

WESTERN SEMINARY SACRAMENTO

Psychotherapeutic Systems

CNS 504M: 2 credit hours

Ken Pense

(916) 787-0555x4

pense.western@gmail.com

Syllabus - Fall 2009

COURSE SCHEDULE

Sept. 10, 24; Oct. 8, 22; Nov 5, 19; Dec 3 (Thursdays, 5:55 p.m. – 10:00 p.m.)

COURSE DESCRIPTION

This course provides an historical, theoretical, and practical overview of the primary counseling theories utilized in the practice of counseling psychology. Students will become familiar with the various modalities of psychological treatment and work toward developing a personal modality all their own. Various categories of psychotherapy will be presented, including: cognitive, psychodynamic, humanistic, neurobehavioral, postmodern and family systems. The primary focus of the course will involve the practical integration of the various schools of psychotherapy with one's Christian world-view.

COURSE CONTRIBUTION TO STATED DEGREE OUTCOMES

The objectives of this course are tied directly to the desired outcomes constructed specifically for the MFT degree for which this course is a requirement. Below are the formal degree outcomes which this class supports:

BE a person whose godliness is worthy of being emulated by others, and whose integrity imparts credibility to his/her ministry (overarching)

KNOW the major theories of counseling and personality development (CNS 504)

- the unique contributions of the major counseling theories (CNS 504)

KNOW HOW to effectively integrate his/her understanding of theology, spirituality and human behavior

- has a coherent theory of human personality (CNS 504)

KNOW HOW to think critically so that various truth claims can be effectively evaluated (overarching)

KNOW HOW to build upon his/her seminary training to be a true life-long learner (overarching)

COURSE GOALS

Students will:

- develop a working definition of theory and psychotherapy
- identify the main concepts involved in a variety of psychotherapeutic approaches
- be able to compare, contrast, and integrate various theoretical approaches
- evaluate the appropriateness of a particular approach with different client populations and levels of functioning
- be able to evaluate the schools of psychotherapy in light of one's Christian worldview and theological considerations

TEXTBOOKS

We are happy to announce that Western Sacramento is now an Amazon Associate. Any purchases (not just books) you make on Amazon using this link will mean that a minimum of 4% of the purchase price comes to Western. Please support your seminary by using this link for all your Amazon purchases.

Click [here](#) to order texts and other products.

Required

• Corey, Gerald,(2005). *Theory and Practice of Counseling and Psychotherapy*, 7th ed. Wadsworth Publishers. ISBN: 0-534-53605-0

** Materials fee: 5 cents per page will be charged to each student's account for packets copied by the office for the class.

COURSE REQUIREMENTS

Reading

Complete all required reading before each class session so that you will be able to participate in and benefit from the class discussions. Reading should be done a familiarity level (about 45 pages per hour) that assumes knowledge of the material assigned.

A reading schedule is included on the course outline. Reading is monitored through a reading response paper, due at the beginning of each class session.

Written Assignments

Reading Journals: At the beginning of each class session, you are required to turn in a 5-10 page response of your text reading assignment. This is a personal subjective notation as to how the information has impacted your view on psychotherapy. **Do not summarize the text.** Include your student mailbox number on all assignments.

Requirements:

- 5 – 10 pages in length
- Include the number of chapters you completed in your reading

Paper: Students are required to write a paper exploring their own perspective on counseling. You can devise your own ideas, reference other schools of thought, or even blend together a variety of perspectives. The purpose of this paper is to explore and create an original approach that fits your particular perspectives (**due on or before Dec 10, 2009**).

Major sub-headings should include the following sections:

- 1.Philosophical assumption(s)
- 2.Model of personality
- 3.Model of health
- 4.Model of abnormality
- 5.Model of psychotherapy

You are required to reference at least **five primary sources** in your paper. Include a title page and reference section. APA style is required in addition to graduate level grammar.

Papers are graded equally on APA format, graduate level content, and personal application.

For additional help in writing a research paper, refer to the Guidelines at

<http://www.westernseminary.edu/papers/Faculty/WGuideNu.doc>

Exam

Final Exam: A written exam will be administered at the last class meeting. At the beginning of the semester the class will choose a movie out of which the student will pick a character to evaluate. At the final the student will write an essay applying one theoretical approach to that character's situation. The student will use the same subheadings to outline the essay as used in the paper.

STANDARDS FOR WRITTEN WORK (APA)

Papers must be written to a near-thesis standard. That is, minimum format standards must be met, as defined below. English grammar, idiom, and spelling must be up to graduate level. Always include a strong introduction paragraph (declare what you intend to show the reader) and conclusion paragraph. Qualities valued include clarity, succinctness, and precision.

This course employs the APA (American Psychological Association) publication manual style guide. You can find the APA 6th edition in the library reference section. You can also find a simple, straightforward presentation of the format at these online sites:

- <http://owl.english.purdue.edu/owl/>
- <http://www.cws.illinois.edu/workshop/writers/citation/>

A good website with footnote/bibliography entries is:
<http://writing.wisc.edu/Handbook/Documentation.html>

For assignments that require the use of non-course texts and include a bibliography, of the resources mentioned in the bibliography for your project/paper, two must be from a physical library. Note the physical location of each book as an addendum to each bibliographical entry.

All work must reflect master's level use of the English language. Plagiarism will result in failure of assignment.

