

Note:

Course content may be changed, term to term, without notice. The information below is provided as a guide for course selection and is not binding in any form, and should not be used to purchase course materials.

COURSE SYLLABUS

PSYC 371

THEORIES OF COUNSELING AND PSYCHOTHERAPY

COURSE DESCRIPTION

The principal current theoretical approaches to counseling and psychotherapy represented and evaluated. Exploration of techniques and methods in group and individual counseling.

RATIONALE

It is the purpose of this course to aid the student in developing a personal eclectic approach to counseling and psychotherapy. This will be accomplished by studying the origin, history, and nature of the various movements that have occurred within the fields of counseling and psychotherapy and by surveying current, highly regarded Christian and secular theories to identify the features of each that are best suited for inclusion in the student's own personal model of counseling.

I. PREREQUISITES

PSYC 101 or 210; PSYC 341

II. REQUIRED RESOURCE PURCHASE

Click the following link to view the required resources for the term in which you are registered: <http://bookstore.mbsdirect.net/liberty.htm>

III. ADDITIONAL MATERIALS FOR LEARNING

- A. Computer with basic audio/video output equipment
- B. Internet access (broadband recommended)
- C. Microsoft Word
(Microsoft Office is available at a special discount to LU students.)

IV. MEASURABLE LEARNING OUTCOMES

Upon successful completion of this course, the student will be able to:

- A. Demonstrate an understanding of the preparation necessary for entry into a counseling position.
- B. Demonstrate the ability to define a theory.
- C. Demonstrate an understanding of how counseling and psychotherapy are related to psychology.
- D. Demonstrate an understanding of how theology and philosophy provide a theory of counseling and psychotherapy with its essential ingredients.

- E. Demonstrate an understanding of the major thinkers who have influenced the development of counseling and psychotherapeutic theory.
- F. Demonstrate an understanding of systematic eclecticism and integration.
- G. Demonstrate an understanding of the presuppositions that underlie the various theories of counseling and psychotherapy.
- H. Demonstrate an understanding of the counseling team and process: Christ, the circumstances, the counselee, the counselor, the conversation, and change.
- I. Demonstrate an understanding of the wide range of Christian and secular theories of counseling and psychotherapy and to each theory's process and techniques.
- J. Demonstrate an ability to analyze and evaluate each theory and select components that can be incorporated into one's own model of counseling and psychotherapy.
- K. Demonstrate an understanding of the various areas in which counseling and psychotherapy skills can be applied.

V. COURSE REQUIREMENTS AND ASSIGNMENTS

A. Textbook readings, notes, and presentations

B. Discussion Board Forums (6)

For each of the 6 discussion forums, students will write a substantive thread of 200–250 words in response to questions posed by the instructor. Replies of 50–100 words will then be written to at least 2 other student's threads. Threads are to be completed by Friday night each week and replies are to be completed by Monday night of the same week.

C. Course Paper

Each student will write a paper integrating learned theories about counseling with his/her personal values. The body must be 9–11 pages long, and APA format is required. This paper is to be submitted by the end of Module/Week 7.

D. References Page

Each student will create a References page for the Course Paper. The bibliography on this page should include at least 5 scholarly, empirical, current (within the last 5 years) sources that are directly related to level headings of the paper. The References page must be formatted in correct APA style. This assignment is to be completed by the end of Module/Week 5.

E. Tests (5)

Students will complete 5 tests, each consisting of 50 multiple-choice questions covering the textbook readings and presentations. All tests are open-book/open-notes. All tests will have a 75-minute time limit.

VI. COURSE GRADING AND POLICIES**A. Points**

Discussion Board Forums (6 at 35 ea)	210
References Page	40
Course Paper	200
Tests (5 at 110 ea)	550
Total	1000

B. Scale

A = 900–1000 B = 800–899 C = 700–799 D = 600–699 F = 0–599

C. Disability Assistance

Students with a documented disability may contact the LU Online's Office of Disability Academic Support (ODAS) at LUOODAS@liberty.edu to make arrangements for academic accommodations.

COURSE SCHEDULE

PSYC 371

Textbook: Corey, *Theories and Practice of Counseling and Psychotherapy* (2009).

WEEK/ MODULE	READING & STUDY	ASSIGNMENTS	POINTS
1	Corey: chs. 1–3 chapter notes presentations (2)	Course Requirements Checklist Discussion Board Forum 1 Test 1	0 35 110
2	Corey: chs. 4 & 5 chapter notes presentations (2)	Discussion Board Forum 2 Test 2	35 110
3	Corey: chs. 6–8 chapter notes presentations (3)	Discussion Board Forum 3 Test 3	35 110
4	Corey: chs. 9–11 chapter notes presentations (3)	Discussion Board Forum 4 Test 4	35 110
5	Corey: chs. 12 & 13 chapter notes presentations (3)	Discussion Board Forum 5 References Page	35 40
6	Corey: ch. 14 chapter notes	Discussion Board Forum 6	35
7	none	Course Paper	200
8	Corey: ch. 15 chapter notes presentations (3)	Test 5	110
TOTAL			1000

NOTE: Each course week (except week 1) begins on Tuesday morning at 12:00 a.m. (ET) and ends on Monday night at 11:59 p.m. (ET). The final week ends at 11:59 p.m. (ET) on Friday.