

Johan Mostert, D.Phil.

Fall 2004

COURSE SYLLABUS

COURSE DESCRIPTION

The course is a comprehensive overview of the major theories of psychotherapy and counseling from a Christian perspective. This course offers an in-depth study and critique of the theories and how they are applied in Christian Counseling. The presuppositions underlying counseling and therapy will be explored and analytically appraised from an integrated Theology-Psychology perspective.

OBJECTIVES

Upon completion of the course, the student should be able to:

1. Understand the major concepts and therapeutic principles in modern psychotherapies.
2. Identify the major theorists (both secular and Christian) who have contributed to the literature on personality theories and influenced the development of counseling.
3. Compare and evaluate the therapeutic principles of major contributors to the practice of counseling.
4. Evaluate the primary models used in counseling from a Theological-Psychological perspective.
5. Develop an individualized counseling methodology that will be compatible with and enhanced by one's own faith.

REQUIRED TEXTBOOK

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

SOME RECOMMENDED TEXTS:

Benner, D. (Ed.). (1985). Baker Encyclopedia of Psychology. Grand Rapids: Baker.

Clinton, T. & Ohlschager, G.W. (Eds.). (2002) *Competent Christian Counseling. (Vol 1)*
Colorado: Waterbrook Press

Johan, Mostert, D. Phil.

George, R.L. & Cristiani, T.L. (1995). *Counseling - Theory and Practice (Fourth Edition)*.
Boston: Allyn and Bacon. {Part Two: Theoretical Approaches to Counseling: p 37 - 120}

Sharf, Richard. (2004). *Theories of Psychotherapy and Counseling - Concepts and Cases*. (3rd
Edition) California: Brooks Cole

Sue, Sue and Sue. (2000). *Understanding Abnormal Behavior (Seventh Edition)*.
Boston: Houghton.

BASIC OUTLINE

The following modern psychotherapies will be explored in detail:

1. Classical Psychoanalysis
2. Jungian Therapy
3. Behavior Therapy
4. Rational Emotive Therapy
5. Cognitive-Behavioral Therapy
6. Adlerian Therapy
7. Reality Therapy (Control Theory)
8. Person-Centered Therapy
9. Ego Psychology
10. Existential Therapy
11. Gestalt Therapy
12. Transactional Analysis
13. Logotherapy
14. Family Systems Therapy

In addition, the following Christian Counseling Theories and personalities will receive our attention:

1. Meier-Minirth Model
2. Clinebell's Liberation Growth Model
3. Adam's Nouthetic Counseling
4. McGee's Search for Significance
5. Larry Crab
6. Inner healing models
7. Deliverance Ministries
8. James Dobson

METHODOLOGY

The course will involve informal class lectures and discussion on assigned readings and student presentations of research topics. In addition to historical lectures, this class will attempt to go beyond just giving information and will attempt to actually give the students examples in utilizing some of the theories and practices of the mental health masters.

COURSE REQUIREMENTS

1. Professionalism and courtesy in regard to attendance is expected. Students must attend at least 75% of class time to pass the course.
2. Active participation in class discussions is expected and will account for 5% of the overall grade for the class.
3. Weekly class tests on the assigned readings will account for 10% of the overall grade.
4. A midterm examination covering all text, lecture, class discussions, speakers, and multimedia presentations will account for a further 20% of the overall grade.
5. A final comprehensive examination covering all text, lecture, class discussions, speakers, and multi-media presentations will account for a further 20% of the overall grade for the class, and is scheduled for 12/15/04 at 10:15 am.
6. A 12 to 15 page research paper on one of the counseling theories or psychotherapies approved by the instructor will be submitted during the course of the semester. The paper will account for 30% of the overall grade for the class and papers become the property of AGTS. The paper should utilize 12 or more references, and must be typed double-spaced using the fifth edition of the *Publication Manual of the American Psychological Association*. A critical review of the therapy is to include:
 - a. Description of the theory or psychotherapy
 - b. An explanation of the theory's terminology and major issues
 - c. Illustrate how the theory can be applied to individual counseling and common psychological disorders
 - d. Evaluate the theory from a Christian perspective
7. A class presentation of the research paper will be made by each student. The duration of the presentation will be one class period and will form the basis of the introduction of the psychotherapy to the rest of the class. The quality of the presentation will account for 15% of the overall grade for the class.

GRADE BREAKDOWN

The following grade breakdown will be used in the course:

A+=98-100%	B+=87-89%	C+=77-79%	D=60-69%
A =93-97%	B =83-86%	C =73-76%	F=59% and below
A-=90-92%	B- =80-82%	C- =70-72%	

SELECTED BIBLIOGRAPHY

Johan, Mostert, D. Phil.

Adler, Alfred. (1956). Individual Psychology. Basic Books, N.Y.

