

Theory and Methods of Counseling Section 01

PSYC 165

Fall 2024 3 Unit(s) 08/21/2024 to 12/09/2024 Modified 08/13/2024

Contact Information

Instructor:	Erin Woodhead, Ph.D.
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Office Hours:	Thursdays 10:30-12:30 and by appointment.
Class Days/Time:	T/TH 1:30-2:45
Classroom:	DMH 356
Prerequisites:	Psyc 001

Course Description and Requisites

A survey of theories focused on helping and behavior change. Course covers both historical and contemporary psychotherapeutic interventions found in clinical and counseling psychology and evidence based practice approaches in psychotherapy.

Prerequisite: PSYC 001.

Classroom Protocols

I expect you to be attentive in class, participate in discussions, and limit other distractions. Please place cell phones on silent during class. If you must make or answer a call, please excuse yourself from class. Please do not browse the web during class. Most importantly, please be respectful of your classmates' opinions. Attendance is expected each week. If you do not attend classes, you will miss discussion that will help you better understand the material that will appear on the exams. If you have to miss a class, please let me know ahead of time. If you have to miss a few classes, please make an appointment with me so that we can discuss your progress in the course and your reasons for not attending class.

Program Information

Program learning outcomes (PLOs) are skills and knowledge that students will have achieved upon completion of the Psychology BA degree. Each course in our curriculum contributes to one or more of these PLOs. The PLOs for the Psychology BA degree are:

1. Knowledge Base of Psychology. Students will be able to demonstrate familiarity with the major concepts, theoretical perspectives, empirical findings, and historical trends in psychology.
2. Research Methods in Psychology. Students will be able to design, implement, and communicate basic research methods in psychology, including research design, data analysis, and interpretations.
3. Critical Thinking Skills. Students will be able to use critical and creative thinking, skeptical inquiry, and a scientific approach to address issues related to behavior and mental processes.
4. Applications of Psychology. Students will be able to apply psychological principles to individual, interpersonal, group, and societal issues.
Values in Psychology. Students will value empirical evidence, tolerate ambiguity, act ethically, and recognize their role and responsibility as a member of society.

Course Learning Outcomes (CLOs)

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

1. CLO1: Describe the major theories of counseling and psychotherapy, including differences in therapeutic goals, assessment strategies, and techniques.
2. CLO2: Compare and contrast the major theories of counseling and psychotherapy from historical to modern approaches.
3. CLO3: Describe current research supporting the major theories of counseling and psychotherapy.

Course Materials

The textbook for this course is required. It is available from the SJSU bookstore and other outlets:

Course Requirements and Assignments

Instead of a traditional grading rubric, this class uses a grading contract. Please review the below information about grading contracts and how our specific course grading will work.

How is a grading contract different from a traditional grading scheme? With a grading contract, students complete a set of core activities and achievements to earn a “baseline” grade in the class, and can raise their grade further by completing other achievements. Grades can also be lowered below the baseline grade if students fail to complete the core achievements.

Grading Contract Details

Core Class Achievements

You will earn a course grade of B- if you pass* ALL of the following core class achievements.

- 10 out of 13 reading questions
- 10 out of 13 class activities
- Exams 1 and 2 (70% or higher is passing; 42 out of 60 points or higher)
- Final paper

Grade Boosters

You will earn a grade boost (e.g., B- to B) for completing EACH of the achievements below. There are four boosters available. Please note that I give A+ grades at my discretion for exceptional performance in the class.

