The University of St. Thomas  
Clinical Mental Health Counseling Programs  
CMHC 5310 Counseling Theories  
Fall 2016

Instructor: Nevine Sultan, PhD, NCC, LPC
Office: School of Education Annex (1202 Colquitt Street)
Work Phone: 713-525-3194
Office Hours: Mondays, 3:45 pm – 5:00 pm; Wednesdays, 3:45 pm – 5:00 pm; and by appointment
E-mail: sultann@stthom.edu
Course Home Page: On Blackboard
Class Meeting: Mondays, 9:00 am - 11:45 am
Prerequisites: None

Course Description: This course offers students an introduction to the major theories used by professional counselors, including psychodynamic, cognitive-behavioral, humanistic-existential, systems, and post-modern approaches. Students are encouraged to master the key concepts from each approach and to apply these concepts to case conceptualization and intervention.

Learning Outcomes: This course is designed to support the student in mastery of the following CACREP (2016) competencies:

SECTION 2: PROFESSIONAL COUNSELING IDENTITY  
COUNSELING CURRICULUM (F)

2. SOCIAL AND CULTURAL DIVERSITY  
b. theories and models of multicultural counseling, cultural identity development, and social justice and advocacy
  g. the impact of spiritual beliefs on clients’ and counselors’ worldviews
  h. strategies for identifying and eliminating barriers, prejudices, and processes of intentional and unintentional oppression and discrimination

5. COUNSELING AND HELPING RELATIONSHIPS  
a. theories and models of counseling
  b. a systems approach to conceptualizing clients
  f. counselor characteristics and behaviors that influence the counseling process
  j. evidence-based counseling strategies and techniques for prevention and intervention
  n. processes for aiding students in developing a personal model of counseling

SECTION 5: ENTRY-LEVEL SPECIALTY AREAS  
C. CLINICAL MENTAL HEALTH COUNSELING
1. FOUNDATIONS  
b. theories and models related to clinical mental health counseling
3. PRACTICE
b. techniques and interventions for prevention and treatment of a broad range of mental health issues

In addition to addressing the CACREP standards described above, this course is also designed to assist the student in her or his preparation for the National Counselor Examination (NCE) and licensure requirements for Licensed Professional Counselors (LPCs) in Texas (Counseling Theories).

This course also addresses the following Catholic social justice dimensions:

**The Principle of Human Dignity**: Every human being is invaluable and worthy of respect as a member of the human family.

**The Principle of Participation**: People have a right and duty to participate in society, seeking together the common good and well-being of all.

**The Principle of Association**: The person is not only sacred but also social. By association with others, human persons achieve their fulfillment.

**Required Texts**:


**Recommended Texts**:


**Reserve Materials/Recommended Articles Posted on Blackboard**: The instructor may post additional readings on Blackboard.

**Methods of Instruction and Conduct of the Course**: This course supports student mastery of material through lecture, discussion, case study, and experiential learning.

**Course Assignments**:

*Counselor as a Person Reflection (7%)*: In this two- to three-page paper, you will reflect on some of your core values, your philosophy of life, and your current view of personal growth and change. How might these factors impact your clinical practice, your efficacy, and your professional identity as a licensed professional counselor? Please focus on some of your personal characteristics, strengths, growth areas,
biases, beliefs, and past experiences, and how they may facilitate or impede your ability to effectively work with clients in a counseling relationship. Include, in your reflection, any previous clinical training or work experience, any previous experience as a counseling client, and any counseling/psychotherapy theories to which you may be particularly drawn.

Midterm Counseling Theory Reflection (8%): This two-to three-page paper provides you an opportunity to expand on your Counselor as a Person Reflection. Draw your attention to how you are conceptualizing and internalizing the reading material and coursework towards developing your counseling skills. What are your personal assumptions about and reactions to some of the approaches we have studied, to date? Share your thoughts about some of the theorists’ views of: (a) client change; (b) the respective roles of therapist and client; (c) the role of the therapeutic relationship; and (d) the role of culture. How do these views and approaches align or clash with your expectations of how counseling “works” and with your core values? What, in your view, are some of the strengths and limitations of these theories? What have you discovered, realized, or learned about yourself as a potential new counseling professional as a result of reading about these first few theories and participating in class activities and discussions? Focus on two or three theories that resonate with you. Please note that this is not a theory summary paper, but a personal reflection about your professional growth thus far.

