

PRINCIPLES AND TECHNIQUES OF PSYCHOTHERAPY

COURSE SYLLABUS

North Central University

PSYC 430, 3 credits

Class: Block B (9:30 – 10:45 AM, T-Th)

Dr. Kari J. Nelson

Office: Kingsriter Center Phone: 343-4788

Drop-in Office Hours: M/W/F from 9:00-10:30am (no appointment needed)

Email: kari.nelson@northcentral.edu

Course Description.

This course will acquaint the student with the major approaches to psychotherapy, including Psychoanalytic Therapy, Adlerian Therapy, Person-centered Therapy, Rational-Emotive Therapy, behavioral therapies, and others of significance. Ethical issues and specific practical issues related to psychotherapy will also be examined. Prerequisites: PSYC 353 and PSYC 363.

Objectives.

1. The student will have a basic understanding of and be able to critique the major contemporary models of psychotherapy.
2. The student will have practiced the basic techniques of the various psychotherapeutic models.
3. The student will appreciate the multifaceted and complex nature of psychological issues and their treatment.
4. The student will continue to develop his/her own theory and approach to counseling and psychotherapy.
5. The student will be aware of current research in the field.
6. The student will be stimulated to further study, thought, and awareness of standards on issues related to the field.

Materials.

1. Corey, G. (2013). *Theory and Practice of Counseling and Psychotherapy* (9th ed.). Monterey: Brooks/Cole Publishing Company.
2. Nelson, K. (2013). *Principles & Techniques of Psychotherapy Course Manual* (please bring to each class).
3. Galvan, J. (2013). *Writing Literature Reviews* (5th ed.). Glendale: CA. Pyrczak Publishing Company.

Requirements.

1. Three **exams**.
2. Four therapist **role plays**.
3. One literature review **paper**.

Policies.

1. **Attendance and participation.**

The student is expected to attend and actively participate in each class session. The standard university policies regarding attendance apply in this course (professor discretion). For this 400 level 3-credit course, up to 4 absences is tolerated; on the 5th absence, the student will be dropped from the course. Also, if a student is more than 10 minutes late to any class or leaves more than 10 minutes early, this counts as an absence (per University policy). University policy states that 4 tardies equal one absence. Students that add the course after the first class meeting are held to the same syllabi expectations as students who start the course on the official start date. These expectations include (but are not limited to): assignments and the attendance policy. It is the responsibility of the late addition student to make up any missed assignments (unless the late penalty would preclude that), class notes, etc.

2. **Reading material.**

The student is expected to remain current with the assigned readings.

3. **Copies of assignments and records of grades.**

The student is expected to keep copies of assignments and records of scores received so that verification of assignments completed may be made (if necessary), and so that the student's grade may be calculated at any point in the semester. If a student has not tracked their scores on the graded items in this course, but desires to get them, please see the administrative assistant in the Kingsriter Center. Please understand that in order to abide by federal FERPA laws, she will ask to see your NCU ID card before giving you this type of information (please bring it with you when you come).

4. **Academic integrity.**

Academic dishonesty is a serious breach of conduct at NCU and violations can result in serious discipline including the possibility of dismissal from the University. Academic dishonesty is defined as intentional plagiarism, cheating, fabricating or attempting to help others to be dishonest which includes, but is not limited to, roster fraud and attendance deception. The student is expected to behave in a moral manner (including avoiding plagiarism). Plagiarism is the theft of someone else's work. When you copy someone else's writing without attributing the material and citing the source, whether it is a book, a newspaper article, a journal or a magazine, it is plagiarism. When you cut and paste information from a web site that you visit without attributing the material to that source, whether it is an entire paper, a paragraph or a sentence, that is plagiarism. When you PARAPHRASE someone else's words/writing/ideas and don't give credit to the original source, it is plagiarism. For now, suffice it to say that if the words or the thoughts are not your own, you must give credit to someone else's brain. If you don't, that is theft, and it will be treated as such. This includes receiving a failing grade on the paper, in the course, a formal letter for your permanent academic file, referral to the NCU Plagiarism Committee,

and/or dismissal from the University. To be safe, always cite anything that is not: 1) your own original idea, and 2) information that is not known by the general public.

5. **Disability.**

Students who have a documented disability and wish to discuss academic accommodations should make an appointment with the professor within the first two weeks of the semester. Students with disabilities need to ensure that these disabilities or conditions are documented with the Student Success Center. It is the perspective of this professor that the ADA be respected and followed and that University students begin advocating for themselves with those directly involved in their educational experience. A confidential discussion about your disability is highly encouraged with this professor.

6. **Responsibility for progress.**

The student is expected to contact the professor if there are questions or concerns regarding the course topics or assignments. Students that add the course after the first class meeting are held to the same syllabi expectations as students who start the course on the official start date. These expectations include (but are not limited to) assignments and the attendance policy. It is the responsibility of the late addition student to make up any missed assignments (unless the late penalty would preclude that), class notes, etc. The professor is not held responsible.

7. **Due dates.**

The exams will be given and the assignments will be due at the beginning of class on the dates outlined in class. Assignments are due at the beginning of the class period. Late assignments will be accepted for full credit only with documentation of medical illness (with a physician's note only) or family emergency. Other late assignments will be tolerated as follows: worth 80% if received the date due but after they have been collected in class, worth 60 % if one day late, 40% if two days late, etc. (includes weekends and holidays). There are no exceptions to this policy. For other assignments, the note must state that your current medical difficulty impacted your ability to do the work. At the time of the request, you must hand in what was accomplished prior to the illness. Only hard copies of assignments will be accepted (no email attachments). Tardiness penalties will be assessed if arriving late on exam & role play days, so please be prepared and on time for each exam and role play. Exams & role plays will begin promptly at the beginning of the class period.

