

Northwest University
Doctorate of Counseling Psychology Program

**PSYC 7403 Psychotherapeutic Systems
Spring 2013**

Instructor: Dr. Kim Lampson

E-mail: kim.lampson@northwestu.edu

Office Hours: By appointment Mondays, Tuesdays, and Thursdays.

Required Text: Messer, S.B. & Gurman, A.S. (2011). *Essential psychotherapies: theory and practice*. New York: Guilford.

Recommended Text: Tan, S.-Y. (2011). *Counseling and psychotherapy: a Christian perspective*. Grand Rapids, MI: Baker Academic.

Course Description: This advanced course provides a historical overview of the various schools of psychology: psychodynamic, behavioral, cognitive, cognitive-behavioral, humanistic/existential, and other current therapies. The student is presented with theories and treatment interventions used in therapy. This is a counseling laboratory course.

Course Objective: This course is an overview of psychotherapeutic systems. At the conclusion of the course, the student will be able to:

1. Demonstrate understanding of the essential psychotherapies through writing, class discussion, and assignments.
2. Clearly articulate an in-depth understanding of one school of psychotherapy through writing, presentations, and video presentations.
3. Discuss and define the advantages and disadvantages of integrating spirituality with psychotherapy.

Attendance Policy:

Regular class attendance is important and expected of all students. Specific attendance policies and consequences of missing a class session are at the discretion of the individual professor of each class. Attendance is included as part of the overall course grade. If a student knows they will need to miss a class, the student should contact the professor in advance. A student cannot miss more than a third of the sessions (two classes) of any given course. If a student misses more than a third of the sessions, the student will not be able to receive a passing grade. In this circumstance, the student is encouraged to withdraw from the course and retake the class when it is offered again.

Academic Honesty:

Northwest University expects honesty from students in all areas, including their academic lives. Academic dishonesty is a serious violation of University standards and may result in the students' receiving an "F" on the assignment, receiving an "F" for the course, or possibly being dismissed from the University. Instances of academic dishonesty are coordinated through the respective graduate program office and typically reported to the Provost's Office.

Academic dishonesty includes cheating on assignments or examinations, submitting the same (or essentially the same) paper in more than one course without prior consent of the current assigning professor(s), sabotaging another student's work, and plagiarizing. Plagiarism is "using someone else's ideas or phrasing and representing those ideas or phrasing as our own, either on purpose or through carelessness" (MLA). Any student disciplined by a faculty member for alleged academic dishonesty has the right to appeal the disciplinary action. The student should initiate his/her appeal according to procedures outlined in the Northwest University Student Academic Appeals Policy, which is available in the Provost Office.

Mechanics of the Course:

A) Class Sessions will include lecture, class discussion, films, video presentations by students, and a variety of other learning activities.

B) Exams: There will be one exam.

C) Response, Research, or Other Written Assignments: There will be one 10 page research paper.

D) Grading

Item	Percentage
Jeopardy Game	25
Exam	15
Paper	25
Panel Discussion/Debate	20 (including CV, brief introduction)
Video Presentation	15
TOTAL	100

Grading Scale:

A	100-94%	C	76-74%
A-	93-90%	C-	73-70%
B+	89-87%	D+	69-67%
B	86-84%	D	66-64%
B-	83-80%	D-	63-60%
C+	79-77%	F	59% and below

E) Demonstrations of Competencies (Through assignments, presentations, exams, orals, etc.) Competencies will be demonstrated through presentations, exam, and assignments.

F) Lecture and Reading Outline:

This outline is only an approximate guide. Dates for particular lecture topics may change and material may need to be added or deleted. If any changes are made, they will be announced in class.

The course will be divided into two sections: the first four sessions will focus on learning the essential psychotherapies; the second four sessions will focus on studying key theorists/clinicians in the field of psychology, their contributions, and the implementation of their approaches in clinical practice.

Date	Class Activities	Assignments
<i>Before Semester Starts</i>		<i>Read Chapters related to your topic for Jeopardy game/ Read Psychoanalytic Approaches</i>
January 14, 2013	Introduction to course Working in teams on jeopardy questions Psychoanalytic Approaches Video of a master	Read Behavioral & Cognitive Approaches
January 28, 2014	Jeopardy Game –Round One Behavioral & Cognitive Approaches Video of a master	Read Experiential & Humanistic Approaches and Systems Approaches
February 11, 2013	Jeopardy Game – Round Two Experiential & Humanistic Approaches Systems Approaches Video of a master	Read Brief, Integrative, & Group Approaches
February 25, 2013	Brief, Integrative, & Group Approaches Video of a master Exam	Work on Focus Project

March 4, 2013	Focus Project Presentations Panel of students	Outline and References
March 18, 2013	Focus Project Presentations Panel of students	Submit Rough Draft
March 25, 2013	Focus Project Presentations Panel of students	Return Rough Drafts with brief conferences
April 8, 2013	Focus Project Presentations Panel of students Loose Ends Evaluations	Final Paper Due

COURSE ASSIGNMENTS

1) **Jeopardy Game** – Students will divide into teams of two or three based upon the five sections of the textbook: Psychoanalytic Approaches; Behavioral & Cognitive Approaches; Experiential & Humanistic Approaches; Systems Oriented Approaches; or Brief, Integrative, & Group Approaches. Each team will be responsible for developing a set of 30 “answers” with the corresponding questions. They need to range in difficulty from easy (100 level) to difficult (500 level) with a total of 5 levels. The questions used in the jeopardy game will be the same questions that will appear on the mid-term exam.

2) **Focus Project – Paper, Video, Presentation, & Debate** – You have the opportunity to conduct an indepth study of one founder (to be selected from list) of a psychotherapeutic system (see separate handout explained at first class). More details on this can also be found in the file, “Psychotherapeutic Systems Activity.”