

ASSEMBLIES OF GOD THEOLOGICAL SEMINARY

PCP 550 Interpersonal Techniques in Helping Relationships
Tuesday & Thursday 8:55 AM

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COURSE SYLLABUS

COURSE DESCRIPTION

This course is designed to be 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. Gain an understanding of the helping process from exploration to awareness and then onto action.
3. Understand the importance of the therapist's awareness of the self as an enhancement to the art of counseling.
4. Gain insight regarding his/her own blind spots and biases that may negatively affect the counseling outcomes.
5. Begin to explore the development of a personal therapy style.
6. Integrate new therapy skills and techniques into their skills repertoire.

REQUIRED TEXTBOOKS:

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

Clara Hill & Karen M. O'Brien. (1999) *Helping Skills: Facilitating Exploration, Insight, and Action*. American Psychological Association, Washington, DC

RECOMMENDED READINGS:

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/s
4. Attendance and Active Participation with Counseling Laboratories
5. Integrative Therapy Techniques Paper
6. Final Exam

METHODOLOGY:

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

COURSE REQUIREMENTS:

Assignment 1: Active Participation - Each student will be expected to read assigned texts and articles prior to class period they will be covered. Instructor reserves the right to assign homework from the text, with the expectation that assignments will be completed before the following class. Completion of these assignments and active participation in class discussions is expected.

The first class periods will consist of mainly lecture. Class will gradually transition toward active involvement in techniques learned via lecture, video, and reading assignments. A reading schedule will be handed out the first day of class.

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

Assignment 3: Personal Video and Growth Plan -You will be expected to participate in some counseling video laboratory times 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 instructor 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. (Instructor will give further guidelines in class.)

Assignment 5: Final Exam - This will be given on the scheduled time of finals week. Final will be comprehensive, and may include: texts, required supplemental readings, and the video clips.

GRADING PROCEDURE:

Assignment 1: Active Participation	10% of 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 different types of questions. Including multiple choice and essay questions, which will cover some of the defense mechanisms discussed, therapy techniques covered, and counseling responses. These grades will be computed together to arrive at a final grade.

**Please show respect for instructor as well as your classmates and refine from in-class conversations during lecture, videos or when other students are speaking.*

****Professor reserves the right to modify course requirements and grading percentages if deemed necessary.**

SPECIFIC DATA: Syllabus prepared by Melody Palm, Psy.D., August 2001.