

COLLEGE OF HUMANITIES AND SOCIAL SCIENCES

Department of Psychology and Philosophy

PSY 533: Theory and Research in Psychotherapy I, 3 Credit Hours

Fall, 2007; Tuesdays/Thursdays, 9:30 AM – 11:00 AM; AB4 205

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Office Hours: Mondays 12:00 – 1:00 PM; Tuesdays/Thursdays 8:30 – 9:30 AM; 12:00 – 1:00 PM; Fridays 7:30 – 10:00 AM; and by appointment

(Faculty/committee meetings/supervisions are sometimes scheduled during these times, so it is best to call and confirm appointment.)

Text:

Corsini, R. J. & Wedding, D. (2008). *Current psychotherapies* (8th Edition). Belmont, CA: Thompson.

Wedding, D. & Corsini, R. J. (2008). *Case studies in psychotherapy* (5th Edition). Belmont, CA: Thompson.

COURSE OVERVIEW:

The course, **Theory and Research in Psychotherapy I**, is designed to provide the graduate student with a comparative analysis of various schools, systems, and techniques of psychotherapy. An overview of research, to date, related to the historical progression and social mores that were in effect and influenced theorists and practitioners is also provided. Finally, the role of therapist, client, and setting are examined along with ethical principles.

COURSE OBJECTIVES:

Goal	Assessment
To provide students with a historical overview of the development of psychotherapy through the centuries.	Applied Exams
To review ethical standards of practice regarding psychotherapy.	Applied Exams
To examine the most common theories of psychotherapy and the research associated with them.	Applied Exams
To analyze which theories and techniques of psychotherapy would likely be appropriate for various presenting difficulties.	Applied Exams
To explore outcome research associated with various theories and techniques of psychotherapy.	Applied Exams
To develop a personal theory of psychotherapy and how it relates to established school of psychotherapy	Personal Theory of Psychotherapy
To develop awareness of various schools of psychotherapy and their effectiveness with special populations including people of diverse cultures and individual differences.	Applied Exams
To demonstrate ability to use technology in creating documents and communicating via the internet appropriately.	Personal Theory of Psychotherapy; Independent Research
As an independent researcher, to review current literature related to psychotherapy and to develop an appropriate research proposal.	Independent Research

ATTENDANCE POLICY:

Regular and punctual attendance is expected and will be documented. SHSU policy is that no student will be penalized for three or fewer hours of absences. However, a student may be penalized for more than three hours of absences. My policy: Three hours of absence are free and clear. Plan this time carefully. However, any time beyond six hours will result in failure of the course. No exam or assignment may be made up unless **PRIOR** arrangements have been made with the instructor. If emergencies occur during scheduled exam times, the student **MUST** contact the instructor within 24 hours in order to qualify for a make-up. No make-up tests will be administered during class time. **IT IS THE STUDENT'S RESPONSIBILITY TO CONTACT THE INSTRUCTOR REGARDING ANY MAKE-UP WORK.**

STUDENTS WITH DISABILITIES

It is the policy of Sam Houston State University that no individuals otherwise qualified shall, solely by reason of their disability, be excluded from the participation in, be denied the benefits of, or be subjected to discrimination under any academic program or activity. Students with a disability which affects their academic performance are expected to arrange a conference with the instructor as soon as possible. This is so that appropriate strategies can be considered to ensure participation and achievement opportunities are not impaired since there will be **no retroactive accommodation**. Furthermore, accommodations will be made **only to those people who have documented the disability with the Americans with Disabilities Act (ADA) Office** in the Counseling Center. The number there is 294-1720.

TIME REQUIREMENT

For each graduate hour attempted, at least three hours outside class is expected. This 3-credit-hour course will meet 3 hours each week. That leaves 9 hours outside of class in which to read, meet with complete assignments. It is expected that if you enrolled in this graduate course, you can meet the time requirements.

STUDENT ABSENCES ON RELIGIOUS HOLY DAYS POLICY

Section 51.911(b) of the Texas Education Code requires that an institution of higher education excuse a student from attending classes or other required activities, including examinations, for the observance of a religious holy day, including travel for that purpose. Section 51.911(a)(2) defines religious holy days as: "a holy day observed by a religion whose places of worship are exempt from property taxation under Section 11.20, Tax Code_."

A student whose absence is excused under this subsection may not be penalized for that absence and shall be allowed to take an examination or complete an assignment from which the student is excused within a reasonable time after the absence.

