

Argosy University San Francisco Bay Area  
Department of Counseling Psychology  
M.A. Program in Counseling Psychology  
Syllabus  
Course Title  
Theories in Counseling Families and Individuals  
Course Number PC6230  
Fall I Semester 2010

**Instructor:** Dr. Russell A. Chapman, Ph.D.

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**Office Hours:** Mondays 12:00 PM -2:00 PM and Tuesdays 11 AM-12:30 PM. There are also office hours by appointment only

**Class Times:** Sept. 10<sup>th</sup> and 11<sup>th</sup> & October 9<sup>th</sup> and 10<sup>th</sup>.

**Required Texts:**

Corey, G. (2009) *Theory and Practice of Counseling and Psychotherapy*, 8<sup>th</sup> ed.,  
Brooks/Cole Publishing Co., ISBN # 0-495-10208-3

American Psychological Association (2009) *Publication Manual of the American Psychological Association*, 6th ed., American Psychological Association., ISBN # 978-1-4338-0562-2

**Final Date to Drop the Class:**

To receive a “W” grade a student must officially drop this class by the date listed below that corresponds to this course’s term and length. Students may not withdraw from this course after this date. If a student chooses to discontinue course work after the final drop date, the student may receive an “F” grade for the course.

Session I (7.5 week courses):  
Deadline for withdrawal “W”: October 11<sup>th</sup>, 2010

**Course Description:**

This class is designed to provide an introduction to the basic theories and practice of Psychotherapy and counseling. It will cover the major theories of psychotherapy, including how they originated and the theories of personality on which they are based. The class will also show the application of the theories in the practice of counseling and psychotherapy.

**Course Objectives:**

The objective of this course is to introduce students to the basic principles and techniques of counseling families and individuals. Students will become familiar with the major theoretical paradigms for counseling psychology practice. Each student will be encouraged to begin the search for the psychotherapeutic approach s/he will use as a professional counselor.

**Methods of Instruction:**

This course will be blended delivery. The traditional meetings are September 11<sup>th</sup> and 12<sup>th</sup>, 2010 and October 9<sup>th</sup> and 10<sup>th</sup>, 2010. The remaining of the course will be delivered online through Argosy University course management system. The online portion of the course begins September 7<sup>th</sup> and ends October 27<sup>th</sup>, 2010. The traditional face-to-face meeting will include lecture, class discussion, role-play exercises, videos and student-group lead presentations. The online delivery will include online quizzes & discussion threads.

### **Content Areas:**

Introduction and Overview; The Counseling Psychologist: Person and Professional; Ethical Issues in Counseling Practice; Theories and Techniques including Psychoanalytic, Adlerian, Existential, Person-Centered, Gestalt, Reality Therapy, Behavior Therapy, CBT, Feminist, and Family Systems. More specifics relating to content will be discussed during the first week of class.

### **Course Calendar:** Fall I 2010

September 7<sup>th</sup> – September 13<sup>th</sup>: Course Overview/Online Introductions and Chapters 1-3

September 11<sup>th</sup> and 12<sup>th</sup>: First Face-to-Face Meeting

September 14<sup>th</sup> – September 20<sup>th</sup>: Psychoanalytic Therapy, and Adlerian Therapy

September 21<sup>st</sup> – September 27<sup>th</sup>: Existential Therapy and Person Centered Therapy

September 28<sup>th</sup> - October 4<sup>th</sup>: Gestalt Therapy

October 5<sup>th</sup> – October 11<sup>th</sup>: Behavior Therapy & CBT

October 9<sup>th</sup> and 10<sup>th</sup>: Second Face-to-Face Meeting

October 12<sup>th</sup> – October 18<sup>th</sup>: Reality Therapy & Feminist Therapy

October 19<sup>th</sup> – October 25<sup>th</sup>: Integrative Therapy & Postmodern Approaches

October 26<sup>th</sup> and 27<sup>th</sup>: Family Therapies

### **Attendance:**

All students are required to attend the course site weekly and all fact-to-face meetings. It is the professor's experience that to maximize the student learning she or he needs to attend the class site at least times a week. You will put about five to six hours into the course a week not including weekly reading. I will keep track of student attendance through the course site and if you do not attend each week than you cannot receive an "A" in the course.

### **Course Requirements:**

The course requirements are weekly discussion board questions (DBQ's), Chapter Quizzes on the Corey Textbook, and a final group paper counseling therapeutic approach or basis of therapy.

