

**Syllabus**  
**MF 603 Counseling Individuals**  
**Mennonite Brethren Biblical Seminary**  
**Fall 2008     2 Units**  
**Thursday 8:30 a.m. to 11:30 a.m.**

**Instructor:** David Bruce Rose, Ph.D.

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**Office Hours:** Monday 11:00-12:00, Wednesday 10:00-11:45 and by appointment.

**Course Description:** This course is a survey of the major theoretical models in psychology for use in psychotherapy with individuals. This course will explore a variety of theories and styles of counseling. Basic skills in responding to crisis situations will be reviewed. The various models presented will be examined from religious and psychological perspectives. FURTHER SUPERVISED TRAINING WILL BE REQUIRED BEFORE STUDENTS MAY ASSUME COMPETENCY AT WORKING WITH INDIVIDUALS AND COUPLES IN A THERAPEUTIC RELATIONSHIP.

**Objectives:**

1. Students will be familiar with the fundamental assumptions and practices of the major theories of counseling.
2. Students will begin to conceptualize client difficulties and interventions from specific

- theoretical orientations and plan additional theory-consistent interventions.
3. Students will examine the role of spiritual and religious issues in therapy, with special emphasis on clarifying how their own beliefs interact with their role as a counselor, and on understanding the philosophical and theological assumptions of the various theories of counseling.
  4. Students will develop increasing competence in their ability to establish a therapeutic relationship and use appropriate interventions in their work with clients.

**Related Degree Outcomes:**

1. Apply biblical theological perspectives in serving and leading in culturally and religiously diverse ministry contexts. (3.3)
2. Dialogue respectfully, witness effectively, and serve and lead faithfully among diverse cultural and religious communities. (3.4)
3. Articulate integrative views of humanity, theology, and counseling. (4.1)
4. Demonstrate appropriate use of one's personal self in response to human need. (4.3)
5. Demonstrate practice consistent with the laws and ethics that apply to marriage, family, and child counseling. (4.4)
6. Demonstrate understanding of a wide variety of counseling theories and techniques.

(4.5)

7. Demonstrate proactive understanding, awareness, and relational skills across cultures, religions, and special populations. (4.7)

### **Course Requirements:**

1. Personal Theology paper: Students will write a brief paper describing and supporting their theology of assumptions behind theories of counseling individuals (5% of final grade).
2. Class Participation: Students will participate in class discussion, reflecting an understanding, analysis, and synthesis of the assigned readings (5% of final grade).
3. Videotape viewing/Audiotape listening: Students will view a minimum of five hours of video recording of **demonstrations of individual counseling** (not lectures about counseling) in the major theories studied. The student is to keep a log citing the video/audio tape reviewed with a paragraph description of the techniques demonstrated. Grades will take into account the variety of theories reviewed. Extra credit will be awarded for additional time viewing videos. Questions regarding suitability of videos should be addressed to the instructor prior to watching the video. Videos are available either in Hiebert Library, the offices in the North wing, or at Alliant University (5% of final grade).
4. Examinations: There will be three examinations: one on psychodynamic and existential/humanistic theories and related techniques, one on learning theory based techniques, and a comprehensive final that will cover all of the theories and techniques of individual counseling covered in the class. The examinations may contain a mixture of multiple choice, fill-in, identification, short answer, essay questions, and case vignettes.

Each examination will cover the assigned reading, assigned activities, and class lectures. Collaboration with other students is **not** permitted and no make-up examinations will be offered. Extensions will be permitted for documented family or medical emergencies only. (Exam I – 20% of final grade, Exam II- 20 % of final grade, Final Exam – 30% of final grade.)

5. Theory paper: Students will write an in depth paper on a particular theory of counseling. The papers must include a discussion of that theory's position on the theological issues discussed in the theological paper. The student should read at least 200 pages of primary source material. If the students produce an exceptional paper, additional credit may be given for a class presentation of the paper. Collaboration **is** allowed on this assignment (15% of final grade).

Students who have studied material presented in this course previously may negotiate alternatives for assignments with the instructor. Students who complete alternative assignments will be required to demonstrate that they have at a minimum, met all of the course objectives.