Aiken, Lewis R. (2000). Personality: Theories, Assessment, Research, and Application. Charles C. Thomas Pub. Ltd.

Allen, Bem P. (1999). Personality Theories: Development, Growth, and Diversity. (3rd ed.). Allyn & Bacon.

Allport, Gordon W. (1950). The Individual and His Religion. Macmillan, New York.

_____. (1954). The Nature of Prejudice. Addison Wesley, Cambridge.

Ashcraft, Donna M. (1999). Personality Theories Workbook. Wadsworth Publishing Co.

Baars, B. J. (1986). The cognitive revolution in psychology. New York: Guilford Press.

Beck, A. T. (1988). Love is never enough. New York: Harper and Row.

_____. Cognitive Therapy and the Emotional Disorders. International Universities Press.

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

Benner, D. G. (Ed.). (1985). Baker encyclopedia of psychology. Grand Rapids: Baker.

Berne, Eric. (1961). Transactional Analysis in Psychotherapy. Grove Press, N.Y.

_____. (1965). Games People Play. Grove Press, N.Y.

Capps, D. (1981). Biblical approaches to pastoral counseling. Philadelphia: Westminster Press.

Capuzzi, David, Gross, R. Douglas and Capuzzi, Dave. (Ed.). (1998). Counseling and Psychotherapy: Theories and Interventions (2nd ed.). Prentice Hall.

Cloninger, Susan C. (1999). Theories of Personality: Understanding Persons (3rd ed.). Prentice Hall.

Collins, G. (1980). Helping people grow: Practical approaches to Christian counseling. Santa Ana, CA: Vis. House.

Collins, G. (1986). Innovative approaches to counseling. Waco: Word Books.

Crabb, L. J. (1975). Basic principles of Biblical counseling. Grand Rapids: Zondervan.

Crabb, L. J. (1977). Effective Biblical counseling. Grand Rapids: Zondervan.

Crabb, L. J. (1984). Encouragement: The key to caring. Grand Rapids: Zondervan.

Cusgrove, M. P. & Mallory, J. D., Jr. (1977). Mental health: A Christian Approach. Grand Rapids: Zondervan.

Drakeford, J. (1987). Integrity therapy. Nashville: Broadman Press.

Ellis, Albert. (1962). Rational Emotive Therapy, Lyle Stuart Co.

Ellis, A. & Whiteley, J. M. (1979). Theoretical and empirical foundations of rational-emotive therapy. Monterey, CA:

Johan, Mostert, D. Phil.

Brooks/Cole.

Erikson, Erik H.(1963). Youth: Change and Challenge. Basic Books, New York.

_____. (1968). Identity: Youth and Crisis. W. W. Norton, New York.

Feist, Jess & Feist, Gregory J. (2001). Theories of Personality. WCB / McGraw-Hill.

Frankl, Victor. (1963). Man's Search for Meaning.(Or as originally titled From Death Camp to Existentialism.)
Beacon Press, Boston.

Freidman, Howard S. & Schustack, Miriam W. (eds.). (2000). Readings in Personality: Classic Theories and Modern Research. Allyn & Bacon.

Freud, Sigmund. (1957). A General Introduction to Psychoanalysis. Permabooks, New York.

_____. (1951). New Introductory Lectures in Psychoanalysis. W.W. Norton, New York.

Friedman, S. & Fanger, M. T. (1991). Expanding therapeutic possibilities: Getting results in brief psychotherapy.
Lexington, MA: Lexington Books.

Fromm, Erich.(1956). Psychoanalysis and Religion. Yale University Press.

Gilbert, M. G. & Brock, R. T. (Eds.). (1988). The Holy Spirit and counseling: Principles and practice, Vol. II.
Peabody, MA: Hendrickson Publishers.

Gilbert, M. G. & Brock, R. T. (Eds.). (1985). The Holy Spirit and counseling: Theology and theory. Peabody, MA:
Hendrickson Publishers.

Glasser, W. (1970). Mental health or mental illness: Psychiatry for practical action. New York: Harper & Row.

Glasser, W. (1965). Reality therapy. New York: Harper & Row.

Gustafson, J. P. (1986). The complex secret of brief psychotherapy. New York: Norton.

Haley, J. (1987). Problem-solving therapy (2nd ed.). San Francisco: Jossey-Bass.

Haley, J. (1990). Strategies of psychotherapy (2nd ed.). Rockville, MD: Triangle Press.

Hogan, Robert & Smither, Robert. (2001). Personality: Theories and Applications. Westview Press.

Horney, Karen. The Collected Works of Karen Horney. Norton, New York.

Hurding, R. F. (1987). The tree of healing: Psychological and Biblical foundations for counseling and pastoral care.
Grand Rapids: Zondervan/Ministry Resources Library.

Jourard, S. (1973). The transparent self (rev. ed.). Princeton, NJ: Van Nostrand.

