

ASSEMBLIES OF GOD THEOLOGICAL SEMINARY
PCP 550 Interpersonal Techniques in Helping Relationships

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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. Learn terminology and techniques used in some key schools of therapy.
2. Understand the importance of the therapist's awareness of the self as an enhancement to the art of counseling.
3. Gain insight regarding his/her own blind spots and biases that may negatively affect the counseling outcomes.
4. Begin to explore the development of a personal therapy style.
5. Integrate new therapy skills and techniques into their skills repertoire.

REQUIRED TEXTBOOK

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

RECOMMENDED TEXTBOOKS

Egan, Gerard (1997). *Skilled Helper: A Problem-Management Approach to Helping*
Belmont, California: Wadsworth Publishing.

Egan, Gerard (1997). *Exercises in Helping Skills: A Training Manual to Accompany the Skilled Helper*. Belmont, California: Wadsworth Publishing

Haney, H. & Leibsohn, J. (1999). *Basic Counseling Responses: A Multimedia Learning System for the Helping Professions*. Belmont, California: Wadsworth Publishing.

RECOMMENDED READING

Baldwin, M. & Satir, V. (1987). *The Use of Self in Therapy*. New York: Haworth Press.

Chapman, A.H. (1995) *The Treatment Techniques of Harry Stack Sullivan*. New Jersey; Aronson.

Kahn, M. (1997). *Between Therapist and Client*. New York: W.H. Freeman

Mullahy, P. ed. (1995). *The Contributions of Harry Stack Sullivan*. New Jersey, Aronson.

Nichols, M.P. (1992). *The Self in the System: Expanding the Limits of Family Therapy*. New York; Brunner/Mazel.

Teyber, E. (1997). *Interpersonal Process Psychotherapy*. Pacific Grove, California: Brooks/Cole.

BASIC COURSE OUTLINE

1. Course Lectures and Assignments
2. Midterm Exam
3. Completion of Assigned Student Video Project
4. Attendance and Active Participation with Counseling Laboratories
5. Integrative Therapy Techniques Paper
4. Final Exam

METHODOLOGY

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

COURSE REQUIREMENTS

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

Assignment 2: Midterm Exam - A midterm exam will cover the lecture materials, reading materials and handouts.

Assignment 3: Personal Video and Growth Plan - You will be expected to participate in some counseling video laboratory times, primarily during the class period but occasionally outside of

the class period to accommodate taping of a personal therapy video. Each student will also be required to produce and bring to class a short video of themselves doing therapy with techniques learned in class, along with a short synopsis. Other students will review the video clip during class and tender “Feedback Sheets” as part of the learning and improvement process. The student will then be expected to tender a “Growth Plan” to incorporate peer suggestions which will be turned in to instructors within 7 days. 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.

Assignment 5: Final Exam: This will be given on the scheduled time of finals week.

GRADING PROCEDURE:

Assignment 1: Active Participation	10% of your Grade
Assignment 2: Midterm Exam	30 % of Grade
Assignment 3: Video Presentation and Growth Plan	15% of Grade
Assignment 4: Integrative Therapy Techniques Paper	15% of Grade
Assignment 4: Final Exam	30% of Grade

Your midterm and final will consist of a combination of matching, multiple choice and essay questions which will cover some of the defense mechanisms discussed, therapy techniques covered, questions on counseling responses learned in class, as well as an essay question over materials covered in class. 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 Mark Bradford, Psy.D., and Melody Palm, Psy.D., August 2001.