

**PSY 412 Theories of Counseling
Fall 2016**

GENERAL:

Instructor: Brian R. Johnson, Ph.D.

Classroom: 15-1808

Course website: <http://www.gettingunstuck.com/cpu/psy412/psy412.htm>

Office Hours: Mon Wed Fri 9:15AM - 10:15AM

Office: 5-228 Office Phone 909-869-2281 (If you are calling during my office hours and I do not answer, I have probably left the office for a moment. Try again in a few minutes. ***Do not leave a message on campus voice mail.*** If you need to leave a message, call the off campus number listed below and leave the message with my assistant or on the answering machine. The greeting message for my off campus office also gives information for contacting me through my answering service if you have an *real urgent* need to speak to me.)

Off Campus Phone: 909-399-0556

E-Mail Address: brjohnson@cpp.edu Whenever you send an e-mail, always list the course number (PSY412) on the subject line.

FAX: 909-624-2137

COURSE DESCRIPTION: Systematic and comparative analysis of current psychotherapies; their philosophies, purpose, and procedures. 4 lectures. Prerequisites: PSY201 or PSY202.

COURSE OBJECTIVES: To increase your understanding of:

- A. The major treatment strategies of psychotherapy and clinical counseling and the underlining assumptions of each approach concerning human nature and the mechanisms of change.
- B. The strengths and weaknesses of each approach to treatment
- C. The best application of each treatment strategy.
- D. Nonspecific mechanisms of change.
- E. Basic legal and ethical issues related to the practice of counseling and psychotherapy

TEXT: Raymond Corsini and Danny Wedding, *Current Psychotherapies, Ninth Edition*, Brooks/Cole - Cengage Learning.

EXAMS: Two **Mid-Terms (Oct 17 and Nov 2)** and a **Final Exam (Dec 9 (Fri): 9:10 - 10:20)**. will be given. The exams will consist of multiple choice, matching, sentence completions, and brief essay questions. Each **exam is worth 100 points**. The exams will cover the assigned reading, lecture materials, and class activities. Students are allowed seventy (70) minutes to take each exam. Students with special needs such as arrangement to take exams at the DRC must advise me at the beginning of the quarter so that I can accommodate them. ***Unless you and the instructor, prior to the exam, have made arrangements to take a test on a different date or you can document reasonable cause for failing to sit for a test, there will be no make up opportunities!***

All notes, printouts, flash cards and electronic devices must be stowed during the exam. Wrist

watches and other time pieces must also be taken off and stowed—The introduction of smartwatches that allow the wearer to view information including lecture overheads and notes, necessitates this. I will enlarge on the classroom overhead the Windows time piece from the Taskbar so you can see how much time you have left during the exam. If you have a valuable timepiece, please leave it home.

QUIZZES: During the quarter there will be six, open note quizzes. You will receive 5 points for each quiz you take for a potential total of 30 points. Quizzes will normally be given at the end of class. You will be asked to briefly answer a question addressing a topic lectured on that day. Since quizzes will be scheduled randomly it is important that you attend all classes. If you miss a class at which a quiz was given, you will only be allowed to do a make up if you document reasonable cause for not being in class on the day of the quiz.

CLASS ATTENDANCE: 25 points can be earned for attending class (excluding the final exam) for a total of 25 points. A sign-in sheet will be circulated at the beginning of class except on the days of the mid-terms (Taking the exams will indicate you were in class). These points are not only given for being in the classroom, but, presumably, for being attentive and taking notes, not merely occupying a chair.

It is a form of academic dishonesty and a violation of University policy to have another student sign in for you when you are not in class. If I give a quiz on a certain day and you have not turned in a quiz but the attendance sheet has you signed in, I will not give you credit for attendance that day and will subtract an additional attendance point. If you will be leaving before class ends, advise me at the start of class so that you will not lose these points.

PAPER: A paper (worth 100 points) will be due Nov 21 at the beginning of class. For this paper you will observe, on Wednesday Nov 9, film clips of Jeanette "Jasmine" Francis, a woman whose life has taken some pretty unpleasant turns. Let's assume she is to receive psychotherapy after the events you witnessed in the film. You are assigned to be her therapist. In this paper you are to pick a treatment strategy you believe you would employ to treat Jasmine. This is limited to the theoretical perspectives we will discuss in this course and/or are discussed in the assigned reading. In your paper you are to answer the questions listed on the class website Term Paper link (<http://www.gettingunstuck.com/cpu/PSY412/The%20Paper.html>). Your paper is to be between 4-6 page paper (double-spaced). You must use at least two additional scholarly resource beyond the assigned reading and lectures for the course. Citations for your final paper should be prepared according to the guidelines set forth in the *Publication Manual of the American Psychological Association* (6th Ed.). **Turning in the term paper after the due date and time will result in a 25% penalty; a late paper MUST be handed in or e-mailed to me by midnight Mar 17 to be graded).**

CLASS PARTICIPATION: The lectures will expand upon the reading material and provide other important information not covered in the reading. **Participation will have an impact on your final grade.** In this class there is no such thing as a dumb question. The Roman statesman Cicero wrote that "I am not afraid to admit that I am ignorant of what I do not know." And he was a respected philosopher and Senator! **30 participation points are possible.** You can also

lose participation points by texting and social networking during class (see below). This is a senior course, and it would be appropriate to have each student assigned to do a formal presentation. This will not be required, so I will be attentive to and making notes of students' participation during the lectures and when students are sharing with the class what they discussed in group discussions. Remember, it is not the quantity but the quality of the participation that will be considered. This is an academic class, not group therapy. While sharing on how a subject presented applies to you can enrich the class process, you need not share any more than you feel comfortable disclosing in class. **PRIVACY** is to be respected by both the instructor and fellow students.