Final Counseling Theory Paper (25%): Now that you have studied some of the major theories of counseling and psychotherapy and had a number of opportunities to explore and reflect on your experience of them, it is time for you to apply your knowledge in a focused and intentional way. The purpose of this 10- to 12-page paper is for you to demonstrate your developing skill with theoretical thinking, specifically considering an integrative perspective that acknowledges how clients’ thoughts, feelings, behaviors, mind, body, and spirit intersect to influence intrapersonal, interpersonal, and systemic experiences.

Identify two or three theoretical frameworks that we studied and with which you resonate. Propose how you integrate your perspective based on foundational concepts from these particular theories.

Please integrate some of the key lessons gleaned across the semester to describe the following aspects of your personal counseling approach:

- Function and role of the counselor
- Function and role of the client
- Nature of the therapeutic relationship
- Goals and objectives of the counseling process
- Techniques/methods you might employ
- Strengths and limitations of your approach
- Cultural and diversity considerations

Document the following:

- The impact of your personal experience on your theoretical framework
- The impact of your family of origin on your theoretical framework
- Your foundational assumptions about human nature, motivation, behavior, and change
- The influence of context and your perception of it
- Your vision of future directions for developing your theoretical paradigm

NOTE: This project requires weekly attention or you may struggle with completing the assignment successfully.
Quizzes (10%): There are five (5) quizzes consisting of ten (10) questions per quiz and one (1) point per question. Questions are in multiple choice, true/false, and fill-in-the-blank format. Your totals from all quizzes combined constitute 10% of your final grade. Unless otherwise indicated by the instructor, all quizzes are completed in class on the date specified in the “Schedule of Class Sessions” section.

Midterm Exam (20%): The midterm exam assesses your comprehension of the material covered in the first half of the course. Exam questions consist of multiple choice, true/false, and fill-in-the-blank questions, short answer questions, and an essay, taken from the readings, class activities and discussions, and handouts. Unless otherwise indicated by the instructor, the midterm exam is completed in class on the date specified in the “Schedule of Class Sessions” section.

Final Exam (20%): The final exam assesses your comprehension of the material covered throughout the duration of the course. Exam questions consist of multiple choice, true/false, and fill-in-the-blank questions, short answer questions, and an essay, taken from the readings, class activities and discussions, and handouts. Unless otherwise indicated by the instructor, the final exam is completed in class on the date specified in the “Schedule of Class Sessions” section.

Participation (10%): Actively and respectfully participate in class discussions and activities, at a graduate student level. The richness of the class depends on the unique life experiences, career plans, and contributions you bring.

Grading:

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Rating Criteria</th>
<th>Points Assigned</th>
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<tbody>
<tr>
<td>Counselor as a Person Reflection</td>
<td>• Thoughtful reflection on core values, philosophy of life, and current view of personal growth and change (1 pt.)&lt;br&gt;• Thoughtful reflection on role of personal characteristics, strengths, growth areas, biases, beliefs, and past experiences, and impact of all of the above on clinical practice, efficacy, and professional identity (2 pts.)&lt;br&gt;• Thoughtful reflection on previous counseling-related training, previous experience as a client, or interest in specific theories (2 pts.)&lt;br&gt;• Appropriate use of APA 2010 style in a two- to three-page paper (2 pts.)&lt;br&gt;CACREP 2. F. 2. g. &amp; h.; 2. F. 5. b.</td>
<td>7</td>
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<tr>
<td>Midterm Counseling Theory Reflection</td>
<td>• Thoughtful self-analysis of process of conceptualizing and internalizing readings and coursework (2 pts.)&lt;br&gt;• Thoughtful reflection on personal assumptions about approaches studied and alignment with counseling and with personal values (2 pts.)&lt;br&gt;• Thoughtful reflection on your self-discovery process based on class activities and readings (2 pts.)&lt;br&gt;• Appropriate use of APA 2010 style in a two- to three-page paper (2 pts.)&lt;br&gt;CACREP 2. F. 2. g. &amp; h.; 2. F. 5. a., b., &amp; n.</td>
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<td>Assignment</td>
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| Final Counseling Theory Paper                 | • Effective application of an integrative perspective acknowledging the intersection of clients’ thoughts, feelings, behaviors, mind, body, and spirit, and the influence on self, others, and systems (6 pts.)<br>• Identification of theoretical frameworks to integrate with your personal perspective (2 pts.)<br>• Thoughtful contemplation of function/role of counselor & client, therapeutic alliance, goals of counseling, techniques used, strengths & limitations of approach, and cultural/diversity considerations (6 pts.)<br>• Thoughtful reflection on impact of your personal experience on theory; impact of your family of origin on theoretical framework; your assumptions about human nature, motivation, behavior, & change; influence of context; your vision of future directions (6 pts.)<br>• Appropriate use of APA 2010 style in a 10- to 12-page paper (5 pts.)<br>  
CACREP 2. F. 2. g. & h.; 2. F. 5. a., b., j., & n.; 5. C. 1. b.; 5. C. 3. b.                                                                 | 25               |
| Quizzes                                       | • Multiple choice, true/false, & fill-in-the-blank questions<br>• 5 in-class quizzes, 10 questions per quiz, 1 point per question                                                                                         | 50               |
| Midterm Exam                                  | • Includes material covered in first half of course<br>• Multiple choice, true/false, & fill-in-the-blank questions (12 pts.)<br>• Short answer questions (5 pts.)<br>• Essay (3 pts.)<br>  
CACREP 4. B. & F.                                                                                                                               | 20               |
| Final Exam                                    | • Includes material covered throughout course duration<br>• Multiple choice, true/false, & fill-in-the-blank questions (12 pts.)<br>• Short answer questions (5 pts.)<br>• Essay (3 pts.)<br>  
CACREP 4. B. & F.                                                                                                                               | 20               |
| Participation                                 | • Active and respectful participation in class discussion and other activities                                                                                                                                  | 10               |

**Final Grade Distribution:**

- Counselor as a Person Reflection: 7%
- Midterm Counseling Theory Reflection: 8%
- Final Counseling Theory Paper: 25%
- Quizzes: 10%
- Midterm Exam: 20%
- Final Exam: 20%
- Participation: 10%
Grading Scale:

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Grade</th>
<th>Grade Points</th>
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</thead>
<tbody>
<tr>
<td>94% - 100%</td>
<td>A</td>
<td>4.0</td>
</tr>
<tr>
<td>90% - 93%</td>
<td>A-</td>
<td>3.7</td>
</tr>
<tr>
<td>87% - 89%</td>
<td>B+</td>
<td>3.3</td>
</tr>
<tr>
<td>84% - 86%</td>
<td>B</td>
<td>3.0</td>
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<tr>
<td>80% - 83%</td>
<td>B -</td>
<td>2.7</td>
</tr>
<tr>
<td>77% - 79%</td>
<td>C+</td>
<td>2.3</td>
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<tr>
<td>74% - 76%</td>
<td>C</td>
<td>2.0</td>
</tr>
<tr>
<td>70% - 73%</td>
<td>C-</td>
<td>1.7</td>
</tr>
<tr>
<td>67% - 69%</td>
<td>D+</td>
<td>1.3</td>
</tr>
<tr>
<td>60% - 66%</td>
<td>D</td>
<td>1.0</td>
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<tr>
<td>0% - 59%</td>
<td>F</td>
<td>0</td>
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Formatting and Submission of Assignments:

All assignments required for this course are your personal and professional responsibility, and should reflect your highest effort and finest work. Correct spelling, proper grammar, and proper formatting are expected. Unless otherwise noted, all assignments should include a cover page and should be formatted in 12-point font with 1-inch margins following APA Style. The page count required for each assignment does not include Title Page and References. Unless otherwise indicated, please submit all assignments electronically on Blackboard in Word format. Please do not hand in assignments/documents in any other format unless you have secured prior approval from the instructor. Additionally, no assignments will be accepted through email or by hard copy unless specified by the instructor. All assignments should be submitted by the due date, by class meeting time.