University policy 861001 provides the procedures to be followed by the student and instructor. A student desiring to absent himself/herself from a scheduled class in order to observe (a) religious holy day(s) shall present to each instructor involved a written statement concerning the religious holy day(s). The instructor will notify the student of a reasonable timeframe in which the missed assignments and/or examinations are to be completed.

PROFESSIONALISM

Attendance, punctuality, adherence to ethical standards, the quality of your interactions with colleagues and professors, and the quality of your timeliness in completing assignments all determine your professionalism, which in turn signals your readiness to advance in your program.

ACADEMIC HONESTY

The Graduate Faculty of Sam Houston State University expects students to conduct their academic work with integrity and honesty. Acts of academic dishonesty will not be tolerated and can result in the failure of a course and dismissal from the University. Academic dishonesty includes, but is not limited to, cheating on a test, plagiarism, collusion (the unauthorized collaboration with another person in preparing work offered for credit), the abuse of resource materials, and misrepresentation of credentials or accomplishments as a member of the college.

The University's policy on academic honesty and appeal procedures can be found in the manual entitled Student Guidelines, distributed by Division of Student Services. (Reference Section 5.3 of the SHSU Student Guidelines)

CLASSROOM VISITORS

Only registered students may attend class. Exceptions can be made on a case-by-case basis by the professor. In all cases, visitors must not present a disruption to the class by their attendance. Students wishing to audit a class must apply to do so through the Registrar's Office.

CLASSROOM RULES OF CONDUCT

Any disorderly classroom conduct that obstructs, interferes with, inhibits and/or disrupts teaching and/or related classroom activities is prohibited. Persons in the classroom engaging in such conduct will be asked to leave. Failure to leave the classroom will result in University Police being requested to come to the classroom to assist with the removal of the person.

COURSE REQUIREMENTS

Students will be required write two papers: (1) Personal Theory of Psychotherapy; and (2) Independent Research Proposal. Additionally, there will three exams. As said previously, attendance is required; additionally, participation in class discussions is expected.

OUTSIDE RESEARCH

An independent research proposal will be required that includes a review of the literature and appropriate hypotheses and methodology.

CLASS PARTICIPATION

Class participation in class discussions and activities is expected as an avenue to meet the course objectives.

EXAMS

There will be four exams (including the final exam) comprised of multiple choice, short answer, and essay items.

COURSE EVALUATION

Students will have the opportunity to evaluate the course and the instructor toward the end of the semester.

SCHEDULE

August

- 26 Overview of course
Historical Overview
Corsini & Wedding, Chapter 1
Eysenck Reading (Blackboard)
Methodological Issues

PSYCHODYNAMIC SCHOOL OF PSYCHOTHERAPY

September

28 & 2 Psychoanalysis
Corsini & Wedding, Chapter 2
Wedding & Corsini, 1

4 Object Relations

9 & 11 Adlerian Psychotherapy
Corsini & Wedding, Chapter 3
Wedding & Corsini, 2

16 & 18 Jungian Analytic Psychotherapy
Corsini & Wedding, Chapter 4
Wedding & Corsini, 3

23 Exam I

HUMANISTIC/EXISTENTIAL SCHOOL OF PSYCHOTHERAPY

25 & 30 Existential Psychotherapy
Corsini & Wedding, Chapter 9
Wedding & Corsini, 8

October

2 & 7 Client-Centered Therapy
Corsini & Wedding, Chapter 5
Wedding & Corsini, 4

9 & 14 Gestalt Therapy
Corsini & Wedding, Chapter 10
Wedding & Corsini, 9

COGNITIVE BEHAVIORAL SCHOOL OF PSYCHOTHERAPY

21 & 23 Rational Emotive Behavior Therapy
Corsini & Wedding, Chapter 6
Wedding & Corsini, 5

28 & 30 Behavior Therapy
Corsini & Wedding, Chapter 7
Wedding & Corsini, 6

November

4 & 6 Cognitive Therapy
Corsini & Wedding, Chapter 8
Wedding & Corsini, 7

11 & 13 Reality Therapy

18 **Exam III**

ALTERNATE SCHOOLS OF PSYCHOTHERAPY

20 Multimodal Therapy
Corsini & Wedding, Chapter 11
Wedding & Corsini, 10

December

25 & 2 Family Therapy
Corsini & Wedding, Chapter 12
Wedding & Corsini, 11

4 Feminist Therapy

9 Contemplative Psychotherapies
Corsini & Wedding, Chapter 13
Wedding & Corsini, 12

11 Integrative Psychotherapies
Corsini & Wedding, Chapter 4
Wedding & Corsini, 3

**ENJOY WINTER
BREAK**