

**ASSEMBLIES OF GOD THEOLOGICAL SEMINARY**

**Northwest College Extension**

5520 108<sup>th</sup> Avenue Northeast

Kirkland, WA 98083

February 24-28, 2002

**PCPE 550 Interpersonal Techniques in Helping Relationships**

Melody Palm, Psy.D.

Spring 2003

**COURSE SYLLABUS**

**COURSE DESCRIPTION**

A study of interpersonal techniques in the counseling or therapy relationship. This is a helping relationship and therapy techniques class designed for professional counselors, clergy and other mental health professionals. Personal cognitive-emotional awareness and theological-psychological balance will also be promoted through the study of individual functioning in interpersonal relationships.

**OBJECTIVES**

The student will:

1. Understand the importance or the therapist's awareness of the self as an enhancement to the art of counseling.
2. Gain insight regarding his/her own blind spots and biases that may negatively affect the counseling outcomes.
3. Gain an understanding of the helping process from exploration to awareness and then onto action.
4. Begin to explore the development of a personal therapy/counseling style.
5. Learn how to use principles similar to ones used by professionals in helping people and how to integrate new therapy skills and techniques into their skills repertoire.
6. Know when and where to refer people.
7. Identify key therapeutic factors and traits of naturally therapeutic people helpers.

8. Be able to identify and utilize standard therapeutic responses and intervention techniques.
9. Learn terminology and techniques used in some key schools of therapy.
10. Critically evaluate one's own helping skills.

### **REQUIRED TEXTBOOKS**

Collins, Gary. (1995) How to Be a People Helper. Wheaton, IL: Tyndale House Publishers, Inc.

Small, Jacqueline. (1990) Becoming Naturally Therapeutic: A Return to the True Essence of Helping. New York, Bantam Books.

### **METHODOLOGY**

The class will be conducted in a combination of lecture, group learning seminar, and counseling laboratory utilizing a participant-learner method, role playing, and video viewing.

### **COURSE REQUIREMENTS**

**Assignment 1: Active Participation** - Each student will be expected to read assigned texts and articles prior to class. Students are encouraged to come to class and be active and enthusiastic note takers, team players and participants. Class will gradually transition toward active involvement in techniques learned via lecture, video and reading assignments.

**Assignment 2:** Student is to read and write a three to four page critique/review/interaction paper with each of the two assigned text books. The review for Naturally Therapeutic is due the first day of class. The review for Collins book, How to be a People Helper, is due two weeks from the last day of class. (March 14<sup>th</sup>)

**Assignment 3: Personal Video and Growth Plan** - Each student will be expected to participate in some counseling video laboratory time outside of the class period to accommodate taping of a personal therapy video. (You will be the counselor, a friend, or fellow student will role play a client.) Each student will be required to produce and send to the professor, a short video of themselves doing therapy/counseling with techniques learned in class. The student will be expected evaluate themselves using the "feedback sheet" provided and to tender a "Growth Plan" to incorporate improvement they can make. The goal is to gain practical experience in counseling and mental health practice, and to realistically assess one's skills and areas of strength and weakness, with an eye toward continued growth and improvement.

**Assignment 4: Integrative Therapy Techniques Paper** - Each student will be expected to produce an integrative therapy techniques paper. This is intended as a practical growth paper, utilizing therapy techniques worked on in class and personal readings in therapy techniques.

More instructions will be given in class. This paper will be due one month from the end of class. March 28, 2003.

**Assignment 5: Final Exam:** This will be given either on the last day of class. Professor reserves the right to give a take home exam.

### **GRADING PROCEDURE**

Assignment 1: Active Participation - 10% of your Grade

Assignment 2: Book reviews - 20 % of your grade

Assignment 3: Video Presentation and Growth Plan - 15% of Grade

Assignment 4: Integrative Therapy Techniques Paper - 25% of Grade

Assignment 4: Final Exam 30% of Grade

Final exam will consist of a combination of matching, multiple choice and essay questions.

Materials covered in class and text books may be tested. These grades will be computed together to arrive at a final grade.

**ADDITIONAL BIBLIOGRAPHY:** To be handed out in class.

**SPECIFIC DATA:** Syllabus prepared by Melody Palm, Psy.D., February 2003.