APCE 607: Theories of Counseling
3 Credit Hours
Spring 2025 – Lowry Campus

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Days/Times: 2/7-9; 2/21-23   Fri: 4-10pm; Sat: 8am-5pm; Sun: 8am-4pm

Office Hours: By appointment

Course Content: This course is designed to give students a comprehensive overview of major counseling theories (i.e. Psychoanalysis, Adlerian, Jungian, Existential, Gestalt, Person-Centered, Behavioral, Cognitive, Postmodern & Constructivist Theories, Multicultural Theories). The course will also emphasize the application and integration of major theories. In addition, students are encouraged to critically analyze theories and begin to develop a personal theory of counseling.

Course Description: The study and initial analysis of the major counseling theories and elements of effective psychotherapy as they apply to the counseling process.

Method of Instruction: Lecture, small group discussions/activities, role-play activities, and group presentations.

Text Book:

Required:

Wedding, D. & Corsini, R.J. (2019). *Current Psychotherapies (11th ed).* Cengage Learning: Boston, MA
    ISBN: 978-1-305-86575-4

Additional readings may be posted in Canvas.

KNOWLEDGE AND SKILL OUTCOMES (CACREP Standards): Upon successful completion of this course students will:

1. Students will examine the impact of heritage, attitudes, beliefs, understandings, and acculturative experiences on an individual's views of others (CACREP Standard 2.F.2.d)
2. Students will demonstrate knowledge about theories and models of counseling, (Standard: 2.F.5.a).
3. Students will learn how to use a systems approach for conceptualizing clients (Standard: 2.F.5.b).
4. Student will evaluate the impact of technology on the counseling process (Standard: 2.F.5.e).
5. Students will study counselor characteristics and behaviors that influence the counseling process (Standard: 2.F.5.f).
6. Students will learn essential interviewing, counseling, and case conceptualization skills (Standard: 2.F.5.g)
7. Students will learn processes for developing a personal model of counseling (Standard: 2.F.5.n).
8. Students will identify evidenced-based counseling practices (Standard: 2.F.8.b).
9. Students will learn theories and models related to clinical mental health counseling (CMHS Standard: 5.C.1.a).
10. Students will learn cultural factors relevant to clinical mental health counseling (CMHS Standard: 5.C.2.j).

Assignments

Attendance and Participation (100 pts): Readings and classroom discussion are critical. Because of the interactive format and condensed format, you are expected to attend ALL class sessions. An absence will result in a one letter grade deduction from your final grade in the course. That said, we know that life happens; absences and coming late to class will be handled on a case-by-case basis. An "Incomplete" is given only in cases of illness, death in family, or other extreme circumstances. You are expected to participate in class discussions, small group discussions, and engage in class activities.

Mock Therapy Session Transcript (100 pts): You will conduct a mock therapy session with a volunteer that lasts at least 30 minutes. You will focus on fundamental relationship building skills (discussed during the first part of class). Following your mock session, type a transcript that represents about 10-15 minutes of your session. In your transcript, you will identify specific types of therapeutic interventions. More specific information regarding this assignment is presented later in the syllabus.

Midterm/Final Exams (100 pts): Exams will address information covered in online materials, lectures, textbook, readings, and class presentations. The midterm will emphasize information from the first half of the class and the final will emphasize information from the second half. The exams will consist of multiple-choice, short-answer and essay type questions. Exams are open book/open note. Each exam is worth 50 points for a combined total of 100 points.

Presentations (100 pts): You will form small groups (size of groups will depend upon size of the class) and present on various counseling theories not covered in class by the instructors. In your presentation, you will be given an individual grade and a group grade. More specific information regarding this assignment will be presented the first day of class and later in this syllabus.

Personal Theory Paper (100 pts): In this paper you will write about your emerging personal theory of counseling. You will discuss what theory or theories you are most drawn to, and why. The paper should be typed and referenced (APA style). More information about the paper is presented later in this syllabus.