- Score 90% or higher on an exam (2 boosts available total, 1 for each exam)
- Complete an additional paper with a passing score (1 boost available, see Canvas for paper details)
- Create and record a presentation over Zoom that summarizes the research reviewed in the required final paper (1 boost available, see Canvas for details)

Grade Sinkers

You will lose part of a letter grade (i.e., B- to C+) for each instance where your course performance does not meet expected minimum standards. These are:

- Score < 70% on an exam (including a 0 for failing to take an exam; each exam < 70% lowers course grade by part of a letter grade)
- Completing fewer than 10 out of 13 reading questions (grade sinker, regardless of how many fewer than 10 completed, e.g., 2 vs. 9)
- Completing fewer than 10 out of 13 class activities (grade sinker, regardless of how many fewer than 10 completed, e.g., 2 vs. 9)
- Not passing the final paper

*A note on what's considered "passing" in this class

- For exams, a passing score is 70% or higher. For this class, that means 42 points out of 60 points or higher.
- For pass/fail assignments, you must follow instructions specified in the assignment to pass. Each assignment's description lays out what is required to pass.
- Assignments must be completed on time to be considered passing, unless a student arranges an extension previously approved by the instructor.
- For all assignments and papers, a passing paper has very few words copied directly from the original material. This means that you use your own words to describe concepts and that you don't plagiarize entire sentences from the original work. One full sentence copied and pasted from the original work is enough to qualify for plagiarism. See Canvas for more grading information on the papers (linked in each assignment's description)

1) Midterm and Final Exams (Passing = 70% or higher)

There will be two exams in this class given during class time. The exams are closed notes/closed book. Each student can bring one 3x5 index card with handwritten notes on both sides to the exam. This card will be turned in with your exam. The exams will be 12 short answer questions (5 points each). A study guide that lists relevant concepts will be available for each exam. There are no make-ups for the exams. You will have one class period to complete the exam. **For the short answer on the midterm and final, you need to use your own words and provide your own examples (don't copy sentences or examples from our textbook). You are allowed to give a similar response as one you provided on the reading questions.**

Final Examination or Evaluation

The final examination will be the second exam, which is not cumulative. The final exam will count the same as any other exam.

The final exam will be held on Monday Dec 16 from 12:15-2:30. The exam will be the same format as the midterm (12 short answer questions worth 5 points each) and it is not cumulative. Remember that a passing score is 70% or greater (42 points out of 60 points or higher)

2) Reading Questions

To facilitate critical thinking about the content our readings, most weeks (except as noted in the course calendar) you will complete and upload responses to a set of reading questions to Canvas. For the reading questions, **I will give you 4-5 questions and you are to respond to 3 of the questions of your choice.** Reading questions will be graded as passing if you accurately express your understanding of a theory or concept in your own words. Reading questions are to be completed independently. **Please write in complete sentences in paragraph form for your responses. No bullet point lists. Each response should be around 1 paragraph.**

3) Class Activities

Each week students will turn in a class activity that is done individually or together during class time (except as noted in the course calendar). The instructor will decide each week whether the activity is done during the Tuesday or Thursday class. You will pass the activity if you follow the directions and write in complete sentences in your responses. No bullet point lists unless the instructor specifies that in the instructions.

4) Papers

There is one final paper required for all students, which is focused on applying two theories learned in class to a clinical case vignette. **A google doc with more details about the paper is linked under the relevant Canvas assignment.**

You can complete a second case vignette paper to qualify for a grade booster. This paper is similar to the required paper except that you will use two different theories from the required paper in order to expand your knowledge on the theories covered during the semester. A google doc with more details is linked under the relevant Canvas assignment.

5) Presentation

For those students who want to pursue an additional grade booster, you can record a zoom presentation in which you present a summary of the required paper. This will require you to prepare slides and record a 10-15 minute video of yourself on zoom. You will then share the video with me by Dec 6 at 11:59pm. Additional details are available on Canvas.

✓ Grading Information

Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of 45 hours over the length of the course (normally 3 hours per unit per week with 1 of the hours used for lecture) for instruction or preparation/studying or course related activities including but not limited to internships, labs, clinical practica. Other course structures will have equivalent workload expectations as described in the syllabus. As an example, the expectation of work for a 3-credit course is 150-minutes of direct faculty instruction and six hours of out-of-class student work each week.

For all the assignments below, please note that my policy is to not accept late work unless we have discussed it beforehand. All assignments are graded as pass/fail (defined as complete or incomplete in Canvas).