6. Extra Credit Assignment: A one paragraph description of human behavior that you observed at the Hartland retreat using theory consistent psychological jargon. 3 points will be awarded for completion, and up to 10 additional points can be awarded for appropriate theory consistent analysis and correct use of jargon. *Additional extra credit assignments may be offered at the discretion of the instructor.*

**All written assignments except the video logs are to be presented in the format of the American Psychological Association publication Manual, 5<sup>th</sup> edition.** The APA publication manual can be found on reserve at the Hiebert Library. Another option is to purchase an

APA template for MS Word entitled APA Style Helper 3.0. Many summaries of APA format are available on the internet. One example is published by Vanguard University and can be found at: [http://www.vanguard.edu/faculty/ddegelman/index.aspx?doc\\_id=796](http://www.vanguard.edu/faculty/ddegelman/index.aspx?doc_id=796).

**Grading Scale:**

A	90-100%
B	80-89%
C	70-79%
F	< 70%

**Seminary Academic Policies:** Academic Policies. MBBS academic policies (as well as other school policies) are described at <http://www.mbseminary.edu/fresno/policies/>. These policies provide guidance on academic integrity and plagiarism, accommodation for disabilities, incomplete course work, extensions, dates for changing registration, non-discriminatory and inclusive language, appeals, etc. Students are expected to be familiar with these policies and will be held responsible for adhering to them. If you have questions about how these policies relate to you or to a situation that you face in your studies, please speak to the professor or consult the Registrar.

Course evaluations are to be completed online and are due one week after the completion of the course. Official grades will not be posted until the student's evaluation of the course is completed.

If a student wishes to have heightened confidentiality of assignment results, the student should submit the assignment in a self-addressed envelope. The assignment will be returned in the same envelope.

### Required Texts

Everstine, D., & Everstine, L. (2006). *Strategic interventions for people in crisis, trauma, and disaster. Revised Ed.* Oxford: Routledge.

Jones, S. L. & Butman, R.E. (1991). *Modern psychotherapies.* Downers Grove, IL: InterVarsity.

Sommers-Flanagan, J. & Sommers-Flanagan, R. (2004). *Counseling and psychotherapy theories in context and practice: Skills, strategies, and techniques.* Hoboken, N.J.: Wiley.

Shafranske, E. P. (Ed.). (1996). *Religion in the clinical practice of psychology.* Washington, D.C.: APA.

### Recommended Texts

Corey, G. (2005). *Student manual for theory and practice of counseling and psychotherapy, 7<sup>th</sup> Ed.* Belmont, CA: Thomson.\*

Corey, G. (1990). *Theory and practice of counseling and psychotherapy (7<sup>th</sup> ed.).* Belmont, CA: Thomson.

Corsini, R, & Wedding, D. (Eds.). (1989). *Current psychotherapies (4<sup>th</sup> ed.).* Itasca, IL: F.E. Peacock.\*\*

Egan, G. (2006). *Exercises in helping skills for Egan's the skilled helper: A problem-management and opportunity development approach to helping (8<sup>th</sup> Ed.)*. Pacific Grove, CA:Brooks Cole.

Egan, G. (2001). *The skilled helper: A problem-management and opportunity-development approach to helping (7<sup>th</sup> Ed.)*. Wadsworth.\*\*

Langs, R. (1988). *A primer of psychotherapy*. New York: Gardner Press, Inc.\*\*

\* Students may complete the assignments in Corey (2005) or Egan (2006) for extra credit.

\*\*Considered Original Source for assignments

### Tentative Class Schedule

Date	Topics/Activities	Assignments Due
Aug. 28	Course Introduction Introduction to Psychotherapy/Counseling Integrating Theology and Psychotherapy	Sommers-Flanagan Cpt 1 Jones Cpts 1-2 Shafranske Cpt. 9
Sept. 4	Psychodynamic Psychotherapies Freud Object Relations	<b>Theology Paper</b> Sommers-Flanagan Cpt 2 Jones Cpts 3, 4