*Please note: you may NOT use the same theory for your group presentation and your personal theory paper. We want you to explore and learn about different theories in these assignments.

Assignments	Points Possible
Attendance and Participation	100
Mock Therapy Session & Transcript	100
Class Presentation	100
Midterm Examination	50
Final Examination	50
Personal Theory Paper	100

Final Grade	Percent	Final Grade	Percent	Final Grade	Percent
A	93-100	B-	80-82	D+	67-69
A-	90-92	C+	77-79	D	63-66
B+	87-89	C	73-76	D-	60-62
B	83-86	C-	70-72	F	Below 60

Please Note: APCE 607 is considered a foundational course for all Professional Counseling Programs. Obtaining a grade of C- or below will result in your needing to repeat the course.

ADA, Title IX, University Policies & Resources

Additional Department / Course Policies:

Professional Conduct/Ethics

All students are required to know and adhere to their respective professional association (e.g., ACA, APA) code of ethics. Ethical violations may result in failure of the course and possibly dismissal from the program.

Recording Devices
Using recording devices or recording software/apps of any type will not be permitted (e.g., audio, video). Students audio or video recording classroom lectures must be provided prior approval from this instructor or an accommodation letter from Disability Resource Center Services must be provided by the student prior to recording information. Violations may result in failure of the course and possibly dismissal from the program.

Social Media
There should be no information related to this course posted or shared on any social media platform or the internet in any way. Violations may result in failure of the course and possibly dismissal from the program.

Electronic Devices
Using electronic devices (e.g., computers, iPads, phones) during class/clinic time for any reason not related to the course (e.g., social media or online use, messaging, texting) will not be permitted without prior approval. Violations may result in reduction in final grade or failure of the course.

**Changes to the syllabus may be made as the course proceeds.
If this is necessary, these changes will be announced in class.**

Tentative Class Schedule:

Day	Topics	Wedding & Corsini (2019) Chapters
2/7	Introduction to the course Contemporary approaches to counseling and psychotherapy Characteristics of counselors and clients Evidence–Based Practice in Psychology Common factors of counseling & ingredients of a helping relationship Practice foundational skills	1
2/8	Psychodynamic Psychotherapies (Freud) Object Relations Interpersonal Process in Therapy	2
2/9	Adlerian Therapy Client-Centered Therapy Existential Psychotherapy	3, 4, 8
	Midterm Examination: **Opens Wednesday, 2/5 @ 7am** **Closes Sunday, 2/12 @ 11:59pm**	
	Mock Therapy Paper due Friday, 2/21 by 4pm	
2/21	Behavior Therapy & DBT Cognitive-Therapy Group Presentations	6, 7
2/22	Interpersonal Psychotherapy Rational Behavioral Therapy (REBT) Group Presentations	5, 10
2/23	Integrative Psychotherapies Multicultural Theories of Psychotherapy Group Presentations	14, 15
	Final Examination: **Opens Sunday, 2/23 @ 5pm** **Closes Wednesday, 2/26 @ 11:59pm**	
	Personal Theory Paper due Wednesday, 2/26 @ 11:59pm	

Please Note: Changes to the syllabus may be made as the course proceeds. Other topics and supplemental readings will be introduced throughout the course.

Mock Therapy Session Transcript

Objective: The purpose of the transcript is to give you an opportunity to critically evaluate your counseling style.

Assignment: Conduct a mock counseling session with an individual (not a class member) about an past or contrived "relationship problem". If it is actual problem, be sure they discuss a past situation. You will need to audio-tape this session. The content of your transcript should include the following Also see Therapy Transcript Grading Criteria.

Counseling Skill	Required Number
Open Question	2
Verbal Encourager	3
Affective Reflection/Reflection of Feeling	4
Paraphrasing	4
Interpretation	1
Summarization	1

Format for Transcription: Below is the format that we would like you to use.