Late Assignment Policy:

All assignments are due at the beginning of class on the date identified in the “Schedule of Class Sessions” section. Ten percent (10%) of your grade for the assignment will be deducted for handing in the assignment past the beginning of class on the due date. Twenty percent (20%) of your grade for the assignment will be deducted for each calendar day that an assignment is late. Exceptions to this policy will be made at the instructor’s discretion based on extenuating factors reported by the student, and are not guaranteed. Requests for extra time on an assignment should be made at least one week prior to the assignment due date or immediately after the due date in the case of a documented emergency that could not be anticipated. All extension requests must be made in writing and approved in writing.

Attendance Requirements:

This course covers crucial material that directly influences your future as a counselor. Class attendance and punctuality are necessary for you to gain maximum benefit. Students are expected to attend all classes. Please contact the instructor before an absence, or in case of an emergency, as soon after the absence as possible. Students are responsible for making up any missed work and for obtaining information presented in a missed class.

You are permitted to miss one class during the semester. Each absence thereafter will result in a two-percent (2%) deduction from your final grade. Two percent will also be deducted for students who consistently arrive to class late or leave class early (by 5 or more minutes). Two late arrivals or early departures will constitute one unexcused absence, i.e., a two-percent deduction.
Student Responsibilities:

1. Complete the assigned readings indicated on the “Schedule of Class Sessions” prior to each class meeting.
2. Complete and submit all assignments prior to class meeting by the deadline date.
3. Attend class regularly and participate actively, on a graduate student level, in all classroom activities (presentations, discussions, etc.). Your regular attendance and active participation in the class are critical to your own learning and to that of your peers, as well as to the overall success of the course.
4. Bring course textbooks and other required readings to each class meeting.
5. Check university email regularly for information and updates, etc. University email will be the instructor’s primary mode of communication with all students.
6. Communicate effectively and respectfully with instructor and with peers.

An Invitation:

This course is guided by the assumptions of dignity and respect for all persons in the classroom. Empathy, active listening, open exploration, respectful dialogue, and multicultural competence are counseling skills that can be included in all courses. Please schedule an appointment to speak with the instructor about any concerns related to learning styles and/or abilities, or any other issues that may impact your success in this course.

Academic Integrity and Standards of Conduct:

Academic Integrity

As a Catholic, Basilian university, integrity and honesty are integral components of UST’s core values. We support open, civil discourse and careful, respectful listening where freedom of thought and expression are valued and protected. The University also supports honesty and integrity by striving in various ways to foster respect for oneself and one’s own work, as well as respect for others, their work, and their basic human rights.

Students are expected to conduct themselves honestly on all academic assignments. University-wide information about academic integrity as well as procedures for addressing alleged violations can be found in the Graduate Catalog. Violations of academic integrity include, but are not limited to cheating, stealing, lying, forgery, and plagiarism. Ignorance of any of these offenses is not a valid reason for committing an act of academic dishonesty.

Blackboard

Course materials are placed on UST’s content management system, Blackboard.

Recording Class Lectures

With the instructor’s permission, students may record class lectures for their private use only. No clinical case presentations or case studies offered in class may be recorded. The materials may not be given, loaned, or sold to others without the consent of the instructor. In addition, class lectures must be appropriately cited when used (see APA Manual).

Weather-Related Cancellations or Changes to Schedule

When UST closes due to a weather event, the University will place this information on local television and radio channels, and the university’s website. Missed classes will be made up, either through the rescheduling of the class time, or through a supplemental academic activity.
Learning Disabilities or Differences
To request academic accommodations due to a disability or difference, contact Counseling and Disability Services (713-525-2169). If you have a letter from Counseling and Disability Services indicating that you are eligible for academic accommodations, please present the letter to the instructor to arrange for the use of your accommodations. To ensure fairness to all students and maintain appropriate professional boundaries, instructors follow the guidance of the Counseling and Disability Services office in the provision of accommodations.

Writing Center
To request assistance with writing papers, contact UST’s Tutorial Services office, located on the second floor of Crooker Center.

Communication Devices
To avoid distracting the instructor and other students from their class work, please turn off all cell phones or other communication devices during class time. Please refrain from text messaging, e-mailing, or surfing the web in class.

Incomplete Grades
Incomplete grades will only be given for extreme emergencies, at the discretion of the instructor. A death in your family, extreme illness (not colds and flu), military activation, or other significant events outside of your control may be grounds for an Incomplete grade.

