




Spring 2007 INTRODUCTION TO PSYCHOTHERAPIES 380 F 001

Meera Rastogi, PhD 

Class Meetings: M & W 10-11:50
 Room: PRD 308
 Office Hours: Tues or by appointment

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Course website: <http://psych.edgewood.edu/psy380mr/>

<u>Date</u>	<u>Topic</u>	<u>Assignment</u>
Jan 22	Introduction, Syllabus Personal Philosophy	Ch. 1
Jan 24	Counseling Research: Does Counseling Work? History of Therapy/ Scientist/Prac Debate Careers	Consumer Reports online Ch. 1
Jan 29	Ethical Issues in Counseling	APA Guidelines on line
Jan 31	Ethical Issues in Counseling Ethical Dilemmas/ Debates	APA Guidelines on line
Feb 5	Basic Counseling Skills: Microskills Psychotherapy Forms & Client Summaries Role Plays	Reading (Ivey et al., Ch3)
Feb 7	Psychodynamic	Ch 5
Feb 12	Imago Therapy/ Object Relations therapy Adler and Jung Shrink Rap Radio: Jungian Archetypes	Ch 6
Feb 14	Video/ Audio Role Plays and Critiques Cognitive Behavioral Therapy	Ch 7
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Feb 19	Behavioral therapy Peer Critique	On-line Reading 2 page rough draft

Feb 21 Video/ Audio Role Plays and Critiques
 Audio Conference: Supporting Students with ADHD (11-12:30 Location: Anderson Auditorium)

Feb 26	Dialectical Behavior Therapy Exam Review	On-line Reading
Feb 28	Exam I: First and Second Forces	
Mar 5	Guest Lecture: Wisconsin Early Autism Project	Shrink Rap Radio: Understanding Autism
Mar 7	No class due to Social Justice Conference	
Mar 9/ 10	Social Justice Conference speaker: Dr. Christine Yeh Location: Pyle Center (time: 6/7pm)	
Mar 12	Existential Humanistic	Ch 9 Paper I Due
Mar 14	Logotherapy and Gestalt Existential, Logo and Gestalt Audio/ video role plays	Ch 10
Mar 19	Multicultural Feminist Social Justice	Ch 2, 11, and 12
Mar 21	Positive Psychology and Wellness Shrink Rap Radio: Clinical Appls. Of Positive Psych # 65	Ch 3
Mar 26	Case Applications of Multicultural, Feminist, SJ, and Pos Psych Review for Exam	
Mar 28	Exam II: The Third Force and the Foundations	
Apr 2-9	NO CLASS—Spring Break! Yippee!	
Apr 11	Individual Meetings: Bring Paper 2 Rough Draft with you	
Apr 16	Career theory Career theory applications	Whiston: Online Reading
Apr 18	Developmental Counseling Career and Developmental Role Plays	Ch 13
Apr 23	Morita Therapy Asian Therapies	On-line Reading
Apr 25	Family Therapy	Ch 14 & On-line Reading Final Paper Due
Apr 30	Developmental, Morita Therapy, and Family Therapy audio video role plays	
May 2	School Counseling or topic of student choice	On-line Reading
May 7	Movie: Metallica: Some kind of monster	
May 9	Discussion and analysis of film	

May 14

10 am

Exam III: Wrap up

The above schedule, policies, and assignments are subject to change in the event of extenuating circumstances or by mutual agreement between the instructor and the students.

Psychology 380 Course Description:

An introduction to the major therapy methods in use today. A brief examination of the nature of mental health and dysfunctions from the organic, interpersonal and intra- psychic perspectives and a study of the theories and treatment methods of contemporary psychotherapies. (Prerequisite: PSY 101F4)

This class meets requirements for the applications section of the general psychology major and is required for the clinical counseling concentration.



Course overview and objectives (adapted from APA's Learning Goals for the Psychology Major):

After the completion of this course students will be able to:

- Show familiarity with the major foundations of therapies.
- Articulate approaches to address a psychological problem or issue.
- Employ basic counseling skills with sensitivity to cultural, sexual, class, age, and other differences.
- Utilize critical thinking and skeptical inquiry when examining psychotherapeutic approaches.
- Have insight into one's own and others' behaviors, motivations, and thought processes.
- Articulate the differences in careers in psychotherapy.

