. The paper will be graded on content, style, format, and grammar. Papers are due on the date assigned, and there will be an automatic deduction of 5 points per day that it is late. The outline for the paper should include: Brief history of the theorist, view of human nature, the role of the therapist, unique techniques of the theory, Target clientele for the theory, analysis of how change takes place, and an analysis of the theory from a Christian perspective.
Discussion Topic	10%	Critical Thinking Skills	The purpose of this assignment is to present answers based on personal values and helps develop understanding of the different theories.
Comprehensive exam	30%	Evaluation of mastery of material presented during the semester	The purpose of this exam is to demonstrate a working knowledge of the fundamentals of the major psychological approaches to therapeutic counseling.

Comparison Paper	15%		The purpose of this assignment is to demonstrate proficiency in identification and application of techniques related to specific theories in counseling. You will prepare a paper comparing Adlerian and Reality Therapy. The paper should: 1. highlight concepts contained in both theories 2. discuss the position on spirituality held by each theorist. 4 page minimum. APA format required. Use textbooks as your resources. Citations required.
Halbur's Theory Sorter (STSR)	15%	Survey of Theoretical Orientation	The purpose of this assignment is to identify a personal theoretical orientation for clinical practice. The Theory Sorter is located on page 33-34 of the Halbur text. Complete the theory sorter and unload your results page and include a one-page reflection of your thoughts regarding your results.

Requirements for Credit

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Institutional Policies

Requirements for Undergraduate and Graduate Credit

When a 5000-level Graduate course is cross-listed with a 4000-level Undergraduate course or a 7000-level course is cross-listed with a 6000-level course, the syllabus clearly defines specific graduate requirements which reflect appropriate deeper learning experiences and rigor in the higher-level course.

Attention Education Certification Students: Go to [dbu.edu/education/requirements](http://www.dbu.edu/education/requirements) (<http://www.dbu.edu/education/requirements>) for essential program requirements.

Attendance Policy

According to DBU academic policy, attendance in class is considered a necessary factor in the learning process. Therefore, students are expected to attend and participate in classes, and absences for all reasons must be kept to a minimum and should not exceed 25 percent of the total class time. Students are held responsible for all academic work required or performed during their absence regardless of the reasons for those absences. Students who register late are responsible for work missed. The policy concerning class attendance for individual courses, seminars, or other guided learning experiences will be determined by the faculty members in charge of such course, seminar, or learning experience.

NOTE: Students verified by the professor(s) as never attending, for each of the classes in which they are enrolled, will be subject to an automatic drop from these classes, which will result in the cancellation and return of any financial aid received.

GPA Scale

The GPA grading scale adopted by DBU for courses is:

A+ 4.00	A 4.00	A- 3.67
B+ 3.33	B 3.00	B- 2.67
C+ 2.33	C 2.00	C- 1.67
D+ 1.33	D 1.00	D- 0.67
F 0.00		

** No grades of D are awarded for graduate courses

Service-Learning

Service-learning is a teaching and learning strategy which integrates academic instruction, community service, and guided reflection from a Christ-centered, faith-based perspective in order to enhance student learning, to foster global civic responsibility, and to develop servant leaders. All courses play an important role in providing the student with an appropriate curricular foundation for service-learning. Designated service-learning courses incorporate a field-based component to provide the student with a curricular service-learning experience

Financial Aid

Students who are receiving federal, state, or institutional financial aid who withdraw or add hours during the semester may have their financial aid adjusted because of the withdraw or addition. This change in schedule may affect the aid they are receiving during the current semester, and could affect their eligibility for aid in future semesters.

Disabilities

The student has the responsibility of informing the **Dean of Students, at (214) 333-5340**, of any disabling condition for which the student will request course modifications and/or accommodation. Dallas Baptist University provides academic adjustments and auxiliary aid to individuals with disabilities, as defined under law, who are otherwise qualified to meet the institution's academic requirements. It is the student's choice and responsibility to initiate any request for accommodations. Required documentation must be provided before the university can make accommodations.

University Honor Code/Academic Appeal and Academic Misconduct Procedure

University Honor Code/Academic Appeal and Academic Misconduct Procedure:

The faculty member endorses the **University Honor Code** and abides by the **University's Academic Appeal and Academic Misconduct Procedure** as stated in the Student Handbook and the Schedule of Classes.

Cheating and/or plagiarism are not tolerated at Dallas Baptist University and may result in expulsion.