Client	Therapist	Comment
1.	Hello Susan, what brings you in today?	Open Question
2. Well, I am having a hard time dealing with my father again.		
3.	Your father is making you feel down again.	Reflection of feeling. (I may have been a little impulsive to say this so soon in the session).
4. Yeah, he is really getting on my nerves and that makes me feel kind of guilty. (Her eyes begin to tear up).		
5.	He is doing things that are upsetting. What are those tears telling us?	Paraphrase Open Question (and Immediacy)
6. Ya, it is like nothing I can do is right…client goes on talking about situation where father put her down in front of family members and it brought back a lot of memories about when she was younger.	There you were…being treated like a child again.	
7.		Paraphrase. I really did not say anything new.
	You feel guilty because he is old and ill.	Paraphrase.
8. Ya. (still quietly crying)		
9.	Here you are a 40 year-old woman, who is accomplished in her career and you have a father who still needs to put you in your place. You know he isn't going to change and that leaves you feeling helpless.	Paraphrase Reflection of feeling.

Comment Section: At the end of the transcript, devote 1-2 pages to critique your transcript. In this section, address the following topics:

Things I did well.
Things I need to work on.
Something new I learned about myself.
How the way I was feeling influenced my effectiveness as a counselor.

Name: _____

Mock Therapy Session Transcript Grading Criteria

(The Transcript will be graded according to how well you included the required type and number of interventions, accuracy in labeling interventions and the quality of your comment section. The points will be assigned according to the following criteria:)

<u>**Required Skill:**</u>   **Points**

   Open Question (2)   _____ / 8

   Verbal Encourager (3)   _____ / 12

   Affective Reflection/Reflection of Feeling (4)   _____ / 16

   Paraphrasing (4)   _____ / 16

   Interpretation (1)   _____ / 4

   Summarization (1)   _____ / 4

<u>**Critique:**</u>

   Things I did well   _____ / 8

   Things I need to work on   _____ / 8

   Something new learned about myself   _____ / 8

   How my feelings influenced my effectiveness   _____ / 8

<u>**Writing Quality:**</u>

   Spelling, grammar and quality written work   _____ / 8

Total: _____ **/ 100**

Comments:

Group Presentations

Class Presentation: Groups of 3 to 5 class members will make formal presentations on selected psychotherapy theories. Your presentation should be around 45 minutes. There should be some type of demonstration of your theory's technique(s). For your presentations, use the following outline:

1. **Basic View of Human Nature**: What are some key assumptions your theory makes about human nature.
2. **Key Terms/Concepts:** List and Define some of the key terms and concepts proposed by your theory.
3. **Structure of Personality:** To what degree does your theory suggest that conscious vs- unconscious factors that affect personality. Does it propose stages of personality development?
4. **Causes of Psychopathology/Healthy Personality:** How does your theory suggest that psychopathology is caused? What separates a "healthy" personality from an "unhealthy" personality?
5. **Model of Change:** According to your theory, how does change happen? What about the counseling process helps moves a client from pathology to health? What is the role of the therapist in that process? Etc.
6. **Therapeutic Techniques:** Be prepared to demonstrate (e.g., role-play) or show a video-tape demonstrating some of the techniques.
7. **Major Contributions:** Spend some time Comparing and Contrasting your theory with the three major theories we discussed in class (Psychodynamic/OR, Humanistic, Cognitive-Behavioral).
8. **What is the Empirical Support for your theory/model/approach?** Discuss the evidence for your approach's efficacy. How would you know if you were being effective using this approach?
9. **Multicultural/Ethical Considerations:** Discuss how applicable your theory is to diverse groups and how it may need to be modified when working with diverse groups. What are some ethical considerations/concerns when using this theoretical approach? Are there any groups/problems that this approach may not be appropriate to use?
10. **Treatment of Client:** Spend some time discussing how your theory would conceptualize the Client's difficulties and go about treatment. (Use the case study on the next page).