		Shafranske Cpt. 15
Sept. 11	Jung	Sommers-Flanagan Cpt 4 Jones Cpt. 5
Sept. 12-14	Heartland Retreat (note extra credit assignment)	
Sept. 18	Individual Psychology	Sommers-Flanagan Cpt 3 Jones Cpt. 9
	Existential Psychotherapies	Sommers-Flanagan Cpt 5
Sept. 25	Existential Psychotherapies Continued	Jones Cpt. 10, 11
	Rogarian/Client Centered Psychotherapy	Sommers-Flanagan Cpt 6 Shafranske Cpt. 16
	Gestalt Psychotherapy	
Oct. 2	Logotherapy	Jones Cpt. 13
	Transactional Analysis	
Oct. 9	<b>Exam I</b>	
Oct. 23	Learning Theory Psychotherapies	Sommers-Flanagan
	Behaviorism	Cpts 7, 8
	Cognitive Psychotherapies	Jones Cpts 6, 7, 8
October 30	No Class, Dr. Rose on Retreat	

Nov. 6	Cognitive Psychotherapies	Sommers-Flanagan Cpt 9 Shafranske Cpt 14
Nov. 13	<b>Exam II</b>	
Nov. 20	Post-Modern Therapies Non-Western Psychotherapies Multicultural Therapies	Sommers-Flanagan Cpts 10, 11, 12
Dec. 4	Crisis Counseling Integrating Religion in Counseling	Everstine Part I Shafranske Cpt. 8 <b>Video Log</b> <b>Theory Paper</b>
Dec. 11	Final Examination	

## Bibliography

### General

MacKinnon, R. A., Michels, R., & Buckley, P. J. (2006). *The psychiatric interview in clinical practice, 2<sup>nd</sup> Ed.* Washington, D.C.: American Psychiatric Publishing.

Wachtel, & Messer (1997). *Theories of psychotherapy: Origins and evolution.* Washington: D.C.: APA.

Williams, J. T. (2000). *Pooh and the psychologists.* London: Methuen.

Worthington, E. L. (1993). *Psychotherapy and religious values.* Grand Rapids, MI: Baker.

### Psychodynamic Theories

Cashdan, S. (1988). *Object relations therapy: Using the relationship.* New York: Norton.

Freud, A. (1966). *The writings of Anna Freud, V2, 1936: the ego and the mechanisms of defense.* New York: International Universities Press.\*\*

Freud S. (1964). An outline of psychoanalysis. In J. Strachey (Ed.), *The standard edition of the complete psychological works of Sigmund Freud.* Vol. XIX. New York: Norton.\*\*

Goldberg, A. (1985). *Progress in self psychology: Vol. 1.* New York: Guilford.

Greenson, R.R. (1967). *The technique and practice of psychoanalysis*. New York: IUP, Inc.

Hotchkiss, S. (2003). *Why is it always about you? The seven deadly sins of narcissism*. New York: Free Press\*\*

Langs, R. (Ed.). (1981). *Classics in psychoanalytic technique*. New York: Aronson.\*\*

Langs, R. (1973). *The technique of psychoanalytic therapy*. New York: Aronson.\*\*

Masterson, J. (1985). *The real self*. Oxford: Routledge.\*\*

Masterson, J. & Klein, R. (1989). *Psychotherapy of the disorders of the self: The Masterson approach*. New York: Bruner/Mazel\*\*

Masterson, J. F. & Klein, R. (eds.). (1995). Disorders of the Self. *Contemporary Psychology, 42(7)*, 628-629.\*\*

St. Clair, M. (2000). *Object relations and self-psychology*. Pacific Grove: Brooks/Cole.

Scharff, J. E. & Scharff, D. E. (1998). *Object relations individual therapy*. New York: Aronson.

Stein, M. (1998). *Jung's map of the soul: An introduction*. Chicago: Open Court.

Viorst, J. (1998). *Necessary losses: The loves, illusions, dependencies, and impossible*

*expectations that all of us have to give up in order to grow.* New York: Free Press.\*\*

Additional information regarding object relations is available at [mastersoninstitute.org](http://mastersoninstitute.org).

### **Behavioral/Cognitive Behavioral Theories**

Beck, A. T. (1976). *Cognitive therapy and the emotional disorders.* New York: New American Library.\*\*

Beck, A.T., Rush, A.J., Shaw, B.F., & Emery G. (1979): *Cognitive therapy of depression.* NY: Guilford.\*\*

Burns, D. D. (1980). *Feeling good: The new mood therapy.* New York: Signet.

