

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

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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*. (3<sup>rd</sup>  
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**

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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. (3<sup>rd</sup> ed.). Allyn & Bacon.

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

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

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

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

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

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

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

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Lexington, MA: Lexington Books.

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Peabody, MA: Hendrickson Publishers.

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