Withdrawal from Course
To withdraw from the course with a grade of ‘W’, the student must withdraw by the date reflected in the University’s academic calendar. Please consult the graduate catalog for more information.

Course Evaluation at the End of the Semester
Students are asked to evaluate the course and instructor at the end of each semester. This evaluation is extremely helpful in the improvement of our courses. Please participate in this important process.

IDEA Course Evaluation Dimensions (Discipline Code 5115 Mental Health Services)
CMHC 5310 Counseling Theories

<table>
<thead>
<tr>
<th>Item</th>
<th>Minor</th>
<th>Important</th>
<th>Essential</th>
<th>Dimension</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>X</td>
<td></td>
<td></td>
<td>Gaining factual knowledge</td>
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<tr>
<td>2</td>
<td></td>
<td>X</td>
<td></td>
<td>Learning fundamental principles</td>
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<td>3</td>
<td></td>
<td></td>
<td>X</td>
<td>Learning to <em>apply</em> course material</td>
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<td>4</td>
<td></td>
<td></td>
<td>X</td>
<td>Developing specific skills, competencies, and points of view needed by professionals in the field</td>
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<td>5</td>
<td>X</td>
<td></td>
<td></td>
<td>Acquiring skills in working with others as a member of a team</td>
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<td>6</td>
<td>X</td>
<td></td>
<td></td>
<td>Developing creative capacities</td>
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<td>7</td>
<td>X</td>
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<td>Gaining a broader understanding and appreciation of intellectual/cultural activity</td>
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<td>8</td>
<td></td>
<td>X</td>
<td></td>
<td>Developing skill in expressing oneself orally or in writing</td>
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<td>9</td>
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<td>X</td>
<td>Learning how to find and use resources for answering questions or solving problems</td>
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<tr>
<td>Item</td>
<td>Minor</td>
<td>Important</td>
<td>Essential</td>
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<td>10</td>
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<td>X</td>
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<td>Developing a clearer understanding of, and commitment to, personal values</td>
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<td>11</td>
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<td>X</td>
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<td>Learning to analyze and critically evaluate ideas, arguments, and points of view</td>
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<td>12</td>
<td></td>
<td>X</td>
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<td>Acquiring an interest in learning more by asking questions and seeking answers</td>
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</table>