Krumboltz, J. D., & Thorensen, C. E. (Eds.) (1976). *Counseling methods.* New York: Holt, Reinhart, & Winston.\*\*

Leahy, R. L. (Ed.) (2004). *Contemporary cognitive therapy: Theory, research, and practice.* New York: Guilford

Masters, J. C., Burish, T. G., Hollon, S. D. & Rimm, D. C. (1979). *Behavior therapy: Techniques and empirical findings. (3<sup>rd</sup> Ed.).* New York: Hartcourt Brace Javonovich.\*

Meichenbaum, D. (1977). *Cognitive-behavioral modification: An integrative approach.* New York: Springer.\*\*

Persons, J. B. Davidson, J., & Tompkins, M. A. (2001). *Essential components of cognitive-behavior therapy for depression*. Washington, D.C.: APA.

Stone, H. W. (1980). *Using behavioral methods in pastoral counseling*. Philadelphia: Fortress.

Weinrach, , S. G., Ellis, A. MacLaren, C. Dijuseppe, R., Vernon, A., Wolfe, J., Malkinson, R, & Backx, W. (2001). Rational emotive behavior therapy successes and failures: Eight personal perspectives. *Journal of Counseling & Development*. 79.\*\*

### **Existential/Humanistic Theories**

Cain, D. J. & Seeman, J. (Eds.) (2001). *Humanistic psychotherapies: Handbook of research and practice*. Washington, D.C.: APA

Frankel, V. (1963). *Man's search for meaning*. New York: Washington Square.\*\*

Glasser: W. (1975). *Reality therapy: A new approach to psychiatry*. New York: Harper & Row.\*\*

Perls, F.S. (1992). *Gestalt therapy verbatim, Revised ed*. Gouldsboro, ME: Gestalt Journal Press.\*\*

Powel, J. (1969). *Why am I afraid to tell you who I am?* Niles, IL: Argus.

Powel, J. (1974). *The secret of staying in love*. Niles, IL: Argus.

Rogers, C. (1951). *Client centered therapy*. Boston: Houghton Mifflin.\*\*

Rogers, C. (1959). A theory of therapy, personality, and interpersonal relationships, as developed in a client-centered framework. In S. Koch, (Ed.). *Psychology: A study of a science, Vol. III*. New York: McGraw-Hill.\*\*

Stephenson, F.D. (Ed.). (1978). *Gestalt therapy primer (2<sup>nd</sup> ed.)*. New York: Aronson.

Yalom, I. D. (1981). *Existential psychotherapy*. New York: Wiley.\*\*

### **Adlerian Therapy**

Ansbacher, H.L. & Ansbacher, R.R. (Eds.). (1956). *The individual psychotherapy of Alfred Adler*. New York: Harper & Row.

Brink, T.L. (1997). "Adlerian theory and pastoral counseling", *Journal of Psychology and Theology*, Vol 5, #2,

Dreikurs, R., & Soltz, V. (194). *Children: The challenge*. New York: Hawthorn.\*\*

### **Postmodern Therapies**

Combs, G., & Freeman, J. (1996). *Narrative therapy: The social construction of preferred realities*. New York: Norton.\*\*

Laidlaw, T. A., & Malmo, C. (1990). *Healing voices: feminist approaches to therapy with women*. San Francisco: Jossey-

Bass.

White, M. (1995). *Re-authoring lives: Interviews & essays*. Australia: Duwich Centre.\*\*

White, M. (1990). *Narrative means to therapeutic ends*. New York: Norton.\*\*

White, M. (2007). *Maps of narrative practice*. New York: Norton.\*\*

Worell, J., & Remer, P. (1996). *Feminist perspectives in therapy*. Hoboken: Wiley

### **Crisis Counseling**

James, R. K., & Gilliland, B. E. (2005). *Crisis intervention strategies*. Belmont, CA:  
Thomson.

Sommers-Flanagan, J. & Sommers-Flanagan, R. (1999). Intake interviewing with suicidal patients: A systematic approach. *Professional Psychology: Research and Practice*, 26, 41-47.

\*\*Considered Original Source for assignments