8. **Classroom Etiquette.**

Be attentive and courteous when your classmates speak or ask questions. Often one student can express a question that many might have but didn't know how to express or were too shy to ask. Honor those who speak. Even the person who asks too many questions occasionally asks a really good, helpful to many, question. You should listen as attentively as you do to me. This will create a safe learning environment for all students to learn. Please turn off & put away all electronic devices and cell phones during class meeting times. Use of electronic devices is not allowed during class. Also, the use of computers is prohibited in this class. No recording/taping/ photography/personal computer/cell phone/electronic device use of any kind is allowed in this course. North Central University's policy regarding intellectual property allows professors to assert their right to NOT allow any electronic/digital/ audio/video recordings of any type during classes. As such, no portions of my classes

may be posted on YouTube or any other means of mass media or personal communication devices. This policy applies even if it is intended only for personal use. If academic accommodation is needed, please see me (or visit the Student Success Center) so that proper accommodations may be made for you.

Grading Criteria.

1. Exams.

Three noncumulative exams worth 50 points each will be given, covering the material presented in class and the reading material. The format will include multiple choice and/or short answer/ essay, unless informed otherwise.

2. Role Plays.

Each student will complete four therapist role plays utilizing the principles and techniques of the approaches studied. Students will interact in groups of three (therapist, client, observer) and role play a fictional therapeutic situation. See the course manual for further details. After the 15 minute role play, each participant will rate the therapist's work on a scale of 1 (poor) to 10 (perfect). All three scores will be combined for the therapist's total score for that role play, a possibility of 30. A combined score below 15 will necessitate a repeat of that role play. Total possible points for the role plays will be 120. Each therapist role play will occur only during the time in which the particular model is discussed. If you are tardy or absent on role play days late exam penalties may apply or you may be ineligible to sit for the current/or future role plays. **No** role plays allowed for Psychoanalytic, Existential, or Family therapy; Must select **either** Behavioral OR CBT role play (you may not do both).

3. Paper.

Each student will prepare one literature review paper (**15** minimum pages of written material; this does not include the APA title page or reference pages, nor the MLA works cited pages). This review will discuss issues in the reading material that refer to topics covered in lecture or the text. The student may choose one topic (e.g., accurate empathy, etc.), or may cover a number of topics. Further instructions will be given in class. Grading will include content (approximately 50%) and format (50%) and will be **worth 100 points**. The paper will have a minimum of **20** current research journal articles for references. Only current, peer-reviewed professional research journal articles may be utilized. No pop psychology articles from magazines, newspapers, books/texts, or other reference materials (including any internet data that is not a peer reviewed professional journal) will be accepted. APA format is expected from SBS majors. If you are unfamiliar with APA format, you may also see the Literature Review grading rubric summarizing the professor's expectations (in the course manual), as well as following the guidelines recommended in the Galvan reader). Hard copies (aka: paper copies) of these literature review papers are due at the **beginning** of the class period on the date due (if the papers have already been collected, and you hand in your paper after the collection has occurred, the paper is considered late). The student will also be required to upload the **identical** literature review paper to Turnitin.com **prior** to the beginning of the class period for which that paper is due. If there are difficulties with uploading a paper to Turnitin.com by the

required time period, do **not** contact the professor with any explanation – the paper will be considered **late** (even if you present the hard copy in class on time). Either APA format is required for all SBS & Interdisciplinary majors; MLA format is optional for all other majors. Samples of both formats are located in the course manual (CM). APA style will be briefly discussed in class and will be outlined in a brief handout that can also be located in your CM. Since MLA is taught in all NCU ENG124 courses, we will only discuss this format if students have questions. Hard copies only will be accepted (no email attachments accepted).

4. Grading scale.

A = 90-100%

B = 80-89%

C = 70-79%

D = 60-69%

F = 0-59%

Course Schedule (subject to change).

T = Textbook

G = Galvan reader

#	Date	Topic	Assignment
1	1/17	Course introduction	
2	1/22	Basic Issues	T1 & 2
3	1/24	Basic Issues	
4	1/29	Integration	G 1& 2
5	1/31	Integration	T3
6	2/5	Ethics	G 3 & 4
7	2/7	Psychoanalysis	T4
8	2/12	Psychoanalysis [no roles plays]	
9	2/14	Exam #1	
10	2/19	Adlerian Therapy	T5, G5 & 6
11	2/21	Adlerian Therapy	G 8, 9 & 10
12	2/26	Adlerian Therapy [role plays]	G11, 12 & 13
13	2/28	Existential Therapy	T6
3/5	No class: Spring Break		
3/7	No class: Spring Break		
14	3/12	Existential Therapy [no role plays]	
15	3/14	Person-Centered Therapy	T7
16	3/19	Person-Centered Therapy	Lit. Review due
17	3/21	Person-Centered Therapy [role plays]	
18	3/26	Gestalt Therapy	T8
19	3/28	Gestalt Therapy	
20	4/2	Gestalt Therapy [role plays]	
21	4/4	Exam #2	
22	4/9	Behavior Therapy	T9
23	4/11	Behavioral Therapy	T10

24	4/16	CBT & REBT [select either Behavioral or CBT role play]	
	4/18	No class: Faculty In-service	
25	4/23	Family Systems Therapy [no role plays]	T14
26	4/25	Integration & Eclecticism	T15
27	4/30	Final Exam Week: Exam #3	