**Schedule of Class Sessions (subject to change):**

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Session Topics</th>
<th>Required Reading (complete prior to class meeting)</th>
<th>Assignment (due by class time)</th>
<th>Competencies</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>8/22</td>
<td>• Welcome, introductions, course overview</td>
<td>Syllabus (in class)</td>
<td>CACREP 2. D. 2. F. 2. b., g., &amp; h.</td>
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<tr>
<td></td>
<td></td>
<td>• Syllabus review</td>
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<td>• Questions re: assignments &amp; expectations</td>
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<td></td>
<td></td>
<td>• Discussion</td>
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<td>2</td>
<td>8/29</td>
<td>• Theoretical Orientation Scale (BB)</td>
<td>Ch. 1 &amp; 22 (J-S)</td>
<td>CACREP 2. F. 2. b., g., &amp; h. 2. F. 5. a., b., j., &amp; n. 5. C. 1. b. 5. C. 3. b.</td>
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<tr>
<td></td>
<td></td>
<td>• Toward theory integration</td>
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<td></td>
<td>• Integrative psychotherapy: Constructing your own integrative counseling approach</td>
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<td></td>
<td></td>
<td>• Discussion</td>
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<td>3</td>
<td>9/5</td>
<td>LABOR DAY – NO SCHOOL</td>
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<td>4</td>
<td>9/12</td>
<td>• First force in psychotherapy</td>
<td>Part I (J-S)</td>
<td>CACREP 2. F. 5. a. &amp; j. 5. C. 1. b. 5. C. 3. b.</td>
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<tr>
<td></td>
<td></td>
<td>• Psychoanalytic &amp; psychodynamic theories</td>
<td>Ch. 2 &amp; 3 (J-S)</td>
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<td></td>
<td></td>
<td>• Adlerian psychotherapy</td>
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<td>Discussion</td>
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<tr>
<td>5</td>
<td>9/19</td>
<td>• Second force in psychotherapy</td>
<td>Part II (J-S)</td>
<td>Quiz 1 (in class)</td>
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<td></td>
<td></td>
<td>• Behavior therapy &amp; integrated psychopharmacology</td>
<td>Ch. 4, 5, &amp; 6 (J-S)</td>
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<td></td>
<td></td>
<td>• Cognitive approaches to psychotherapy</td>
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<td>• Reality/Choice therapy</td>
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<td></td>
<td>• Discussion</td>
<td>CACREP 2. F. 5. a. &amp; j. 5. C. 1. b. 5. C. 3. b.</td>
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<tr>
<td>6</td>
<td>9/26</td>
<td>• Third force in psychotherapy</td>
<td>Part III (J-S)</td>
<td>COUNSELOR AS A PERSON REFLECTION DUE</td>
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<td></td>
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<td>• Existential therapy</td>
<td>CACREP 2. F. 5. a. &amp; j. 5. C. 1. b. 5. C. 3. b.</td>
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<td>• Person-centered therapy</td>
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<td></td>
<td></td>
<td>• Discussion</td>
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<td>Week</td>
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</tbody>
</table>
| 7    | 10/3   | • Gestalt therapy  
• Expressive arts therapies  
• Discussion                      | Ch. 9 & 11 (J-S)                                    | Quiz 2 (in class)               | CACREP  
2. F. 5. a. & j.  
5. C. 1. b.  
5. C. 3. b. |
| 8    | 10/10  | FALL BREAK – NO SCHOOL                                                        |                                                  |                                 |              |
| 9    | 10/17  | • Fourth force in psychotherapy  
• Multicultural theories  
• Transcultural therapy  
• Discussion  
• Midterm exam review | • Part IV (J-S)  
• Ch. 12 & 13 (J-S) | MIDTERM COUNSELING THEORY REFLECTION DUE         | CACREP  
2. F. 2. b., g., & h  
2. F. 5. a., b., & j  
5. C. 1. b.  
5. C. 3. b. |
| 10   | 10/24  | MIDTERM EXAM IN CLASS                                                          | Midterm exam (in class)                          |                                 | CACREP  
4. B. & F. |
| 11   | 10/31  | • Feminist therapy  
• LGBT therapy  
• Discussion                            | • Ch. 14 (J-S)                                     | Quiz 3 (in class)               | CACREP  
2. F. 2. b. & h.  
2. F. 5. a., b., & j  
5. C. 1. b.  
5. C. 3. b. |
| 12   | 11/7   | • Solution-focused therapy  
• Narrative therapy  
• Discussion                              | • Ch. 15 & 16 (J-S)                                 |                                 | CACREP  
2. F. 5. a. & j.  
5. C. 1. b.  
5. C. 3. b. |
| 13   | 11/14  | • Integrating spiritual/religious issues in psychotherapy  
• Strengths-based therapy  
• Discussion                               | • Ch. 17 & 18 (J-S)                                 | Quiz 4 (in class)               | CACREP  
2. F. 2. g.  
2. F. 5. a. & j.  
5. C. 1. b.  
5. C. 3. b. |
| 14   | 11/21  | • Family therapy approaches  
• Discussion                                  | • Ch. 19 (J-S)                                     | FINAL COUNSELING THEORY PAPER DUE | CACREP  
2. F. 5. a., b., & j.  
5. C. 1. b.  
5. C. 3. b. |
| 15   | 11/28  | • Fifth force in psychotherapy  
• Neuroscience & psychotherapy  
• Neuropsychotherapy  
• Comparing & contrasting theories of psychotherapy  
• Discussion  
• Final exam review                         | • Ch. 20 & 21 (J-S)                                 | Quiz 5 (in class)               | CACREP  
2. F. 5. a., b., j., & n.  
5. C. 1. b.  
5. C. 3. b. |
| 16   | 12/5   | FINAL EXAM IN CLASS                                                            | Final exam (in class)                             |                                 | CACREP  
4. B. & F. |
This is the instructor’s best estimate, prior to the beginning of the course, of how the course will proceed. The instructor reserves the right to amend the schedule during the course of the term, as needed.

Key:

J-S: Jones-Smith textbook
BB: On Blackboard