NAME PLATE: I want to know you by name. Since there may be up to fifty people in the class, I need you to create a personal name plate to put on your desk so I will get to know who you are. I have had students use head bands in the past but that didn't go over too well. So, please write your name on a piece of paper and put it on the front of your desk until I get to know you by name. Be creative but also legible with lettering big enough that I can see it across the room (if you sit in the back). And if I mispronounce your name, correct me.

COURSE WEBSITE (www.gettingunstuck.com/cpu/psy403.htm): There is a direct link from Blackboard. The website contains a number of resources and messages from the instructor to the class concerning announcements, corrections, and any changes in the schedule, reading assignments, etc. From the website you can also download Adobe Acrobat PDF copies of the overheads that are used in the lectures. (You will need to have Adobe Acrobat 4.0 to download these and other documents available on the website. Information is provided for downloading Acrobat if the program is not already on your computer.) I attempt to put the overheads up no later than the night before class, but sometimes that proves impossible. I recommend that you download these so you can have these in class on the days of the lectures.

READING ASSIGNMENTS: The attached schedule lists the readings for each lecture. To better follow the lectures and to gain mastery of the subject of this course, it is **strongly** encourage that you complete the reading assignments *before* the lectures.

RECORDING LECTURES: The audio recording of any lecture(s) is permitted with the instructor's verbal permission. Video recording is not permitted.

TEXT MESSAGING, ETC. DURING CLASS: Unless you have the prior permission of the instructor, electronic devices in the classroom are to be used only for class related activities like viewing course overheads, taking notes, looking at relevant web sites, etc. Texting during lectures, social networking, etc. can distract the instructor and other students beside yourself. Turn off your cell phone or put it on vibrate. If you are expecting an important call or text, advise the instructor before the start of class. If it is noticed that you are disregarding this rule, points will be subtract from your participation score (which if you have not participated could give you a negative point total!)

LIMITS OF FACULTY/STUDENT CONFIDENTIALITY: Please note that there are two executive orders from the CSU's Office of the Chancellor that limit what information faculty

members are able to keep confidential. These are Executive Order 1096 (which relates to the reporting of campus sexual assaults) and Executive Order 1083 (which relates to mandatory reporting of child abuse). These orders made CSU faculty members “mandatory reporters,” which means that once a faculty member has been apprised of such an incident, he or she is required to report it to the university's on campus Title IX officer, regardless if the student wants this information reported or not. It may very well be that you would like the information reported but you do not know whom to approach, in which case our mandatory reporting requirements will be desirable to you. However, if you just wanted to talk about an incident but do not want it reported, neither you nor I have a choice in this matter. Once such information is divulged, I must report it.

EXTRA CREDIT: If you participate in a Psychology and Sociology Department sponsored experiment, you can earn 5 extra points. This extra credit will only be given if you sign up for an experiment using the Sona system. One Sona credit will give you five class points. To earn this credit, you must do this by going on line (<http://cpp.sona-systems.com>) to sign up for an experiment. You must be registered in the program to participate. If you are not already, go to the web site and click the “New Participant Request an Account” link to register. To sign up for a study or experiment, click on the “Sign up for experiments” link. When you sign up for an experiment, you must identify that you want the credit applied to this course. **After the experiment, you must also assign the credit to this course on the Sona web site. If you fail to assign a credit to the class, extra credit points will not be given. The department’s report of student participation in experiments (and that report’s summary of students’ assignment of credits to classes) will be the sole basis for determining earned extra credit.**

GRADING: To receive a passing grade for the course you must complete all requirements for this class (three (3) exams and the papers). If you fail to do so and have not received approval for an incomplete grade contract, you will receive a grade of “F.” Assuming that you do complete all requirements, grades will be based on the following scale:

485-451	A	402-388	B-	339-325	D+
450-437	A-	387-373	C+	324-306	D
436-422	B+	372-354	C	305-291	D-
421-403	B	353-340	C-	<291	F

Grades will be posted on Blackboard during the course of the quarter.

ACADEMIC INTEGRITY: The school’s policy will be enforced in this class, and violations are subject to being reported to the Office of Judicial Affairs. The policy reads in part, “All forms of academic dishonesty at Cal Poly are a violation of University policy and will be considered a serious offense. Academic dishonesty includes but is not limited to: [Plagiarism, Cheating During Exams, Use of Unauthorized Study Aids, and Falsifying any University Documents including Attendance Lists].” See the University Catalog for more details. Remember, plagiarism is passing off another’s work as your own. **Students often don’t realize that they**

have committed plagiarism when they fail to (1) denote with quotation marks or some other notation the cited material *or* (2) do not identify the source of an idea they are summarizing in their own words.

SCHEDULE: The class schedule with reading assignments is listed on a separate document which you can access from the course website.