CASPER COLLEGE
COURSE SYLLABUS

Course Number and Title: PSYC 2050 N1, Introductory Counseling/Clinical Theories
Semester/Year: Fall 2006
Lecture Hours: 3  Lab Hours: 0  Credit Hours: 3
Class Time: online  Days:  
Instructor's Name: Lesley Travers, PhD, NCC, LAT, LPC, LMFT
Instructor's Office #: AD175F
Phone #: (307) 268-2448; email address: ltravers@caspercollege.edu
Office Hours: M 1-2 pm; T 11am -12 pm and 3-4 pm; W 11am -12 pm; TH 11 am -12 pm; F 11 am -12 pm; and other times available by appointment

Course Description: This online course provides students with an opportunity to explore psychological concepts essential to understanding the therapeutic process. This course will outline major models and principles of psychotherapy. This course is not intended to teach basic counseling skills or specific therapeutic techniques and will not qualify students to engage in counseling after completion of this course.

Extended Course Description: This course is intended as an introduction to major models and principles of psychotherapy. This course will review the development of psychotherapy.

Statement of Prerequisites: General Psychology 1000 is a prerequisite for this class.

ASSUMPTIONS ABOUT STUDENTS’ ENTRY LEVEL SKILLS

This is a basic course in which students will demonstrate competencies and skills learned from the knowledge and application taught in this course. It is the belief that students will have basic life skills that they can apply to the field of psychology. The student’s competencies and skills will include:

1) A basic knowledge of life and its trials and tribulations;
2) Ability to grasp the complexity of individuals’ lives;
3) Basic concept and understanding of life issues;
4) Reading and writing skills;
5) Willingness to contribute and participate in online discussions;
6) Ability to be self-motivated;
7) Ability to understand online WebCT;

Goal: This course is intended to introduce the student to psychotherapeutic concepts that include models and principles of psychotherapy.

Specific Objectives (Outcomes): Through active participation in this course, each student will:

1. Identify and become familiar with basic principles of the therapeutic process from a theoretical perspective.
2. Demonstrate a basic understanding and knowledge of critical thinking skills as they relate to psychology.
3. Demonstrate familiarity and knowledge of various ethical and professional issues in social services.
4. Identify basic theoretical models of psychotherapy.
5. Identify and discuss multicultural issues as they related to theories and theoretical casework.

Methodology: The instructional procedures are a combination of online lectures, research and online discussions.

Evaluation Criteria

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<tr>
<th>Evaluation Criteria</th>
<th>Points</th>
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<tbody>
<tr>
<td>Online Threaded Discussions</td>
<td>10 points each per week (total of 150 points)</td>
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<tr>
<td>Term Paper</td>
<td>100 points</td>
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<tr>
<td>Midterm Examination:</td>
<td>100 points</td>
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<tr>
<td>Final Examination:</td>
<td>100 points</td>
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Grading Scale:
- A= 90-100%
- B= 80-89%
- C= 70-79%
- D= 60-69%
- F= 59 and below

COURSE REQUIREMENTS

1. **Online Threaded Discussion**: Each student will be encouraged to attend and participate in all online threaded discussions. Active class participation is expected through the use of online discussions regarding the weekly course topics. If weekly online discussions become a problem, please discuss your situation with the instructor before the problem gets out of hand.

2. **Term Paper**: Each student will prepare a term paper that will research a theory in which the study believes they might identify with. This paper will be a minimum of 5 pages and have a minimum of five current references regarding their theoretical perspective. This paper will incorporate the research and study of one major theory of psychotherapy as they relate to the individual. All papers will consist of a title page and be double-spaced. Papers not meeting these criteria will be returned for revision. **This project MUST be completed and submitted to the instructor no later than November 28, 2006.**

Examinations: Two examinations will be conducted during this course. The midterm will be the week of October 16th and must be submitted by October 20th and the final examination will be given during the week of December 18th and must be submitted by December 21st. Questions will be developed from class discussions and the text. The examinations will be timed short answer essay questions and will include approximately 20 questions.

3. **Course Specific Detail:**

**Underlying Philosophy**: The education and training of social services personnel involves teaching students various theories and techniques involved in contemporary therapeutic systems. This course will introduce the beginning student to key concepts of each major psychotherapeutic theory and its implications for practice. The major concepts and practices of counseling and psychotherapy are important from both a personal and academic growth experience and require comprehensive, multidimensional discussion.

CLASS POLICIES: Last date to change to audit status or to withdraw with a W grade: November 3, 2006.

1. Academic honesty: The honesty policy of Casper College will be fully adhered to in this course. Grades and degrees earned through dishonest means devalue those earned by all students. Academic dishonesty involves acts that may subvert or compromise the integrity of the academic process.

2. Attendance and participation are expected.

3. All papers and assignments are to be turned in on time. There will be a loss of points equal to one letter grade for late submissions.

4. All work must be carefully edited and completed. Work that is below a college level standard of writing and thought will be returned. You will have the opportunity to rewrite a paper and it may automatically lose a letter grade or more depending on the quality and timeliness of the revisions.

Disclaimer: Information contained in this syllabus was, to the best knowledge of this instructor, considered correct and complete when distributed to the student. This syllabus cannot be considered a contract between Casper College and any student. The instructor reserves the right, acting within policies and procedures of Casper College to make necessary changes in course content or instructional techniques without notice or an obligation to the student.

Student Rights and Responsibilities: Please refer to the Casper College Student Conduct and Judicial Code for information concerning your rights and responsibilities as a Casper College Student.

Chain of Command: If you have any problems with this class, you should first contact the instructor in order to solve the problem. If you are not satisfied with the solution offered by the instructor, you should then take your problem through the appropriate chain of command starting with the department head, then the division chair, and lastly the vice president for academic affairs.

Academic Dishonesty- Cheating and Plagiarism: Casper College demands intellectual honesty. Proven plagiarism or any form of dishonesty associated with the academic process can result in the offender failing the course in which the offense was committed or expulsion from school. See the Casper College Student Code of Conduct.

ADA Statement: It is the policy of Casper College to provide appropriate accommodations to any student with a documented disability. If you have a need for accommodation in this course, please make an appointment to see me at your earliest convenience.
Chapters and Tentative Agenda:

Week of August 28: Chapter 1: Theories and Therapies
Week of September 4: Chapter 2: Psychoanalysis and Psychoanalytic Theories
Week of September 11: Chapter 3: Adlerian Therapy
Week of September 18: Chapter 4: Existential Therapy
Week of September 25: Chapter 5: Person-Centered Therapy
Week of October 2: Chapter 6: Gestalt Therapy
Week of October 9: Chapter 7: Reality Therapy
Week of October 16: Chapter 8: Behavior Therapy and Midterm Examinations
October 23 and 24: Fall Break
Week of October 23: Chapter 9: Cognitive and Cognitive Behavior Therapy
Week of October 30: Chapter 10: Rational Emotive Behavior Therapy
Week of November 6: Chapter 11 and 12: Transactional Analysis and Feminist Therapy
Week of November 13: Chapter 13: Bowen Family Systems
Week of November 20: Chapter 14: Strategic Family Therapy
November 22, 23 and 24: Thanksgiving Holiday
Week of November 27: Chapter 15: Solution-Focused Therapy and Term Paper must be submitted
Week of December 4: Chapter 16: Ethical and Legal Aspects of Counseling
Week of December 11: Wrap Up
Week of December 18: Final Examination