### **Weekly DBQ's:**

There will be weekly DBQ's on the discussion board (DB) for all students to answer. There will be 2 questions given from the course information covered in a particular week of the course. Students are required to post their answers to the questions by the Wednesday of the given week and have up until the Sunday of the same week to respond to another two classmates posting. There are rubrics give on each individual week/module in the course. The rubric indicates how the DBQ's are graded. Student responses or replies are calculated into the students over all

module grades for any particular DBQ. A thoughtful comment is defined and posing questions to a classmate for her or his response, communicating something significant you learned from a classmate's posting, or adding an additional "perspective" of how you "perceive" the information given by the fellow student's posting. These DBQ's are graded on the student's thoughtfulness and mindfulness in the given answer and reply. There are "actual" right answers for each question, but there can be a "subjective" twist given by students when they are asked to "apply" their answer to real life circumstances. All answers are to follow APA writing style/format (Especially paraphrasing and quoting). All answers must be each student's original work and not a copy from another student's work. If there is evidence of copying, then the professor will assign a "0%" for that individual assignment. There may or may not be a relationship between weekly DBQ's and the weekly quizzes.

### **Posting DBQ's:**

Students are highly encouraged to type all the DBQ answers out in Microsoft word processing and save them as an individual file on their home computer. Then up-load their answers to the discussion board (DB) by attachment and by "copy/paste" directly into the DB. This allows your instructor to view the assignments both ways and trouble shoots a lot of technological issues. Students who choose to type their answers "directly" into the DB may lose their information, if they lose their connection to the course site. Thus, causing a lot of pain, frustration, and time consuming work for the student.

### **Module or Chapter Quizzes:**

Weekly quizzes will be on the readings. The questions will be multiple choice and true/false format. There will be a quiz for each module. (Lists of quizzes are provided below and please pay attention to the due dates for each quiz.) The quizzes will be between 25-50 questions and will be graded upon completion. There is no time limit on the quizzes and you download each individual quiz from the shared documents section of the course site. Students are allowed to use their course materials while taking the quiz. Students may not turn in quizzes after the due date and all quizzes are turned into the professor via e-mail attachment ([ruchapman@argosy.edu](mailto:ruchapman@argosy.edu)) on the due date stated below. Students should do the best they can to answer the questions.

**Quiz 1 (Chapters 1-3) Due Date: September 13<sup>th</sup>, 2010**

**Quiz 2 (Chapters 4-5) Due Date: September 20<sup>th</sup>, 2010**

**Quiz 3 (Chapters 6-8) Due Date: September 27<sup>th</sup>, 2010**

**Quiz 4 (Chapters 9-10) Due Date: October 4<sup>th</sup>, 2010**

**Quiz 5 (Chapter 11) Due Date: October 11<sup>th</sup>, 2010**

**Quiz 6 (Chapters 12-13) Due Date: October 18<sup>th</sup>, 2010**

**Quiz 7 (Chapters 14-15) Due Date: October 25<sup>th</sup>, 2010**

### **Group Paper on Counseling Theory and Therapy:**

The final paper in this course will be based upon an Athletic counseling theory or basis of therapy presented in this course. All sport and exercise candidates will be required to have this focus of her/his paper, along with integrating the basic counseling theories or forms of therapy. If a student wants to venture out of the theories or forms of therapy covered in this course, she/he may, but the topic must be approved by the professor. This paper **must be** completed in groups of 1-5, however the professor is not opposed to the larger numbers in a group, but these groups need permission previously from the professor. **The final paper must be in APA format.** The

professor will be happy to assist students in understanding APA format over telephone conference or e-mail. **If a paper is not in APA format, there will be an automatic letter grade deduction from the final grade of the paper. Students will need to hire a proof reader or editor for the final paper to make sure the paper meets graduate level writing ability.** These papers will be **10-12 pages in length**, not including a title page, abstract, and reference page. The papers will cover the following information; a) A history of the form of therapy, b) cover all theoretical basis of the form of therapy (Key Concepts), c) the therapeutic process of the form of therapy, d) multicultural perspective of the form of therapy, and e) a discussion of how you would use this form of therapy and why you might want to supplement it with aspects of other forms of therapy. The due date of this paper is at the end of the course (October 25-27<sup>th</sup>, 2010). The professor will be happy to pre-read any parts of papers before the second weekend face-to-face meeting time.