Assignment	How Many?	Relevant CLOs
Reading Questions	10 required	CLO1-3

Class Activities	10 required	CLO1-3
Exams	2 required	CLO1-3
Final Papers	1 required, 1 optional	CLO2
Presentation	1 optional	CLO2

University Policies

Per [University Policy S16-9 \(PDF\)](http://www.sjsu.edu/senate/docs/S16-9.pdf) (<http://www.sjsu.edu/senate/docs/S16-9.pdf>), relevant university policy concerning all courses, such as student responsibilities, academic integrity, accommodations, dropping and adding, consent for recording of class, etc. and available student services (e.g. learning assistance, counseling, and other resources) are listed on the [Syllabus Information](https://www.sjsu.edu/curriculum/courses/syllabus-info.php) (<https://www.sjsu.edu/curriculum/courses/syllabus-info.php>) web page. Make sure to visit this page to review and be aware of these university policies and resources.

Course Schedule

Note: Schedule is subject to change with fair notice – if changed, I will announce it in class and via email.
Reading questions are due on Monday nights by 11:59pm.

When	Topic	Notes
Week 1: 8/22	Course Introduction	Read syllabus fully ahead of our first class.
Week 2: 8/27 & 8/29	Ch 1: Introduction and Overview	Assignments: Read Ch 1
Week 3: 9/3 & 9/5	Ch 2: The Counselor: Person and Professional	Assignments: Read Ch 2; Reading Questions Ch 2 due 9/2 at 11:59pm; Class Activity Ch 2
Week 4: 9/10 & 9/12	Ch 3: Ethical Issues in Counseling Practice	Assignments: Read Ch 3; Reading Questions Ch 3 due 9/9 at 11:59pm; Class Activity Ch 3
Week 5: 9/17 & 9/19	Ch 4: Psychoanalytic Therapy	Assignments: Read Ch 4; Reading Questions Ch 4 due 9/16 at 11:59pm; Class Activity Ch 4
Week 6: 9/24 & 9/26	Ch 5: Adlerian Therapy	Assignments: Read Ch 5; Reading Questions Ch 5 due 9/23 at 11:59pm; Class Activity Ch 5

When	Topic	Notes
Week 7: 10/1 & 10/3	Ch 6: Existential Therapy	Assignments: Read Ch 6; Reading Questions Ch 6 due 9/30 at 11:59pm; Class Activity Ch 6
Week 8: 10/8 & 10/10	Ch 7: Person-Centered Therapy	Assignments: Read Ch 7; Reading Questions Ch 7 due 10/7 at 11:59pm; Class Activity Ch 7
Week 9: 10/15 & 10/17	Ch 8: Gestalt Therapy	Assignments: Read Ch 8; Reading Questions Ch 8 due 10/14 at 11:59pm; Class Activity Ch 8
Week 10: 10/22 & 10/24	MIDTERM	Midterm given in class on Tues 10/22. Class Activity Mid-Semester on 10/24.
Week 11: 10/29 & 10/31	Ch 9: Behavior Therapy	Assignments: Read Ch 9; Reading Questions Ch 9 due 10/28 at 11:59pm; Class Activity Ch 9
Week 12: 11/5 & 11/7	Ch 10: Cognitive Behavior Therapy	Assignments: Read Ch 10; Reading Questions Ch 10 due 11/4 at 11:59pm; Class Activity Ch 10
Week 13: 11/12 & 11/14	Ch 11: Choice Theory/Reality Therapy	Assignments: Read Ch 11; Reading Questions Ch 11 due 11/11 at 11:59pm; Class Activity Ch 11
Week 14: 11/19 & 11/21	Ch 12: Feminist Therapy	Assignments: Read Ch 12; Reading Questions Ch 12 due 11/18 at 11:59pm; Class Activity Ch 12
Week 15: 11/26	Ch 13: Postmodern Approaches	Assignments: Read Ch 13; Reading Questions Ch 13 due 11/25 at 11:59pm
Week 16: 12/3 & 12/5	Ch 14: Family Systems Therapy	Assignments: Read Ch 14; Reading Questions Ch 14 due 12/2 at 11:59pm; Class Activity Ch 14 Final Papers due by 12/9 at 11:59pm; Optional Presentation Due