Final Course Grades

Official final course grades are available only online through Self-Service. The Registrar's Office will only mail grades to a student upon request. The Dallas Baptist University undergraduate and graduate catalogs state that "All accounts must be paid in full before a student can...receive transcripts..." According to FERPA, faculty may not provide final grade information to students via telephone, email, posting or any other source which might compromise student confidentiality.

Children in Classes and Unaccompanied Children

Minors who are not DBU students are not permitted to attend class. Furthermore, minor children may not be unaccompanied on any property owned or operated by Dallas Baptist University. For their safety and welfare, unaccompanied children on any property owned or operated by Dallas Baptist University will be escorted to the Campus Security Office or other duly authorized location and the parents or guardians will be summoned to pick them up immediately.

Cell Phone and Electronic Device Policy

Electronic devices shall only be used for course specific work. The professor reserves the right to ban their use at any time. The policy concerning electronic devices for individual courses, seminars, or other guided learning experiences will be determined by the faculty members in charge of such course, seminar, or learning experience.

Electronic Communication Policy

The DBU campus e-mail system, or any other form of DBU electronic communication (i.e. Blackboard, class discussion, Collaborate) may not be utilized as an avenue to advertise the selling of goods or soliciting of donations from students, faculty, staff or members of the university community.

Graduating Students Grades

It is the responsibility of the student to notify the instructor if graduating this semester. Final exams for graduating students will

be given earlier. Final grades for graduates are due in the Registrar's Office by noon on the Monday before Commencement ([see Academic Calendar \(https://www.dbu.edu/academics/calendar\)](https://www.dbu.edu/academics/calendar)). These grades are final. The instructor will not submit late grades for graduates nor change grades once they are submitted.

Unauthorized Recordings on Campus

Students are not permitted to make or attempt to make an audio or video recording of any academic class, lab, course discussion or other academic instructional meeting without the explicit permission of the professor. Recordings that receive approval from the professor or are designated accommodations for a documented disability are for personal use only and may not be uploaded to the internet or otherwise shared, transmitted, or published. Recording of class without permission is a violation of the Student Code of Conduct as listed in the Student Handbook.

Schedule

(May change during the semester)

Session Dates	Topic	Assignment
Session 1	Orientation; Intro. to Christian Counseling Psychoanalysis Sigmund Freud	Fall, Holden and Marquis Ch. 1 & Ch 2 Tan Ch. 1 & 2 Theory Sorter papper due in Session 2 based on Halbur & Halbur, pages 31-36
Session 2	More on Freud's Psychoanalysis & Other Neo-Freudians Carl Jung	Fall, Holden and Marquis Ch. 3 Tan Ch. 6 Theory Sorter due. Include results with one page (double-spaced) reflection. Submit through Blackboard.
Session 3	Alfred Adler Adlerian/ Individual Psychology	Fall, Holden and Marquis Ch. 4 Tan Chapter 5 Participate in Discussion Board Topic for Session 3 due.
Session 4	Carl Rogers Client Centered Therapy	Fall, Holden and Marquis Ch. 6 Tan. Ch. 8

Session 5	Reality Therapy William Glasser	Fall, Holden and Marquis Ch. 11 Tan Ch. 10 Participate in Discussion Board Topic due.
Session 6	Review Week Ethics	Fall, Holden and Marquis Ch. 6 Tan Ch. 8 Tan Chs. 3 and 17
Session 7	Fritz Peres Gestalt Therapy Multimodal	Fall, Holden and Marquis Ch. 7 Tan Ch. 9 Comparison Paper Due.

Session 8	Behavioral	Fall, Holden and Marquis Ch. 8 Tan Ch. 11 Participate in Discussion Board Topic
		Break
Session 9	Cognitive Aaron Beck	Fall, Holden and Marquis Ch. 9 Tan Ch. 12 Participate in Discussion Board Topic due
Session 10	REBT Albert Ellis	Fall, Holden and Marquis Ch. 10 Tan Ch. 12 Comparison Paper due April 3
Session 11	Existential Therapy Logotherapy by Viktor Frankl	Fall, Holden and Marquis Ch. 5 Tan Ch. 7 Participate in Discussion Board Topic due
Session 12	Family Systems Satir, Bowen, etc	Fall, Holden and Marquis Ch. 13 Tan Ch. 13 Participate in Discussion Board Topic due Research paper due Session 14

Session 13	Christian Approach to Counseling-Part 1	Tan Ch. 15 and 16 Begin reviewing for comprehensive final exam.
Session 14	Constructivist Approaches Christian Approach to Counseling Part II	Fall, Holden and Marquis Ch. 12 Research paper due. Study for final exam.
Session 15	Final Exam	Take Final Exam