James, Richard K. & Gilliland, Berl E. Theories and Strategies in Counseling and Psychotherapy (5th ed.). Allyn & Bacon.

Jung, C.G. (1946). Psychology and Religion. Yale University Press, New Haven.

_____. (1933). Modern Man in Search of a Soul. Harvest Books, New York.

Kottler, Jeffrey A. (2001). Theories in Counseling and Therapy: An Experiential Approach. Allyn & Bacon.

Lindzey, Gardner & Hall, Calvin Springer & Campbell, John. (1997). Theories of Personality. John Wiley & Sons.

Maddi, Salvatore R. (2001). Personality Theories: A Comparative Analysis. Waveland Press.

Magnavita, Jeffery J. (2001). Theories of Personality: Contemporary Approach to the Science of Personality. John Wiley & Sons.

Maslow, Abraham. (1962). Toward a Psychology of Being. Insight Books: New York.

May, Rollo. (1958). Existence. Basic Books: New York.

Monte, Christopher F. (1998). Beneath the Mask: An Introduction to the Theories of Personality. Wadsworth Publishing Co.

Oden, T. C. (1966). Kerygma and counseling. Philadelphia: The Westminster Press.

O'Hanlon, W. H. & Weiner-Davis, M. (1989). In search of solutions. New York: Norton.

Osborne, C. G. (1980). Understanding your past--The key to your future. Waco: Word Books.

Patterson, C. H. (1980). Theories of counseling and psychotherapy (3rd ed.). New York: Harper and Row.

Patterson, C. H., & Watkins, C. Edward. (1996). Theories of Psychotherapy. (5th ed.). Addison-Wesley Pub. Co.

Perls, Fritz. (1969). Gestalt Therapy. Julian Press, N.Y.

Rank, Otto. (1952). Myth of the Birth of the Hero, Basic Books, New York.

Reik, Theodor. Listening with the Third Ear.

Rogers, Carl. (1957). "Becoming a Person", Healing: Human and Divine. Association Press, N.Y.

Rogers, C. (1965). Client-centered therapy. Boston: Houghton Mifflin Company.

Satir, Virginia. (1967). Conjoint Family Therapy, Science and Behavior, New York.

Scharf, Richard. (1999). Theories of Psychotherapy and Counseling: Concepts and Cases. Monterey, CA: Brooks / Cole Publishing Co.

Johan, Mostert, D. Phil.

de Shazer, S. (1988). Clues: Investigating solutions in brief Therapy. New York: Norton.

de Shazer, S. (1985). Keys to solution in brief therapy. New York: Norton.

Skinner, B.F. (1971). Beyond Freedom and Dignity. Knopf, N.Y.

Smith, Barry D. & Vetter, Harold J. (1997). Theories of Personality. Prentice Hall College Division.

Stachowick, J. & Taschmon, H. A. (1975). Helping families to change. New York: Jason Aronson.

Sullivan, Harry Stack. (1953). The Interpersonal Theory of Psychiatry. W.W. Norton, N.Y.

_____. (1954). The Psychiatric Interview. W.W. Norton, N.Y.

Thomas, R. Murray (2000). Multicultural Counseling and Human Development Theories: 21 Theoretical Perspectives. Charles C Thomas Pub Ltd.

Tilley, B. W. (1984). Short term counseling. New York: International Universities Press.

Walen, S. R., DiGiuseppe, R., & Wessler, R. L. (1980). A practitioner's guide to rational-emotive therapy. New York: Oxford University Press.

Walter, J. L. & Peller, J. E. (1992). Becoming solution-focused in brief therapy. New York: Brunner/Mazel.

Ward, W. O. (1977). The Bible in counseling. Chicago: Moody Press.

Welter, P. R. (1987). Counseling and the search for meaning. Waco, TX: Word Books.

Wessler, R. A. & Wessler, R. L. (1980). The principles and practice of rational emotive therapy. San Francisco: Jossey-Bass.

White, J. (1987). Putting the soul back in psychology. Downers Grove, IL: InterVarsity Press.

Wicks, R. J., Parsons, R. D., & Capps, D. (Eds.). (1993). Clinical handbook of pastoral counseling, Volumes I and II. New York: Paulist Press.

Wise, C. A. (1980). Pastoral psychotherapy. New York: Jason Aronson.

Wolpe, Joseph. (1969). The Practice of Behavior Therapy. Pergamon Press, N.Y.

York, Michael W. & Cooper, G. David. (2000). A Unifying Approach to the Theories and Practice of Psychotherapy and Counseling. Allyn & Bacon.

Zeig, J. K. & Gilligan, S. G. (1990). Brief therapy: Myths, methods, and metaphors. New York: Brunner/Mazel.

Zeig, J. K. (Ed.). (1987). The evolution of psychotherapy. New York: Brunner/Mazel.