CLASS MEETINGS:

- The class will meet on a regular schedule. Please try to be on time. If late, come in without disturbing the rest of the students. If absent, obtain notes from a classmate.
- You are responsible for everything that is covered in every class so please come prepared.
- Be considerate of classmates and instructor. Ask questions when necessary, but do not talk and disrupt class. *If necessary, I might need to ask a student to leave the room if disruptive.*



TEXTS:

- Ivey, A. E., D'Andrea, M., Ivey, M. B., & Simek-Morgan, L. (2007). *Theories of counseling and psychotherapies* (6th Edition). Boston, MA: Pearson Education, Inc. ISBN: 0-205-48225-2.
- Self help book and film of your choice.
- Other readings will be available on-line.

You are responsible for reading all assignments. Ask early if you need help, as there are options.

How do I obtain on line readings?

Go to <http://library.edgewood.edu>

Click on Course Reserves (on the right side)

Click on Electronic Reserves (under the heading of For Students)

Click on Electronic Reserves & Reserves Pages

Enter the course number "380"

Click on the class

You may need to enter in the password "PSY380"

Please let me know if you have any difficulty.



STUDY SUGGESTIONS:

(1) Peers:

Your peers can be your greatest help. You may want to meet weekly to review notes and topics covered in-class or you can join a study group and meet before exam dates. A course list of students and phone numbers will be distributed during the first 2 weeks of class.

(2) Office Hours:

Please make an appointment if you have questions, or just want to chat. I love to work with students and would be delighted to see you during office hours. You may contact me at the following locations:

Work: 110C De Ricci 663-3376 Office Hours: Tuesday by appointment.

E-mail: mrastogi@edgewood.edu

(3) Students with Disabilities:

If you have a documented disability which requires accommodations in this course, please contact the Learning Support Services (LSS), located in the Student Resource Center in DeRicci 206, 663-2281. The LSS will work with you to provide appropriate accommodations, and all information will be kept confidential.

(5) Learning Support Services:

Learning Support Services, located in DeRicci 206 (The Student Resource Center), provides academic support for students. Peer tutoring is available in some introductory-level undergraduate courses. Individual assistance in time management, study skills, and test-taking skills is also available. Please contact Learning Support Services at 663-2281 for more information.

(6) Counseling Services:

Counseling services are free to Edgewood College students. Contact Janet Billerbeck, M.A. at 663- 2287.

(7) Writing help:

If you need help writing papers please contact Angela Woodward, our writing specialist at 663-3293.

ACADEMIC MISCONDUCT:

- Plagiarism will be handled according to the College's policies which consider all of the following forms of plagiarism:
 - cutting and pasting information from the internet
 - buying papers
 - using old papers
- If students are caught cheating this may result in automatic failure in the course.
- Please consult the **APA Manual (5th Edition)** for correct forms of citations.



Late Papers.

- Late papers are an inconvenience for me, and are unfair to your classmates; therefore LATE PAPERS WILL NOT BE ACCEPTED.



Introduction to Psychotherapies Description of Exams & Assignments

Course web site (<http://psych.edgewood.edu/psy380mr/>)



Microskills Interview Application Due: Feb 26 60 points

Interview someone in a professional field of interest OR a "client."

Goal: Apply attending behavior and basic listening skills, preparation for an interview, and basic understanding and building rapport skills. The goal for this assignment is to put aside your own goals and opinions, and focus on understanding and attending to the views of the other person as clearly as you possibly can. To accomplish this goal, you may find that you have to resist impulses to respond to what he or she is saying in other ways (e.g., debate, correcting factual errors, helping problem-solve, etc.). Notice what other motivations get in the way of simply listening and reflecting.

Setting: Find an acquaintance or professional who is willing to let you audiotape or videotape an interaction on a topic of your choosing. **Choose a quiet location for the interview.**



Please see web site for ideas for possible interview.



Exams Feb 28 (60 points), Mar 28 (60 points), May 14 (40 points)

Exams in Psychology 380F will consist of the following items:

- Short answers, matching, identification, multiple choice, and/or fill in the blank
- The exams may include a take home portion (current event summary or case analysis).

MAKE UP EXAMS WILL NOT BE GIVEN WITHOUT A DOCUMENTED EXCUSE FROM A MEDICAL PROFESSIONAL OR APPROPRIATE PERSON.



Please see web site for study guides



Psychotherapies Progressive Paper (PP) Assignment


Definition:

The progressive paper includes in-class lectures, training in peer editing, exercises to build on previous versions of the paper, and time for revisions of earlier drafts. The progressive paper emulates writing in the real world where "There is no good writing, only good rewriting" (Hull, 1985; as cited by McGovern & Hogshead, 1990, p. 7).

The progressive paper consists for 5 parts; each piece is graded separately. You will receive mini trainings, lecture, and descriptions for each part of the paper. The goal of your final paper is to increase your formal writing skills by writing a polished, articulate, and well developed research paper on a topic of your choice.