### **The Weekly Routine:**

All students should go through the following weekly routine to have success in this course:

1. Read all assigned reading (s).
2. Take quizzes and answer, by developing your own original answers to the Discussion Threads (DT's) or discussion board questions (DBQ's). Then posted them to the discussion board (DB).
3. Complete final power point presentations and attend all face-to-face meetings.

### **Course Grading:**

Grades are determined on a points scale at the end of the semester. Below is the final point scale which will determine your final grade. However, they will be "weekly" grades recorded in an instructor grade book to allow you to view your performance along the semester. Grading is progressive throughout the semester and final grade posting dates are indicated in the course calendar.

1. 900-1000 Points = A
2. 800-899 Points = B
3. 700-799 Points = C
4. 0-699 Points = F

### **Academic Dishonesty/Plagiarism:**

Academic Dishonesty/Plagiarism: In an effort to foster a spirit of honesty and integrity during the learning process, Argosy University requires that the submission of all course assignments represent the original work produced by that student. All sources must be documented through normal scholarly references/citations and all work must be submitted using the American Psychological Association (2009) Publication Manual of the American Psychological Association, 6th ed., American Psychological Association format. Students are encouraged to purchase this manual (required in some courses) and become familiar with its content as well as consult the Argosy University catalog for further information regarding academic dishonesty and plagiarism.

### **Scholarly writing:**

The faculty at Argosy University is dedicated to providing a learning environment that supports scholarly and ethical writing free from academic dishonesty and plagiarism. This includes the proper and appropriate referencing of all sources. You are responsible for maintaining an electronic copy of any work submitted, because you may be asked to submit your course assignments through “Turnitin,” ([www.turnitin.com](http://www.turnitin.com)), an online resource established to help educators develop writing/research skills and detect potential cases of academic dishonesty. Turnitin compares submitted papers to billions of pages of content and provides a comparison report to your instructor. This comparison detects papers that share common information and duplicative language.

### **Americans with Disabilities Act Policy:**

It is the policy of Argosy University to make reasonable accommodations for qualified students with disabilities, in accordance with the Americans with Disabilities Act (ADA). If a student with disabilities needs accommodations, the student must notify the Director of Student Services. Procedures for documenting student disability and the development of reasonable accommodations will be provided to the student upon request.

Students will be notified by the Director of Student Services when each request for accommodation is approved or denied in writing via a designated form. To receive accommodation in class, it is the student’s responsibility to present the form (at his or her discretion) to the instructor. In an effort to protect student privacy, the Department of Student Services will not discuss the accommodation needs of any student with instructors. Faculty may not make accommodations for individuals who have not been approved in this manner.

### **The Argosy University Statement Regarding Diversity:**

Argosy University prepares students to serve populations with diverse social, ethnic, economic, and educational experiences. Both the academic and training curricula are designed to provide an environment in which students can develop the skills and attitudes essential to working with people from a wide range of backgrounds.

### **MACP APA Style Requirements**

Minimum required elements of APA style for written assignments in first year courses include the following:

- Cover page that meets APA style requirements of elements and formatting (i.e., title of paper, name, course number/course name, Argosy University, semester or term and year, running head in left header, and page number in right header)
- Body of paper with critical voice (e.g., synthesis of opinions/ comments) supported by paraphrasing of credible sources using the two styles of APA citing (out-of-text and in-text) with correct punctuation; avoid use of 1<sup>st</sup> person singular “I” (except personal reflection papers) and 2<sup>nd</sup> person singular “you;” use of third person plural “we” acceptable to reflect universal human experience

- Quoted passages to include author, year, and page number; emphasis on paraphrasing with minimal use of quotations to support critical voice
- Reference page that meets APA style requirements to include appropriate sources (e.g., no Wikipedia), references that match citations (e.g., no references listed that are not also cited), and correct formatting/punctuation
- APA style formatting to include 1” margins, running head in left header, page number in right header, Times New Roman 12 point font, left justification of all passages, indentation of 5 spaces for new paragraphs, 1 ½ line spacing and double sided pages (modified APA in spirit of promoting “green” for MACP program)
- Grammatical and punctuation errors edited to address incomplete sentences, run-on sentences, awkward sentences, inconsistent verb tense, inconsistent pronoun use, redundancy of ideas/words, use of extremes or superlatives (e.g., “always,” “never,” “very,”) and conversational or idiomatic language