You will need to provide a PowerPoint outlining the above areas. You will want to have a clearly defined "division of labor" so we can assess both your individual contributions and overall group contribution.

Theories to be discussed may include (other theories with instructor approval):	
Acceptance and Commitment Therapy (ACT: Hayes)	
Family Therapy	Chapter 11
Feminist Therapy	
Play Therapy	
Gestalt Therapy (Perls)	Chapter 9
Jungian Therapy	
Mindfulness and Other Contemplative Therapies	Chapter 12
Narrative Therapy (White)	
Positive Psychotherapy	Chapter 13
Groups can also include specific application of a theory (e.g., Trauma Focused CBT; Family Therapy for Eating Disorders, etc.)	

NAME OF THEORY: _____

Class Group Presentation
Grading Criteria

Names	Relative % Contribution
1._____ (Your Name)	_____
2._____	_____
3._____	_____
4._____	_____
5._____	_____

*The sum of the Relative Contribution column should equal 100.
*If everyone in your group contributed equally, everyone should have the same number in the relative contribution column.

Group Presentation Feedback:

Individual Grade _____/ 50

Group Grade _____/ 50

Total _____/ 100

Personal Theory Paper

Your (emerging) Personal Theory of Psychotherapy: It has been written that the theories used by therapists often reflect important values and personality characteristics of the therapist. You are to write a paper in which you begin to articulate your personal theory of personality and psychotherapy. Your paper should incorporate the following outline:

1. A brief description of your personal theory.
2. Factors for your own personality, experiences, development, etc that have attracted you to this theory.
3. What components of your personal theory have you adopted from other major theories? What types of theories is your personal theory most consistent with? Most discrepant from?
4. Analysis of your theory: (In this section, you will want to be sure to "anchor" your responses as your theory compares to the major theories discussed in class (i.e., psychodynamic, object relations, person-centered, cognitive/behavioral & Adlerian).

   a) **Basic view of Human Nature:** What are some key assumptions you are making about human nature?
   b) **Structure of Consciousness:** How does your theory conceptualize conscious/ awareness?
   c) **View of Motivation:** According to your theory, what motivates people to behave as they do? What motivates them to change in therapy?
   d) **Causes of Psychopathology:** How does your theory conceptualize the development of psychopathology?
   e) **View of Healthy Personality:** How does your theory conceptualize the development of a healthy personality? What conditions need to be present in order for someone to have a healthy personality? How does your theory facilitate optimal functioning over the life-span?
   f) **Model of Change:** According to your theory, how does change happen? What about the counseling process helps moves a client from pathology to health? What is the role of the therapist in that process? Etc.
   g) **Major Therapeutic Techniques:** What are some of the therapeutic techniques your theory says you should use in the counseling relationship? Why should you use them? How will you know when it is time to terminate treatment?
   h) **Empirical Support:** What empirical support is there for your theory? How would one know if they were being effective using your theory?

   *See next page for Personal Theory Paper grading criteria

Grading Criteria for Personal Theory Paper

Sections & (Approx. Lengths)	Expected Content	Points
1. Brief Description (1-2 para)	Describe/define your personal theory	_____/10
2. Personal Experiences (1-2 pages)	What are your personal preferences in dealing with problems? How has your past experiences, development and personality drawn you to this personal theory?	_____/10
3.Components from other theories (3-4 paragraphs)	What theory(ies) you have drawn from to develop your personal theory? What theories is it most consistent with/ discrepant from?	_____/10
4. Analysis of your theory (each part 1-6 paragraphs)	4a. Basic view of human nature	_____/10
	4b. Structure of consciousness	_____/5
	4c. View of Motivation	_____/10
	4d. Causes of Psychopathology	_____/10
	4e. View of Healthy Personality	_____/5
	4f. Model of Change	_____/10
	4g. Major Techniques	_____/10
	4h. Empirical Support	_____/5
5. Writing Quality.	Quality of written product with few spelling/grammar errors.	_____/5
TOTAL		**_____/100**

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