Parts:

- 1) Peer editing on the rough draft
- 2) Part 1 of the paper Due Mar 12 80 points
- 3) Research addition rough draft to be evaluated in one on one meeting
- 4) Peer editing of final draft
- 5) Final Draft due Due Apr 25 100 points

 Please see web site for sample papers

Attendance and Participation:

Attendance exercises will take place on a daily basis and will count towards your attendance. Three unexcused absences are allowed, after the 3, half of a letter grade of your final grade will be deducted for each additional absence. If you miss more than 6 classes during this course, you will receive a failing grade for the course.

GRADING:		% of total grade	ASSIGNMENTS:	
A	=	92-100	15%	Quiz 1= _____/60
AB	=	88-91	15%	Quiz 2= _____/60
B	=	80-87	10%	Quiz 3= _____/40
BC	=	76-79		
C	=	68-75	15%	Microskills Interview = _____/60
CD	=	64-67	20%	Book Analysis = _____/80
D	=	56-63	25%	RESEARCH PAPER= _____/100
F	=	55 or below		
			100%	Total= _____/400

Introduction to Psychotherapies Progressive Paper (PP) Assignment SPRING 07

Definition:

The progressive paper includes in-class lectures, training in peer editing, exercises to build on previous versions of the paper, and time for revisions of earlier drafts. The progressive paper emulates writing in the real world where "There is no good writing, only good rewriting" (Hull, 1985; as cited by McGovern & Hogshead, 1990, p. 7).

The progressive paper consists for 5 parts; each piece is graded separately. You will receive mini trainings, lecture, and descriptions for each part of the paper. The goal of your final paper is to increase your formal writing skills by writing a polished, articulate, and well developed research paper on a topic of your choice.

Parts:

- 1) Peer editing on the rough draft
- 2) Part 1 of the paper
- 3) Research addition rough draft to be evaluated in one on one meeting
- 4) Peer editing of final draft
- 5) Final Draft due

Progressive Paper Part 1: Book Analysis

Students will choose a book that focuses on a personal problem that you, or a close friend, are currently experiencing. The book MUST be approved by the instructor.

If you feel uncomfortable disclosing an issue you are currently facing, please speak to the instructor; you may chose a topic of interest instead.


Goal: The assignment is to analyze the theoretical orientation of the author using class material.

Contents: The analysis must include a brief summary of the book, background of the clinical issue, articulation of author's orientation/theoretical underpinnings, examples from lecture and the book to support your thesis, and your own opinion about the book.

Maximum length: 4 pages

For this assignment, please turn in the following:

- a. Rough draft and Peer critique
- d. Book of choice
- e. Name on back of assignment

 Please see web site for list of books.

Examples of personal problems are listed below:

Relationship conflict	Self Esteem	Dating
Weight/ Body image	Anger problems	Rejection
Self Harm	Intimacy	Procrastination
Depression	Bipolar	Break ups
Cultural Adjustments	Oppression	Parental Conflict

Sample Book Analysis Outline

- I. Introduction
 - Interesting introduction
 - Thesis
- II. Brief summary of the book
- III. Background of the clinical issue
 - Definitions
 - Statistics
 - Issues
- IV. Articulation of author's orientation/theoretical underpinnings
 - Examples from book with support from lecture and the text
 - Focus on a few examples to support your thesis
- V. Your own opinion about the book/ theory
 - Strengths
 - Weaknesses
- VI. Conclusion

PP Part 2:

Clinical Issue Research Review and Comparison:

This paper will EXPAND on PP 1 by critically examining the psychological research on treatments of the same personal problem you chose for your book analysis. You will add more information and integrate and synthesize the research findings throughout your book analysis paper.

You MUST use articles from well-established journals, professional books and articles of psychology. You will need to cite your sources to support your points of view (suggested number of sources: 6). Finally, you will compare and contrast treatment based research with that of the approach of your book. Please include 1-2 pages of your own conclusions and analysis.

Maximum length: 8-10 pages.

For this assignment, please turn in the following:

- A. Rough Draft with meeting feedback
- B. Book analysis from above assignment
- C. Name on back of assignment
- D. All articles and books used.

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Sample Outline for Part 2:

Introduction

Thesis statement

Background Information about

Problem (Can combine with
Intro)

Approaches

Approach of self help book

Integrate terms and concepts from class and text

Now integrate, add, synthesize research finding to themes found in your book

Cite from articles!

6 Journal Articles

Optional: Add examples of treatments and results of studies

Limitations of research findings

Integrate terms and concepts from class and text

Personal synthesis: what do you see are the main issues in this area, what is answered, not answered

Conclusion- summary of major Points