GRADING

A+	A	A-	B+	B	B-	C+	C	C-	D+	D	D-
99-100%	95-98%	93-94%	91-92%	88-90%	86-87%	84-85%	81-83%	79-80%	77-78%	74-76%	70-73%

Group Participation 20%
Reading Summaries 20%
Paper 30%
Final Exam 30%
Total 100%

CLASS POLICIES

Cover page: To safeguard confidentiality, provide a title page as a cover for all assignments. Include your student mailbox number in the upper right corner of the cover page.

Attendance and Late Assignments: Students are expected to attend three class meetings. Students who miss class are responsible for missed work. Unexcused absences and tardiness will impact a student's grade. Students who anticipate an absence should discuss it in advance with the instructor so that the absence can be considered excused,

which will allow the student to turn in work a session late with no loss of grade. Students who miss two or more classes will not pass the course without completing additional assignments beyond what is listed in this syllabus. Assignments submitted after the due date and time (unexcused) constitutes a drop in the student's letter grade for that assignment.

Enrichment Students: Enrichment students are encouraged, but not obligated, to participate in assignments and class discussions. Professors are not obligated to grade participation for these students, but may opt to do so depending on class size.

Incompletes: Faculty members determine their own procedures and due dates for the completion of course assignments. The final deadline for submitting all course work is the last day of the semester as noted in the Academic Calendar and in the Sacramento class schedule. In the case of serious illness, family emergency, or similar extenuating circumstances, the instructor may, **if it is initiated by the student**, grant an extension. A 1-3 week extension is typical in all except the most extreme cases, and in all cases the standard decrease of a full letter grade for late work applies. Extensions desired by the student beyond 3 weeks, with prof support, must be approved by the Sacramento Academic Coordinator, with 5 weeks after the end of the course being the longest possible extension for work being due to the prof (this allows a 6th week for the grading of work and a grade change request to be filed); for this semester that date is Saturday, 1/23/10. A temporary notation of "I" (incomplete) is assigned until a final grade can be determined. Under no circumstances may the six-week period (allots 1 week to the prof for grading and grade change petition) be extended except by petition and approval of the Administrative Committee in Portland.

The Availability of Disability Services at Western Seminary: Western Seminary is committed to responding to the needs of students with disabilities as outlined in both the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. Western students are assisted individually as their needs dictate. It is the responsibility of students with disabilities to identify themselves and the nature of the disability. Any student who has a disability should contact the seminary's Disability (Section 504) Coordinator, Ken Epp, at 503-517-1815/1-877-517-1800, ext. 1815. His office is at the Portland campus. Students at the northern California campuses may contact Carrie Priest (Student Services Coordinator – San José) or PJ Oswald (Director of Student Development – Sacramento), or they may contact Dr. Epp directly. Appropriate forms will be provided and must be submitted to the Disability Coordinator's office.

LIBRARY AND INTERNET RESEARCH- SACRAMENTO

All class assignments with a research element require library research annotated as such in the bibliography. A minimum of two resources must be from a physical library. Note the physical location of each resource as an addendum to each bibliographical entry.

For complete library information including: hours of operation, interlibrary loan, local library resources, etc., please:

- Visit www.westernseminary.edu/sacramento
- Click the link "Library Services" in the right navigation pane.

Reserve Collection

The library carries all required readings for this course.

Print Resources

Use the Western-Arcade Library catalog to find books and other materials. To search the library collection:

- Visit <http://www.westernseminary.edu/Library/SAC>.
- Click the link "Search the Library Collection Online".

Periodical & Research Databases

As you complete your assignments for this course, don't forget about the resources in the Western research databases. Remember to evaluate and cite your information too. To access the Western research databases:

- Visit <http://www.westernseminary.edu/Library/SAC>.

- Click the link “Research Databases” from the bottom menu.
- Click the link “Ebsco Host Research Databases”.
- Log in. [User ID: westsem / Password: seminary]
- Click the link “EBSCOhost Web”.
- Click the database(s) you wish to use. Start with *PsycARTICLES*.

To cite your information, consider the following APA composers:
<http://www.noodletools.com> and <http://www.citationmachine.net>

Course Packs (if applicable)

To access the course pack(s) for this course:

1. Go to the library homepage: <http://www.westernseminary.edu/Library/SAC>
2. Click the link ‘Course Packs’.

Reference and Research Contact Information

David Holifield, M.A., M.L.S. / (916) 488-3720, ext. 7 / dholifield@westernseminary.edu

COURSE OUTLINE AND SCHEDULE

Date	Topic	Assignments
Sept. 10	Introduction to theory and psychotherapy. Overview of history of therapeutic schools. Psychoanalytic & Dynamic Therapy 1	Read ch. 1,2,4 Reading Journal
Sept. 24	Psychoanalytic & Dynamic Therapy II Existential Therapy Person-Centered Therapy	Read ch. 5,6,7 Reading Journal
Oct. 8	Gestalt Reality Therapy Behavioral Therapy	Read ch. 8,9,10 Reading Journal
Oct. 22	Cognitive Behavior Therapy Feminist Therapy Postmodern Approaches	Read ch. 11,12,13 Reading Journal
Nov. 5	Family Systems: family therapy	Read: ch. 14 Reading journal
Nov. 19	Integration I	Read ch. 15 Reading Journal
Dec. 3	Integration II Final	
Dec. 10	NO CLASS MEETING	Paper Due