

**ASSEMBLIES OF GOD THEOLOGICAL SEMINARY**  
**PCP 544 Counseling Theories**

Mark Bradford, D-Min., Psy.D.

**COURSE SYLLABUS**

**COURSE DESCRIPTION**

An overview and evaluation of major approaches practiced in the counseling field, including historical antecedents and significant theorists representing these approaches. Particular emphasis will be placed on how these approaches interpret the nature of human personality in interpersonal relationships and their relevance for the practicing mental health professional.

**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, including their assumptions regarding human nature, the therapeutic relationship, aims in counseling, and intervention methodologies.
5. Develop an individualized counseling methodology that will be compatible with and enhanced by one's own faith.

**REQUIRED TEXTBOOK**

Corsini, Raymond & Wedding, Danny (2007) Current Psychotherapies (8th Edition). Brooks Cole Publishing.

**CLASSIC WORKS IN THE FIELD** Students will be assigned reading in classic works in the mental health field. Library and Internet time will be required by each student to acquaint themselves with the works of some of the masters. Students will be expected to come to class prepared to discuss pre-class readings on historical figures and theories of the class period. Students will also be expected to demonstrate knowledge and help familiarize other students

with theories and people in the field. An occasional pop quiz may help in learning.

**BASIC OUTLINE** (Read weekly assigned chapters from the textbook by Corsini and Wedding)

## **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 personality theories and practices of the mental health masters.

## **COURSE REQUIREMENTS**

1. Read all assigned materials.
2. Class attendance, punctuality, volunteerism, professionalism, and meaningful class participation are required. More than two unexcused class absences may reduce one's grade. Three tardies count as one absence. Special circumstances should be discussed with the professor.
3. Complete the following:
  - A. Conduct library research on one of the counseling theories/approaches or one of the personalities listed on the next page of this syllabus, and summarize the research in a 15 to 20 page paper.
  - B. Prepare to present highlights of your paper or present a separate class presentation on a historical figure in a one to two page mini-presentation lasting from 5 to 10 minutes, according to allowable class time and number of student presenters.
  - C. Complete a midterm and final exam during the course of the class.

The Research Paper should concentrate primarily on professional press/scholarly resources. Select research topics from the syllabus list. All papers should be typed, double-spaced and carefully referenced, including citing all references used. Follow the latest APA style manual for referencing. Include the standard format you would expect from an APA style paper. Additional guidance or instructions for the paper may be given during class. The one to two page presentation paper for class likewise has a special format which will be explained in class.

## **GRADING PROCEDURE**

It is expected that all work will be completed as scheduled. Late work may be downgraded up to one letter grade per day late. Students may choose a “B” Option and “opt out” of the research paper, which is due October 24<sup>h</sup>, 2008. All research and presentation topics must be approved by the professor. Final grades will be assigned according to the student's demonstrated achievement of the learning objectives, comprehension of literature on class topics and performance of class requirements as follows:

|  |     |
|--|-----|
| Class Presentation, Quiz, Attendance and Team Spirit | 10% |
| Research Paper                                       | 20% |
| Mid Term Exam  | 30% |
| Final Exam   | 40% |

## **SPECIFIC DATA**

Syllabus prepared by Mark Bradford, Psy.D., July 2008

## **RESEARCH TOPICS**

### **A. Counseling Theories/Approaches**

1. Adams' Nouthetic Counseling
2. Adlerian Therapy
3. Behavior Therapy
4. Christian Psychotherapy
5. Classic Psychoanalysis
6. Clinebell's Growth Model
7. Cognitive-Behavioral Therapy
8. Ego Psychology
9. Existential Therapy
10. Family Systems Therapy
11. Gestalt Therapy
12. Integrity Therapy
13. Jungian Therapy
14. Logotherapy
15. Minirth-Meier Psychiatry
16. Object Relations Therapy
17. Person-centered Therapy
18. Rational Emotive Therapy
19. Reality Therapy (Control Theory)
20. Self Psychology
21. Tournier's Dialogue Therapy

## 22. Transactional Analysis

### B. Personalities

- |                     |                      |                        |
|---------------------|----------------------|------------------------|
| 1. Alfred Adler     | 16. Bill Gothard     | 33. Carl Rogers        |
| 2. Gordon Allport   | 17. Seward Hiltner   | 34. David Seamands     |
| 3. Anton Boisen     | 18. Karen Horney     | 35. Robert             |
| 4. Donald Capps     | Schuller             |                        |
| 5. R. P. Carkhuff   | 19. William James    | 36. Leslie Weatherhead |
| 6. Gary Collins     | 20. Sidney Jourard   | 37. H. Norman Wright   |
| 7. Larry Crabb      | 21. Donald Joy       | 38. Theodore           |
| 8. Richard Dobbins  | 22. Carl Jung        | Millon                 |
| 9. James Dobson     |                      | 39. Aaron Beck         |
| 10. John Drakeford  | 23. Eugene Kennedy   | 40. Victor             |
| 11. Albert Ellis    | Yalom                |                        |
| 12. Erik Erikson    | 24. Abraham Maslow   | 41. Virginia Satir     |
| 13. James Fowler    | 25. Rollo May        | 42. Many More          |
| 14. Erich Fromm     | 26. Karl Menninger   |                        |
| 15. William Glasser | 27. O. Hobart Mowrer |                        |
|                     | 28. Bruce Narramore  |                        |
|                     | 29. Clyde Narramore  |                        |
|                     | 30. Wayne Oates      |                        |
|                     | 31. Thomas Oden      |                        |
|                     | 32. Norman V. Peale  |                        |

### SELECTED CLASSIC BIBLIOGRAPHY

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